



**WORLD BULLETIN
PUBLISHING**

Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 01, Issue 02, November 2025



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

IMPLEMENTATION OF THE PROBLEM OF INTEGRATING THE ACMEOLOGY OF PREPARING FOR MINI VOLLEYBALL INTO VOLLEYBALL

Shukurllayev Jurabek Maksadbayevich

Doctor of Philosophy in Pedagogical Sciences (PhD), Docent

Chirchik State Pedagogical University

Tel: +99897-500-10-17

Abstract

This article presents guidelines, suggestions, and recommendations on the implementation of the problem of integrating acmeology into volleyball training for the sport of mini volleyball. The results of the research on the application of acmeology in volleyball training for this mini-volleyball sport recommend the widespread use of these guidelines, suggestions, and recommendations in volleyball training.

Keywords: Mini volleyball, sports, acmeology, volleyball, integration, application.

Introduction

MINI VOLEYBOL SPORT TURIGA TAYYORLASH AKMEOLOGIYASINI VOLEYBOLGA INTEGRATSIYALASH MUAMMOSINING TADBIQI

Shukurllayev Jurabek Maksadbayevich

Chirchik State Pedagogical University

Doctor of philosophy in Pedagogical Sciences (PhD), Docent

Tel: +99897-500-10-17



WORLD BULLETIN
PUBLISHING

Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 01, Issue 02, November 2025



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

Аннотация

Ushbu maqolada mini voleybol sport turiga tayyorlash akmeologiyasini voleybolga integratsiyalash muammosining tadbiri bo'yicha ko'rsatma va taklif, tavsiyalar keltirilgan. Mazkur mini voleybol sport turiga tayyorlash akmeologiyasini voleybolga integratsiyalash muammosining tadbiri tadqiqot natijalari bu ko'rsatma va taklif, tavsiyalarni voleybol mashg'ulotlarida keng qo'llashni tavsiya etadi.

Аннотация

В статье представлены методические рекомендации, предложения и разработки по реализации проблемы интеграции акмеологии в волейбольную подготовку для вида спорта мини-волейбол. Результаты исследования по применению акмеологии в тренировке волейболистов этого вида спорта, как мини-волейбол, позволяют рекомендовать широкое использование данных положений, предложений и рекомендаций в тренировке волейболистов.

Kalit so'zlar: Mini voleybol, sport, akmeologiya, voleybol, integratsiya, tadbir.

Ключевые слова: Мини-волейбол, спорт, акмеология, волейбол, интеграция, применение.

Introduction

It is well known that the fact that Uzbek sports have become increasingly recognized around the world in recent years, and that our athletes are occupying the top steps of the podium at the Olympic Games, World and Asian Championships, is the result of the decrees and decisions adopted by our President in this area. Our article aligns to a certain extent with the Decree of the President of the Republic of Uzbekistan No. PQ-421 dated December 4, 2024, titled "On Measures to Develop Team Sports and Improve the System for



Selecting Talented Youth,” and the Decree No. PQ-274 dated July 19, 2024, by President Sh.M. Mirziyoyev, titled “On Measures to Further Develop Volleyball Sports.” [1].

Literature Review.

Issues related to the development of volleyball and sports, the role and significance of a healthy lifestyle in enhancing athletes’ physical abilities, have been explored by researchers such as A.A. Pulatov, L.R. Ayraretyans, V.Sh. Rakhimov, R. Salamov, E.A. Seytkhalilov, Kh.B. Tulenova, J.M. Shukurllayev, and M.A. Qurbonova. Additionally, topics concerning the introduction of an acmeological approach into educational practice, the adoption of effective teaching methods, creative and critical approaches to educational practices, and the ability to analyze the outcomes of one’s efforts from a research perspective have been investigated by scholars including N.R. Ashurov, M. Bekmurodov, O‘. Mavlonov, E. G‘oziyev, V. Karimova, B.B. Ma‘murov, A.Sh. Saliyev, G.H. Tillayeva, G.O. Ernazarova, and M.Sh. Islamova. [6; 6-24].

Research Methodology

The problem of the scientific methodological foundations of integrating acmeology into volleyball training for the sport of junior volleyball was implemented as follows:

Initially, the rules of the small volleyball sport were developed. The rules were developed in a way that was adapted to the development of volleyball technical and tactical movements and the sports halls of schools in our Republic and volleyball technical and tactical movements.

A specially developed small volleyball sport was organized as part of the research based on statistics relevant to the existing sports facilities and student population in secondary schools in our Republic.

