



METHODOLOGY FOR THE USE OF ACTION GAMES IN THE PHYSICAL TRAINING OF STUDENT YOUTH

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Abstract: games are divided into different categories with their amiability (universality), multi-functionality and wide responsiveness. In particular, these are the games that develop physical qualities, point, pronunciation, sniper, entrepreneurship, account, etc. But, no matter what kind of game, there will be an element of action or a complex of actions in it.

The article examines the methodology for using action games in the physical training of student youth.

Keywords: physical fitness, sports, sports games, methodology, sports psychology.

In the study of the components of sports games and sports gymnastics, in the education of strength, dexterity and endurance, action games will help.

Classes with an emotional environment based on action games-Increase movement activity, children are less tired, and their organism prepares for certain functional loads. And in the process of physical education of students is important.

Action games are fundamentally different from sports games in terms of their content and essence. Action games do not require specific restrictive regulatory factors, such as special training, a specific competition rule, sportswear, duration, area, composition of participants, such as sports games. Only one action game can be played in different places, over time, in clothes, in content (in terms of number). The most important are the free and voluntary movements that are observed during the action game (non-standard direction of movement, screaming, cheerfulness, etc.), generating a positive emotional state (reaction). This condition, in turn, helps to "bypass" the fatigue complications that occur more quickly during sports training (or when performing a standard series of exercises) or appear later.

It is known that action games express the painting, udumi, traditions and ethnogenetic features of different peoples and nations. That is why such action games are often referred to as folk games. It has been proven in practice that the student has a good effect on the greater application of action games in the physical training of young people. It seems more so that new learners have difficulties in mastering the methods of basic game techniques, in which they do not need to play volleyball. Playing volleyball without good mastery of technical methods reduces students' enthusiasm for attending classes. Here, the development of physical qualities and evolution of technical elements-Latrisha focused action games are of great benefit. They increase children's activity and interest in training. It gives a good effect to use action games during ball-free exercises that are uninteresting to children. The application of the game method during the execution of exercises increases the emotional state of athletes and closely helps to master the studied material well.

Games aimed at the development of physical qualities (for introversion) "Hook". A rope length of 2-3 m is required for the game. An object of small weight is tied to one end of it. Standing in the middle of the circle, the presenter grabs the rope from the loose end and gives it to the teacher's hand.

### "Jumps through obstacles"

8 gymnastic seats are placed between the surface lines of the volleyball court at a distance of 1m from each other. From behind the Surface line, the handlers move forward and begin to jump on both legs (by signal). Jumping over the seat on the jump path, the surface on the opposite side completes the jump on the line. Whoever finishes the exercise first, that player is the winner. Jumping and running over the seat is not allowed.

### Action games for reaction speed

"Hear the alarm!". The handlers walk one in a row. The coach suddenly gives a signal (clapping in the hands or whistle), the players on the signal immediately stop. If the coach gives two signals, the players must continue to move forward. If the signal is given three times, players start running one in a row. Whoever gets lost goes to the end of the row.

"Group, adjust!". The players stand in line. The coach often gives a team by adding the word" group". Sometimes he gives a command without adding the word" group". They execute the command when an additional work is added on the condition. The wandering player gets out of the game.

### Action games to increase speed

"Ball transmission". Players stand in circles. To two players standing in a circle, that is, one passes a volleyball ball against the other. On the Signal, players try to quickly pass the ball to the players next to them, standing in a circle. In doing so, one tries to surpass the other.

"To the middle of the ball". The players keep forming 3-4 circles. In the middle of each circle, a starter stands, and he passes the ball to his players in turn. Having received the ball from the player standing at the end, the starter raises the ball up. The members of the circle who dropped the ball to the ground the least are the winners.

"Who is the first?". Two teams stand one in a row behind a Surface line or at a designated location. By sight or hearing signal, the first players of the teams run up to the Surface line (or wall) on the opposite side and come running back. Come running and blow in the palm of the next player (or transfer some kind of item). He comes running like that too. The team that finished the run before gets one point. The game is played several times. The team with many points wins.

"Not chasing". The handlers run across the field, while the start-up catches them. The player who touches the starter will replace the starter.

### Action games to develop power

"The cockfighting". The handlers are located on one side of the volleyball court. On the Signal, all players begin to jump on one leg, trying to knock each other down. Whoever goes out of the field or touches the floor with both feet leaves the game. It is impossible to push by hand.

"The tacks race". Players are divided into two teams with an even number. In each team, a person stands with his feet shoulder-width apart, relying on the hands. The partner holds his leg. At the signal of the coach, players start moving from one side line to the second side line. The second pair starts running after the first players cross the line. The race will also continue to return, but players will be exchanged. The team that finished the race before wins.

### Action game for endurance

"Jumpers". The handlers are looking at the wall, a line is drawn in the place at the height of the set (depending on the age of the handlers). Players begin to jump up the line on the wall on command, trying to touch the lever to the top. Players who touch the line come out of the game. The

player who jumps a lot by performing a block-putting analogy action win. The line can be lifted by jumpers depending on their training.

Action games for teaching and improving technical methods

"Shooting the opponent's field". On the side lines of the volleyball field, circles 2m in diameter are drawn, which are straight together. In a circle, players settle down and try to lower the ball into the circle on the opposite side, transmitting two supports from above and below. If the ball does not reach the circle or passes by, the player may not shake it. In doing so, the opponent gets a penalty point. Game 5 min. will continue. A player with low penalty points wins.

"Throwing and dropping the ball". Two teams of players stand on surface lines. Each team will have 5 balls. On the coach's signal, players from both teams perform 5 pods, trying to shoot the ball inside the field. Players who are in line to shoot a herd collect balls and give them to their partners. If the herd breaks or the line is crushed, the herd is not counted. The team that has dropped the ball a lot on the field is the winner.

### Conclusion.

In conclusion, the theoretical considerations characteristic of the action games mentioned above determine their potential in terms of physical education and sports. Hence, the importance of action games, including the national games of the people, is immeasurable in the training of young athletes.

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