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The main directions of socio-economic development of New Uzbekistan: problems and solutions

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The main directions of socio-economic development of New Uzbekistan: problems and solutions collection of materials of the international scientific and practical conference on the topic

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In the collection of materials of the conference, the role and role of Science, Education and production in the era of globalization, the pressing problems of the issues of interaction of these processes, feedback on their solutions were presented by mature specialists of the field.

In addition, research on the scientific and practical topic, carried out in the economics, Exact Sciences, Natural Sciences and socio-humanities during the globalization period, information is presented in the scientific and practical fields, which includes the latest innovative technologies in the fields of production.

It can be argued that this collection is one of the specific intersections of current thoughts and innovative ideas of the world of science. This scientific and practical conference was actively attended by professors and scientific researchers engaged in scientific research in Uzbekistan and foreign countries. In increasing the position of the scientific and practical conference, the professors and teachers of domestic and foreign higher educational institutions made a significant contribution.

Professors and teachers of foreign higher educational institutions who actively participated in the work of the conference made a worthy contribution to the high level of interaction with scientists of our country. The processes of international cooperation with foreign countries and exchange with them in the field of Science in the era of globalization have a positive effect on the development of Higher Education, the fields of Science and production. The materials of this conference are special in that they include a wide range of research, from theoretical developments to practical solutions, demonstrating the diversity of approaches and directions in this area.

In conclusion, it should be noted that this scientific and practical conference will be a very useful collection for everyone who is interested in modern research in the fields of further development of Higher Education, Science, Education and production in the era of globalization. The authors are responsible for the content and quality of the articles and abstracts included in the collection.

VOLEYBOL O‘YINI JARAYONIDA SAKRAB IJRO ETILADIGAN TEXNIK-TAKTIK HARAKATLARNING O‘ZIGA XOS XUSUSIYATLARI



Nazarov Sherzod Tursun o‘g‘li
UzMU Jizzax filiali stajyor o‘qituvchisi

Annotatsiya. Maqolada voleybolchilarning sakrab ijoro etadigan harakatlari (hujum zarbalari, to‘pni o‘yinga kiritish, to‘siq qo‘yish)dagi sakrovchanlik va sakrash chidamkorligini oshirish yo‘llari ko‘rib chiqilgan.

Kalit so‘zlar: sakrash, sakrash mashqlari, sakrash chidamkorligi, hujum qilish uchun sakrash texnikasi, to‘siq qo‘yish uchun sakrash texnikasi, to‘pni sakrab o‘yinga kiritish.

Аннотация. В статье рассмотрены способы повышения прыгучести и прыжковой выносливости в прыжковых действиях волейболистов (нападающие удары, подача мяча в игру, блокирование).

Ключевые слова: прыжки, прыжковые упражнения, прыжковая выносливость, прыжковая техника для атаки, прыжковая техника для блокирования, прыжковое подача в игру путем прыжка с мячом.

Annotation. In the article, the ways of increasing the resistance of the volleyball players to jump (attack shots, the introduction of the ball into the game, blocking)are considered.

Keywords: jumping, jumping exercises, jumping endurance, jumping technique for attacking, jumping technique for blocking, jumping introduction to the game by jumping the ball.

Sakrash balandligi va vertikal sakrash koordinatsiyasini havoda (tayanchsiz holatda) bajariladigan o‘yin usullari (hujum zarbalari, to‘siq qo‘yish, to‘p uzatish, to‘p kiritish)ning sifati texnikasi yoki taktikasi bilan bog‘liq ekanligi alohida tadqiqot ostiga olinmagan. Sakrovchanlik yoki vertikal sakrash balandligini ta’minlovchi bir qator kinematik omillar haqida o‘quv va ilmiy manbaalarda batafsil asoslangan ma’lumotlar berilmagan. Vaholanki, vertikal yo‘nalishda sakrash balandligini ta’minlanishi bir qator kinematik omillarga asoslanadi. Masalan, voleybolchilarga xos sakrash balandligi faqatgina oyoqlarning tezkor-kuchi bilan ta’minlanmaydi, balki qo‘llar, tana va tana qismlarining faol inertsion harakati, shu jumladan oyoqlarni bukilish-yozilish burchagiga bog‘liq ekanligi ushbu sifatni rivojlantirishda jiddiy e’tiborga olinmaydi.

Jumladan, sakrash uchun depsinish vaqtida tananing oldinga egilishi, qo‘llarni orqadan oldinga yuqoriga faol harakat qildirish, inersion kuchni yuzaga keltiradi. Ana shu dinamik holat go‘yo samolyotning qanotlari ostidagi harakatlanuvchi qanotchalariga o‘xshab havo qarshiligini kesib, tanani yuqoriga ko‘taradi.