It also became known from available statistics that currently 57% of secondary schools in our Republic have gyms with an area of 9-18 m. This is explained by the fact that volleyball is a sport that is incompatible with it, and that the size of



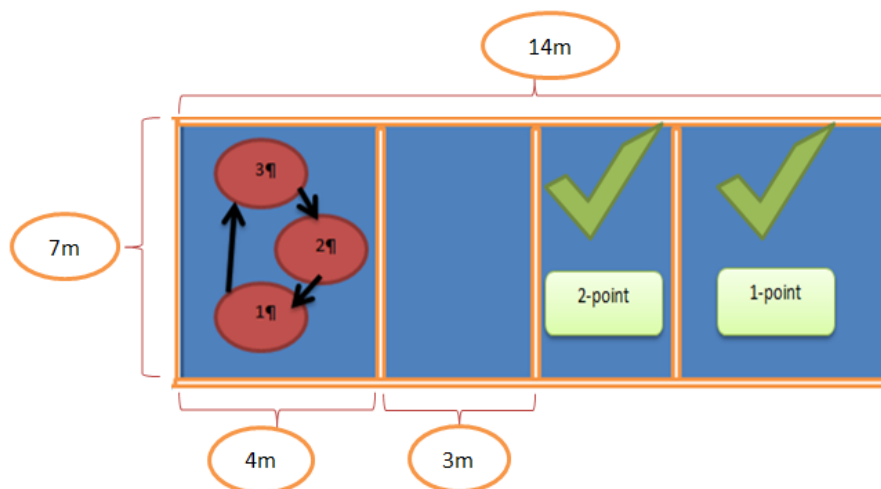
the court for a small volleyball game is 7-14 m, and another aspect is that schools with a class size of no more than 10 students have an indicator of about 30%, which is not enough to play volleyball, and the number of players for a small volleyball game is $3 \times 3 = 6$. This makes small volleyball more popular due to its convenience, fun, and convenience.

Based on the research, scientific and methodological foundations and didactic software for integrating acmeology into volleyball training for junior volleyball were developed and defined as follows.

1. We have determined the playing field. The field is rectangular, 14 m long and 7 m wide (see Figure 1). The smaller size of the playing field compared to volleyball and the smaller number of players serve to a certain extent to improve the individual physical, technical and tactical training of the players.

2. The players' positioning and movement pattern has been developed. The players' positioning (see Figure 1). There are 3 players involved in the game, 3 substitutes, a total of 6 players per team. When moving, the attack is carried out only from the back zone.

This increases the player's field of vision, improves their attack, rebounding, and ball control. It is somewhat more difficult than volleyball because the player's attack and scoring distance is longer.



1-Figure



3. We have divided the points and halves as follows. The game consists of 3 halves, 2 halves are 20 points, the last half is 10 points, and when the third half reaches 5 points, the teams switch courts, and the halves must be completed with a difference of 2 points.

If the ball lands in the front zone, 2 points are awarded, and if it lands in the back zone, 1 point is awarded (see Figure 1). This encourages players to score a 2nd point. Now, to score a 2nd point, the player must land the ball from the back zone into the front zone of the opponent's court.

This process also requires a high level of physical, mental and technical preparation from the player. In the 1-point process, that is, attacking the opponent from the back zone, the players' ball reception technique increases and improves. It is expected that the player who has passed such preparation stages will be able to perform the elements of the volleyball sport at a high level.

If a mistake is made when putting the ball into play, the opposing team is awarded 1 point. If the ball is passed from the offensive zone to the opposing team during the game, 1 point is also awarded to the opposing team.

The training was conducted based on the above-mentioned rules. The training revealed that our developed mini volleyball sport is much more complex than volleyball and requires more effort. For example, if a volleyball player spends 1000 kcal of energy during the 1st half, then in our mini volleyball he will have to spend 1500-2000 kcal of energy. This means that the participant in junior volleyball training will develop and improve at a high level of physical and mental fitness.

In order to achieve high results in national championships and prestigious international competitions in volleyball, the use of junior volleyball, as well as systematic teaching of junior volleyball in volleyball training and lessons, is an important source of strengthening and expanding physical potential reserves [4; p. 28-30].

The "Concept for the Development of Physical Culture and Sports in the Republic of Uzbekistan until 2025" sets as priority tasks the qualitative composition of trainers and specialists in state sports education institutions, in particular, the gradual increase in the number of people with higher education to



80%; the establishment of scientific and complex laboratories for athletes of national teams in various sports, the introduction of advanced innovative technologies into the training process, and the establishment of a system for establishing effective medical and pharmacological support in the field of sports.

