

DEVELOPMENT OF PROFESSIONAL SKILLS IN FEMALE STUDENTS STUDENTS IN VOLLEYBALL EDUCATION

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Abstract:

This article analyzes the theoretical and methodological aspects of the formation of professional skills in female students studying volleyball. The main focus is on the replacement of practical training and theoretical knowledge in the formation of professional skills of students specializing in volleyball coaching. The main elements and methods of the educational process aimed at the development of professional competences are considered in the article.

Keywords: Volleyball, professional skills, female students, theoretical and methodological aspects, training.

Introduction

The formation of professional skills in female students studying volleyball is of great importance for their future success. Technical skills, physical fitness, psychological state and the ability to work with a team form the main basis for the professional development of athletes. All of these, in turn, provide the necessary conditions for success in volleyball. Therefore, educational processes in volleyball education should be aimed at the formation and development of professional skills. In addition, in the context of the renewal of all spheres of life, a modern specialist needs not only deep and solid knowledge and developed thinking, but also the ability to apply them in a changed or non-standard situation, solving emerging problems. At the same time, the training of highly qualified specialists in the field of volleyball coaching is gaining importance in the sports education system. The formation of professional skills of students in the field of physical education and sports, their training on the basis of advanced training programs, can ensure the sustainable development of sports. The relevance of the research is determined by the need for highly qualified coaching staff and the

need to ensure their role in promoting sports in society. Therefore, it is very important to pay attention to this area of research.

Purpose and objectives of the study

The purpose of the study is to analyze the theoretical and methodological aspects of the formation of professional skills in female students studying volleyball education. To achieve this goal, the following tasks were set:

1. Study the theoretical foundations of education in the field of volleyball.
2. Identify the methods and processes of forming professional skills.
3. Identify modern methodological directions aimed at developing the professional skills of female students.
4. Analyze the social and psychological preparation that is important in coaching activities in the field of volleyball.

Research Methods

The following scientific methods were used in this study:

- Theoretical analysis: Identifying the main theoretical principles through an analysis of literature on volleyball education and professional skills.
- Empirical research: Monitoring the results of practical methods in volleyball lessons and studying the experiments conducted with female students.
- Surveys and interviews: Identification of achievements and problems in training through dialogue between volleyball coaches and students.

Analysis of scientific methodological literature

Research on professional training in the field of volleyball education shows the importance of theoretical foundations in the formation of professional skills. The problem of scientific substantiation of the mechanisms of formation of professional skills in students studying in the field of volleyball in the higher education system was studied by A.A. Boltaev, A.N. Abdiev, A.A. Ummatov, T.A. Polivaev, T.A. Udalova, N.A. Khudaiberdieva, A.A. Akbarov, Zh.Sh. Umirzokov., P.U. Mamatov., N.F. Sultanbayeva and others.

Among foreign specialists, D. Draper and J.L. Reed pay special attention to the importance of forming teamwork skills in students through volleyball games. These studies indicate the need to develop an integrated approach to increase the effectiveness of the educational process.

The need to combine theoretical and practical knowledge in the formation of professional skills: For the successful formation of knowledge and skills in volleyball coaching in students, it is important to combine theoretical and practical aspects. Theoretical knowledge in the educational process allows students to correctly understand the structure of the sport, game tactics and technical means. Practical exercises are aimed at developing control and practical skills, creating the main basis for improving students' skills.

The importance of theoretical knowledge: Mastering theoretical knowledge allows students to study game tactics, skills and systematically understand sports. This knowledge creates the basis for increasing students' work efficiency in the field of coaching. Theoretical training also improves their skills as coaches in assessing players and working with them.

The role of practical exercises: Practical exercises are very important in students' coaching activities. In order to understand and master volleyball at a professional level, it is necessary to improve physical and technical skills during practical training. When practical training is constantly carried out and supplemented with theoretical knowledge, students' professional skills are formed.