Department of Economics and tourism of Jizzakh branch of the National University of Uzbekistan named after Mirzo Ulugbek
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Alohida ta’kidlash joizki, muayyan o‘yin usuliga (turli zonalardan sakrab zarba berish, to‘p uzatish va h.k) mos ixtisoslashgan sakrash turi bir partiya yoki butun o‘yin davomida takrorlanib borganda shu sakrash ko‘nikmasining nafaqat balandligi sur’ati), balki uning koordinatsion va biomexanik nushasi (mazmuni) ham buzilishi mumkin. Demak, sakrovchanlik ya’ni bir yoki bir necha marta baland sakrash qobiliyatidan tashqari sakrash chidamkorligi ham shakllangan bo‘lishi darkor [1,5,7].

Voleybolda joyidan yoki yugurib kelib hujum zarbasini berish uchun muayyan zonadan sakrash oddiy reaksiya, harakat (yugurish) tezligi, oyoqlarning absolyut va portlovchi kuchi, gavda va qo‘llarning tezkor inersion kuchi, aerodinamik kuchga asoslanadi. Bundan tashqari, o‘yin davomida sakrashni 270 takrorlanishi sakrash chidamkorligini, bir zonadan boshqa zonaga o‘tib zarba berish yoki to‘siq qo‘yish uchun chaqqonlik sifatini, gavdani orqaga bukib-tezkor yozish (hujum zarbasi va sakrab kuchli zarba berishda) egiluvchanlikni talab qiladi. Zamonaviy voleybolda o‘yin shiddatini borgan sari keskinlasha borishi, nisbatan kichik hajmli maydonda (9×9m) 6 o‘yinchining o‘zaro tezkor harakatlanishi, bir o‘yin usulini ijro etib, tezkor boshqa usulga o‘tilishi va albatta raqobatni kuchayib borishi nafaqat barcha jismoniy sifatlarni proporsional nisbatda yuksak shakllangan bo‘lishini talab qiladi, balki barcha psixologik sifatlarini ham (diqqat, xotira, idrok, tafakkur, ong, vaziyatni tezkor payqash, farqlash, qaror qabul qilish va h.k) takomillashgan bo‘lishiga e’tibor qaratadi. Buning uchun sportchida psixofunksional imkoniyatlar o‘ziga xos mashqlar asosida muntazam shakllantirilib borilishi kerak bo‘ladi. Shunday bo‘lsagina barcha sakrab ijro o‘yin usullarida sifat va samara bo‘ladi, ularni foydali natija bilan yakunlash imkoniyati ochiladi [2,3,6].

Zamonaviy voleybolda ijro etiladigan aksariyat o‘yin malakalarini (sakrab o‘yinga to‘p kiritish, sakrab to‘p uzatish, zarba berish, to‘siq qo‘yish) “havoda” amalga oshiriladi. Demak, bunday malakalarni ijro etish samaradorligi nafaqat texnik mahoratga, balki ustivor ravishda sakrovchanlik va sakrash chidamkorligiga bog‘liqdir. Sakrovchanlik va sakrash chidamkorligini rivojlantirish tayyorgarlikning qaysi bosqichida amalga oshirilishidan qat’iy nazar bu masala umumiy va maxsus jismoniy tayyorgarlik jarayonini qanday darajada rejalashtirishga bog‘liq. Shuning uchun ushbu jarayonning malakali voleybolchilarni tayyorlashdagi ahamiyati, qolaversa asosiy o‘yin malakalarini (zarba berish, to‘siq qo‘yish) ijro etish samarasi sakrovchanlik va sakrash chidamkorligiga to‘g‘ridan-to‘g‘ri bog‘liqligi haqidagi ma’lumotlar tahlili alohida ahamiyatga egadir [1, 8].

Sakrovchanlik sifatining turlari ko‘p. Masalan, ikki oyoq bilan depsinib yugurib kelib yoki joydan turib vertikal sakrash bir oyoq bilan depsinib vertikal yoki uzunlikka sakrash, ikki oyoq bilan depsinib uzunlikka sakrash va hokazo. Har bir sakrash turining o‘ziga xos malakali va maqsadga mos ijro etish tartibi (texnikasi) bo‘ladi. Voleybol, basketbol, futbol va boshqa sport o‘yinlari bilan shug‘ullanuvchi sportchilarning sakrovchanligi bir-biridan farq qiladi. Ta’kidlash lozimki, hatto bir sport o‘yinda, masalan, voleybolda – zarba yoki to‘siq qo‘yish, to‘p kiritish yoki uzatish uchun ijro etiladigan sakrashlar mohiyati bir-biriga sira o‘xshamaydi. Boz

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ustiga yana shuni eslatish o‘rinliki, faqat bir o‘yin malakasi – zarba berish turiga qarab (qisqa yoki baland to‘pdan zarba berish) sakrash xususiyati umuman boshqacha bo‘ladi. Binobarin, sakrovchanlik yoki sakrash chidamkorligi degan tushuncha ko‘p qamrovli mazmun, mohiyat, xususiyat va ma’noni anglatadi. Demak, bu sifatlarni rivojlantirish haqida gap borganda muayyan sakrash turi va uni o‘ziga munosib mashqlariga alohida e’tibor berilishi o‘ta muhim masaladir.

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