Analysis and Results

The analysis of the trainees' performance was conducted based on the following descriptions (see Table 1).

Table 1

Research Criteria	
1	Standing long jump
2	Accuracy and consistency in ball passing
3	Effectiveness of ball reception resulting from the application of the attack method from the back zone
4	Trainees' decision-making and ability to anticipate situations

1. The performance of the standing long jump, as applied in training sessions, demonstrated an improvement in leg strength and vertical jump performance, with the indicator rising from 71% to 87% over the course of an annual training cycle. The primary challenges for trainees were related to coordinating movements for jumping and striking the ball.

2. The accuracy and consistency of ball passing, as practiced in training, took an average of 6 weeks to master. The proportion of accurate and consistent targeted ball passing increased from 46% to 58%, and the number of errors in this method was reduced by 12%. The challenges in this regard were relatively complex, as the focus was on passing the ball to a precise point with consistent accuracy.

3. The effectiveness of ball reception resulting from the application of the attack method from the back zone, as practiced in training, required an average of 7 weeks to master. This method aims to complicate the opponent's ability to receive the ball. The effectiveness of ball reception increased from 41% to 69%, and the number of errors in this method was reduced by 28%.



4. Efforts to enhance trainees' decision-making and situational anticipation skills during a 7-week training period yielded positive results. Trainees achieved the ability to execute block-free attacks and improve the quality of deceptive movements based on the game situation. As a result, the effectiveness of decision-making and situational anticipation increased from 34% to 61%, with a 27% reduction in errors associated with this method. The main challenges in training were related to distracting and deceiving the opponent, maintaining consistency in scoring, and executing effective strikes. The research process was conducted among student participants of volleyball clubs at Chirchiq State Pedagogical University.

Indicators of Research Results

	Criterion	Previous Indicators	New Indicators	Difference %
1	Standing Long Jump	71%	87%	16%
2	Accuracy and Consistency of Ball Passing	46%	58%	12%
3	Effectiveness of Ball Reception Resulting from the Application of the Attack Method from the Back Zone	41%	69%	28%
4	Trainees' Decision-Making and Situational Anticipation Ability	34%	61%	27%
Average Indicator		48%	68,75%	20,75%

Mathematical Expression of Results

The provided data were expressed in percentages using the following mathematical formula:

$$Kq \frac{J}{Q} \cdot 100\% \quad (1)$$

Where: **J**: The number of correct responses provided by students in the questionnaires during the experimental trials.



- **Q:** The total number of students in the group whose results are being evaluated.

Mathematical-statistical analyses of the results were conducted based on the Student's t-test (Fisher's criterion).

Conclusion/Recommendations

Based on the research results, it was determined that the post-research performance improvement rate reached an effectiveness of 20.75%. We recommend utilizing the aforementioned exercise system in training sessions and for guiding volleyball players in preparation for competitions. Incorporating these exercises into the training process significantly enhanced the technical-tactical preparation of volleyball players. The research results advocate for the widespread application of this sport in physical education classes and volleyball training sessions.

References

1. Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev No. PQ-274 dated July 19, 2024, titled "On Measures to Further Develop Volleyball Sports."
2. Shukurllayev J.M. Methodological Features of Selecting Young Students for Volleyball. Academic Research in Educational Sciences. No. 1. October 2, 2020.
3. Shukurllayev J.M. Improving Sports Skills (Volleyball). Textbook. Chirchiq: City of Book, 2023, 240 p. UDK 796/799.
4. Shukurllayev J.M. The Essence of the Acmeological Approach in Preparing Students for Scientific and Professional Activities. XALQ TA'LIMI Scientific-Methodological Journal. 2023. No. 5, pp. 28-30.
5. Shukurllayev J.M. Methodological Features of Selecting 7-14-Year-Old School Students for Volleyball. Mug'allim, 2019, No. 2, pp. 153-156.
6. Shukurllayev J.M. Didactic Foundations of the Acmeological Approach in Developing Physical Qualities in School Students (Based on the Example of Volleyball). (PhD) Dissertation. Chirchiq, 2023.



**WORLD BULLETIN
PUBLISHING**
Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 01, Issue 02, November 2025



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

7. Mechanism of Integrating the Acmeology of Preparing for Mini-Volleyball into Volleyball. Monograph. Tashkent: Zebo Prints, 2024, 120 p.