Research Results:

As found out during the research, professional skills in volleyball are formed under the influence of the following main factors:

1. Physical fitness: Professional skills are directly related to the level of physical fitness. The development of such qualities as strength, endurance and speed of movement serves to improve professional skills. A high level of physical fitness increases the competitiveness of female students in their professional activities.
2. Mastering theoretical knowledge: Studying volleyball tactics and techniques increases students' ability to work in a team and correctly analyze the game. Knowledge develops students' ability to correctly assess situations and make quick decisions as professional coaches.
3. Social and psychological preparation: In the volleyball game, students develop the ability to cooperate and manage stress, which is important for future coaching activities. Students develop a sense of responsibility as a coach and the ability to control emotions.

The pedagogical skills of a coach are directly measured in the process of training, his ability to visually monitor the player's movement, analyze his mistakes, and

correct them in a timely manner. Many researchers in the field of physical education and sports consider these skills to be leading, and coaches highly value their importance. In her research, I.P. Sokolova emphasizes that the following skills are of the greatest importance when working with young athletes at the stage of motor skill formation: it is necessary to see the error, briefly and clearly explain the exercise, choose a place for observation, see the cause of errors, analyze the athlete's movements, distinguish between the manifestations of age and individual characteristics. The following skills are important for coaches working with highly qualified athletes: briefly and clearly explain, volleyball players can identify errors.

As is known, an analysis of a number of publications and research results showed that the current state of formation of the ability of students of the sports activity volleyball direction to improve errors in sports training does not meet the requirements of pedagogy: the composition of professionally important skills necessary for identifying and eliminating errors has not been studied; the initial level of formed skill data has not been studied, methods for assessing the level of formed skills have not been studied and substantiated in practical experience; Moreover, the theoretical and methodological aspects of the formation of these professional skills have not been studied.

According to V.A. Magin, one of the most important modern problems of students studying in the field of volleyball in the local sports activity is to consolidate their humanitarian knowledge, develop the process of training specialists, and organize training using pedagogical technologies in the organization of the educational process.

S.D. Neverkovich, having studied the current state of the issue of professional training of students studying in the field of volleyball, showed the discrepancy between the requirements for today's specialists and the practice formed in the structure of professional training. The author includes the following as the main reasons for this: the lack of theoretical foundations of higher education; fragmented, multi-subject nature of specialist training; mechanical "dragging" of methods from the practice of school education to the practice of adult education; substantiated in his research the weakness of the pedagogical process, which is often aimed at transferring abstract knowledge, which is separated from practice. According to N.G. Alekseev, Yu.V. Gromyko, V.A. Zolotnik, the search for resources to improve the quality and efficiency of personnel training also

emphasizes the need to create conceptual and theoretical foundations of new pedagogical technologies in the field of studying and disseminating advanced pedagogical experience.

The problem of introducing and using modern pedagogical technologies for students studying in the field of sports activities volleyball is of particular relevance, which is of great importance in creating and developing favorable psychological and pedagogical conditions for using all the capabilities of the student, improving the quality of professional training of physical education and sports specialists.

One of the important components of the field of sports activities volleyball is the focus on active learning. The practice and experience of using active teaching in the higher education system in general, and in higher physical education in particular, show that with the help of its forms, methods and means, it is possible to purposefully and effectively increase the level of professional skills formed. The experience of developing active teaching methods in the training of specialists in the field of sports volleyball should be given special attention.

In order to form professional skills in improving the technique of performing practical actions in future volleyball coaches, it is necessary to develop a special methodology based on the gradual formation of skills based on the use of modern pedagogical technologies. It is also necessary to identify the most important and difficult-to-form set of skills for improving volleyball technique, develop an algorithm for the coach's practical actions in the process of identifying and improving technical errors, and train future volleyball coaches.

Conclusion. The formation of professional skills in female students studying volleyball is a complex process aimed not only at stimulating interest in the sport, but also at ensuring that they acquire the knowledge, skills and abilities necessary to become successful and professional volleyball players.

The formation of professional skills in volleyball requires a strategic approach to ensure the success and competitiveness of female students in sports. In this process, teachers, coaches and the pedagogical team are responsible for educating, training and motivating students and play a key role in their professional development.

Encouraging the development of professional skills and providing an environment conducive to the results and achievements that female students need

to achieve in the sport of volleyball will undoubtedly help turn them into successful future athletes.

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