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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHODOLOGY OF TEACHING TOOLS AND METHODS
SPECIFIC TO THE FORMATION OF PROFESSIONAL SKILLS OF FUTURE
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ABOUT ARTICLE

Key words: Volleyball, methodology, teaching, higher education, specialists, communicative, gnostic, constructive, movement skills, Lüscher test.

Abstract: This article provides information on determining and analyzing indicators of communicative, gnostic, constructive and movement skills of those who play sports.

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INTRODUCTION

In different countries of the world, efforts are being made to solve common tasks related to the determination of ways of theoretical and methodological and technological support of the educational process in the training of physical education specialists in the system of higher education institutions. Physical education determines the need to create an effective innovative curriculum and technologies for training competitive values in the educational system. Many scientific studies are being conducted on the development of new effective educational models aimed at creating innovative technologies to improve the quality of professional-pedagogical activity [3: 45-56-b]. In countries where volleyball is a developed sport, during competition and training, restorative technologies have been developed aimed at the classification of tools and the management of functional reserves [5: 20-21-b]. According to the research of world experts, the prospects of using the tools of this sport for the formation of pedagogical skills and personal qualities according to the differentiated approach to the teaching of the subject material of "Volleyball" have not been sufficiently studied. This requires the development of an effective methodology for the formation of the necessary professional knowledge, skills and

qualifications. The implementation of these tasks requires the improvement of the professional training process in pedagogical higher education institutions, the search for scientifically based ways of effective training of future physical education specialists through the means of sports specialization. At the same time, there are a number of problems related to the development of innovative forms and methods of formation of professional knowledge, skills and qualifications of future pedagogues and highly educated physical education and sports specialists.

The purpose of the study. improvement of mechanisms of formation of professional skills of physical education and sports specialists using volleyball equipment in the higher education system.

Tasks of research. 1. Analysis of the situation of the problem in the science and practice of pedagogy using volleyball tools; 2. Development of a new variational system aimed at teaching the tools and methods specific to the sport of volleyball for the formation of professional skills and personal qualities of future physical education specialists.

Research results and their discussion. Our country and foreign scientists who have studied the problems of preparing specialists for the profession, as well as scientists who are engaged in the development of innovative forms and methods of formation of skills and qualifications arising from the modern requirements of physical education and sports in future pedagogues, organize their work. A.N. Abdiyev, S.I. Balandin, A.A. Gladyshev, I.M. Zalyaletdinova, D.A. Zubkov, O.A. Krivko, Ye.F. Orekhov, T.A. Polivayev, T.A. Udalova on the problem of scientific justification of mechanisms for improving the quality of training of physical education and sports specialists in the higher pedagogical education system, N.A. Khudayberdiyeva and others conducted work. In these works, the nature and content of professional training for physical education teacher and coach is revealed, the content of professional training in pedagogical universities and scientifically based approaches to improving the process are offered. However, issues of formation of professional training with the help of sports specialization tools are still not implemented. K.A. Marinchenko, G.M. Musakayeva, R.S. Salamov, A.P. Teploukhov, O.I. Tumanova, in the study of problems of formation of important professional knowledge, qualifications and skills necessary for the successful implementation of their tasks in future physical education pedagogues. F.K. Turdiyev, N.T. Tukhtabayev, N.A. Shakina, M.F. Sharipov, L.A. Yasyukova and others contributed a lot, A.V. Kokovkina, V.S. Makeyevoy, M.S. Nayda D.O. Polyakov, D.K. Sinisyn, Ye.P. Yakimovich, experts in the field of physical education and sports in the process of their personal training issues of formation of qualities and influence on the development of sports specialization are covered.

The issues of influence of sports specialization on the development of professional skills and personal qualities remain open for scientific analysis. Therefore, there is an objective to increase the quality of professional and pedagogical activity, among students and future physical education specialists, the problem of effective formation of professional skills in the process of their improvement, and the use of sports games, including volleyball, for this purpose, is not sufficiently developed. Conflicts are observed, which determines the relevance of this research.

A complete and comprehensive evaluation of the result obtained during the future study of the impact of various types of sports on the personality of the athlete can be made. As long as this task is beyond the scope of our research, we will limit ourselves to stating this fact and defining the pedagogical skill whose formation is studied by us. Based on the information presented in Tables 1.2.3.4, the research of the process of formation of the following pedagogical skills is considered promising: critical analysis of one's own activities, formation of independent work skills in athletes, training methods choosing the right, performing the exercises correctly.

Table 1**Communication of playing sports impact on the formation of skills (score)**

T/r	Communicative skills	\bar{X}	Place
1.	Formation of independent work skills in athletes	2,94	1
2.	Finding a common language with students	2,78	2
3.	Education and improvement of physical and mental qualities necessary in the chosen sport	2,74	3
4.	Explain the activity of movement by analyzing it	2,52	4
5.	Be demanding and respectful to your students	2,43	5

The reliability of the first place was determined by Student's t-test: $t=2.2$, $R<0.05$.

Table 2**The effect of playing sports on the formation of gnostic skills (score)**

T/r	Gnostic skills	\bar{X}	Place
1.	Critical analysis of personal activity	3,00	1
2.	Regulation of physical load of athletes	2,82	2
3.	Making reasonable changes to the training process to prepare for unexpected situations	2,70	3
4.	Control the technique of performing exercises, correcting mistakes in time	2,66	4
5.	Making conclusions about the future development of sports results, techniques and tactics	2,56	5
6.	Determination of mental tolerance of athletes to special and training loads	2,51	6

The reliability of the first place was determined by the student's t-test (criterion): $t=2.5$, $R<0.05$.

Table 3

It is constructive to play sports effect on the formation of skills (points)

T/r	Constructive skills	\bar{X}	Place
1.	Correct choice of training methods	2,51	1
2.	Planning the process of sports training	2,47	2
3.	Determining training loads by time, frequency, size	2,41	3

The reliability of the first place was determined by Student's t-test: $t=2.5$, $R<0.05$.

Table 4

The effect of playing sports on the formation of motor skills (score)

T/r	Movement skills	\bar{X}	Place
1.	Correctly perform the demonstration of exercises.	2,94	1
2.	Improving one's physical qualities by observing the rules of public and personal hygiene	2,63	2
3.	Providing practical assistance	2,55	3

The reliability of the first place was determined by Student's t-test (criterion): $t=2.4$, $R<0.05$.

We believe that one more important conclusion can be made that many experts do not doubt that the question that there is a difference in the influence of playing different types of sports on the process of formation of necessary professional skills is correct.

Results of the Lüscher test (scores) for first-year students

Number of unsatisfied needs	Number of students	
	Before the experiment	After the experiment
0	4	11
1	14	12
2	9	6
3	3	1

According to the test results, as well as in the structure of satisfaction of needs, no reliable differences were found in the changes in their satisfaction as a result of training in the control and experimental groups.

Based on the results of the conducted research, the following can be concluded: After the first year of training, the average value dropped by 5.1%. The average score in the control group decreased by 5.4% and in the experimental group by 5.6%. The general decrease in the level of value orientations can be explained by two reasons: firstly, this level was slightly increased because the participants chose volleyball independently; secondly, some of the participants did not play volleyball before, so they viewed volleyball positively. had a tendency to somewhat

overestimate his influence and the possibility of high success. Students with a measure of participation in training and competitions with a sufficiently high load had the opportunity to make a more reasonable assessment of the mentioned factors. The decrease in scores is almost the same in the control and experimental groups, which allows us to conclude that there is no effect of problematic training on the attitude of the participants to the chosen sport.

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