



DEVELOPING VOLITIONAL QUALITIES IN 13- TO 14-YEAR-OLD VOLLEYBALL PLAYERS

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ANNOTATION

This article examines the pedagogical and psychological aspects of developing volitional qualities in 13–14-year-old volleyball players. It analyzes effective methods for improving qualities such as determination, perseverance, goal orientation, and self-control. Special attention is given to the organization of the training process, motivation, and the importance of a team environment.

Keywords: volleyball, volitional qualities, adolescents, sports education, psychological training, motivation, determination, team environment, training process.

The development of volitional qualities in 13–14-year-old volleyball players is considered one of the key areas of focus in sports pedagogy.

This age group represents the early stages of adolescence, during which an individual's character, worldview, and volitional qualities are actively shaped.

It is during this period that sports activities promote not only physical development but also psychological and volitional maturity.

Volitional qualities refer to a person's pursuit of goals, their ability to overcome difficulties, and their conscious control over their own actions.

These qualities are particularly important in volleyball, as the game requires speed, precision, patience, and mental resilience.

The stressful situations that arise during the game, the pressure from opponents, and the responsibility to the team create favorable conditions for the development of volitional qualities in adolescent athletes.

The role of the instructor is crucial in this process.

Taking into account the individual characteristics of adolescents, the instructor should be able to motivate them, support them, and, when necessary, provide constructive criticism.

Incentive methods (praise, rewards, recognition) boost students' intrinsic motivation, which in turn strengthens their volitional qualities.

At the same time, a sense of responsibility is developed by requiring fair evaluation and discipline.

Psychological preparedness is also an important factor.

Adolescent athletes need to be taught to manage stress, control their emotions, and draw the right conclusions from defeat.

To this end, it is effective to employ various psychological exercises, relaxation techniques, and methods such as visualization (imagining the game in advance).

These techniques boost athletes' self-confidence and help them achieve consistent performance during competitions.

The team environment also plays an important role in developing willpower.

Since volleyball is a team sport, mutual trust, respect, and cooperation are of paramount importance.

When a healthy psychological environment is created within the team, each player feels at ease, is not afraid of challenges, and strives to improve themselves.

Team practices, setting common goals, and the process of achieving success together further strengthen willpower traits in adolescents.



In addition, participating in competitions is also an important tool.

In a competitive environment, athletes test their abilities, learn to perform under pressure, and demonstrate their willpower in the pursuit of victory.

Defeat, on the other hand, serves as a lesson and motivates them to become even stronger in the future.

The development of volitional qualities in 13–14-year-old volleyball players is of particular importance not only for improving sports performance, but also for shaping a well-rounded individual.

This age group represents a crucial stage of adolescence, during which the central nervous system, mental processes, and social behavior actively develop.

Therefore, it is precisely during this period that qualities such as strong willpower, responsibility, discipline, and self-control can be developed through appropriately guided sports activities.

Volitional qualities include perseverance, patience, courage, initiative, self-control, independence, and purposefulness.

In volleyball, these qualities develop naturally during the course of the game.

For example, adapting to rapidly changing situations during a match, maintaining mental stability after unsuccessful hits, and feeling a sense of responsibility for the team contribute to the development of adolescent athletes' volitional qualities.

In modern sports pedagogy, innovative methods are also used to develop volitional qualities.

One of these methods is the creation of challenging situations.

During practice, the coach deliberately creates challenging game situations (for example, playing with fewer players, reducing the game time, or allowing the team to fall behind in the score).

This, in turn, helps players develop quick thinking, stress resilience, and volitional decision-making.

Another effective method is the differentiated approach.

Since each adolescent has different psychological characteristics, the coach should adopt an individualized approach.

While some athletes may need to be motivated to become more active, for others, volitional qualities can be developed by assigning responsibilities or giving them independent tasks.

This approach helps students to fully unlock their inherent potential.

In developing volitional qualities, the formation of self-control skills is of particular importance.

Adolescent athletes should be taught to set goals for themselves, plan their activities, and analyze their results.

For example, by evaluating their own performance after a training session, identifying their mistakes, and making a plan for the next training session, they develop independent thinking and self-control.

Furthermore, when cultivating volitional qualities, it is important to distribute physical loads appropriately.

Excessively heavy training can overwhelm an adolescent and reduce motivation, whereas adequate training that is gradually increased builds resilience and endurance.

At the same time, it is also important to pay attention to rest and recovery processes.

Psychological training is an effective tool for developing volitional qualities. For example:

Visualization — builds confidence by imagining game situations in advance;

Self-talk — exerting a positive psychological influence on oneself;



Breathing control exercises — reduce stress and help improve concentration;

Goal-setting motivation techniques: These techniques strengthen willpower by setting short- and long-term goals.

Developing team leadership is also an important area of focus. At the age of 13–14, some athletes begin to demonstrate leadership skills.

Coaches should support this process by assigning players tasks such as leading the team, helping others, and sharing responsibilities.

This not only develops leadership skills but also strengthens willpower.

Collaboration with parents should also not be overlooked.

When parents support their child, celebrate their successes, and provide appropriate guidance in the event of setbacks, this has a positive impact on the adolescent's willpower and resilience.

Conversely, excessive pressure or criticism can have a negative impact on the development of willpower.

The use of modern technologies (video analysis, statistical monitoring) is also effective.

By showing players video footage of their own play and analyzing their strengths and weaknesses, they can be encouraged to work on improving themselves.

This, in turn, reinforces a conscious approach and a strong will.

CONCLUSION

The development of volitional qualities in 13–14-year-old volleyball players is an integral and crucial component of sports training.

During this age period, adolescents undergo active psychological and physical development, which provides a favorable environment for the formation of volitional qualities such as perseverance, patience, goal orientation, self-control, and responsibility.

The effectiveness of developing volitional qualities depends, first and foremost, on the proper organization of the training process, the coach's pedagogical skills, an individualized approach, and a healthy team environment.

At the same time, psychological readiness, motivation, competition experience, and the use of modern methods play a crucial role in the volitional training of adolescent athletes.

As a result, through a systematic and science-based approach, volleyball players not only achieve high performance in the sport, but also develop as independent, determined, and goal-oriented individuals in life.

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