

THE IMPORTANCE OF USING VALLEYBALL TECHNIQUE AND EXERCISES USED IN IT

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Annotation: *Today's article talks about the origin of volleyball, its place in human life, and the techniques of this sport. However, you can check out the exercises used to learn his techniques.*

Key words: *technique, training, attack, defense, loading, practice.*

The participation of athletes in competitions requires them to perform the movement skills characteristic of a certain sport. Skillful execution of movement skills, winning in competitions can be manifested as a result of many years of sports training. The better the technique of performing movement skills, the higher the chances of winning the competitions.

Sports technique is a set of specialized actions performed at the same time, sequentially and in a certain purposeful order. Sports equipment should be aimed at making movements precise, easy, in accordance with the situation, with low effort and with high efficiency. Technical training is a long-term activity, a pedagogical process that ensures the stable, perfect and effective performance of a certain set of actions in a technically specific purposeful order, according to the situation. This process is the main and integral part of sports training.

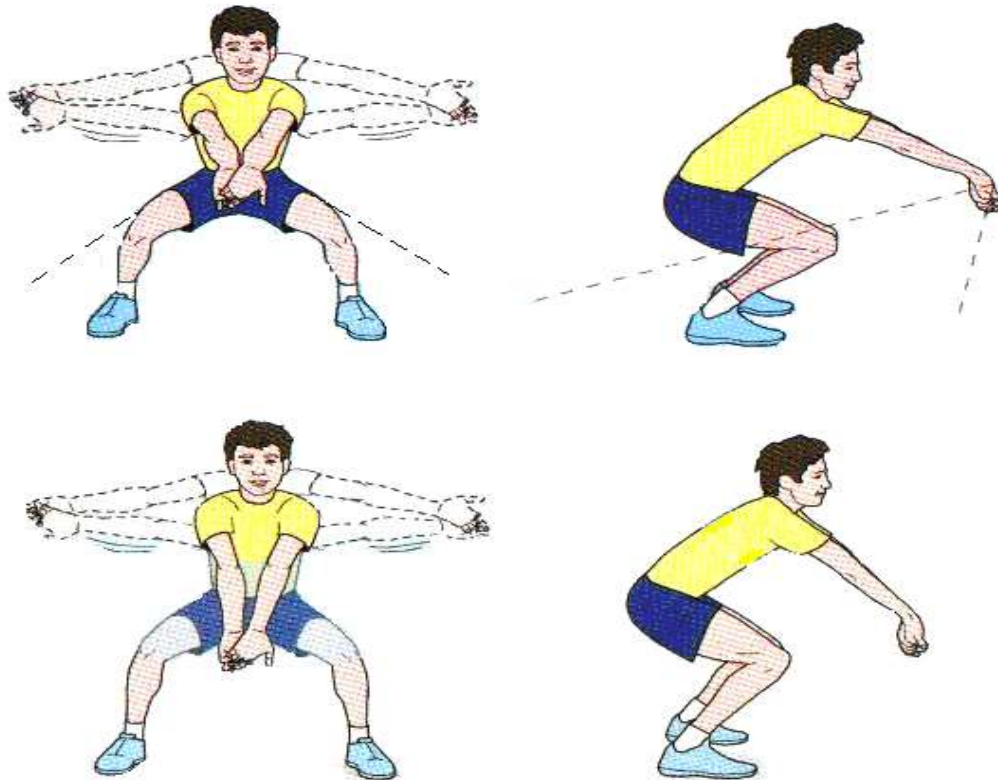
Valleyball differs from other sports by its essence, content and characteristics. The volleyball game is played on a relatively small, square 18x9 meter square, divided equally in the middle. Modern volleyball is extremely rich in different game skills and tactical combinations, and is played at a great intensity and speed.

Therefore, the above-mentioned unique characteristics of volleyball require highly developed technical skills from the players. In competitive games, the more extensive and perfectly formed technical skills are in relation to external influences, the greater the chance of winning. A game technique is a specialized action or a set of actions performed simultaneously in a sequence and in a certain purposeful order. The technique of the game should be designed to perform movements precisely, quickly, easily, in accordance with the situation, with minimal effort and with high efficiency.

Valleyball techniques are divided into two major sections: offensive and defensive techniques. In turn, the above sections are divided into several groups according to the form and content of technical methods. Each group has its own methods of performing technical actions. Attack technique cases. In the volleyball game, players must move with the ball in a short time. Therefore, a player needs to be highly prepared to play with the ball in this or that game situation. For this purpose, it is necessary to occupy different states in order to

perform different methods of action. It is high when taking an offensive shot and making a block, medium when receiving a throw-in, and low when receiving an offensive shot or a rebound from the fence (figure 1).

In this case, the position of the UOM (general center of gravity) depends on the nature of the next movement. It also worth noting that a player's height and coordination ability have a significant impact on UOM. Therefore, the effective standing position should be such that the UOM can be quickly removed from the support limit, allowing the necessary movement and activity.



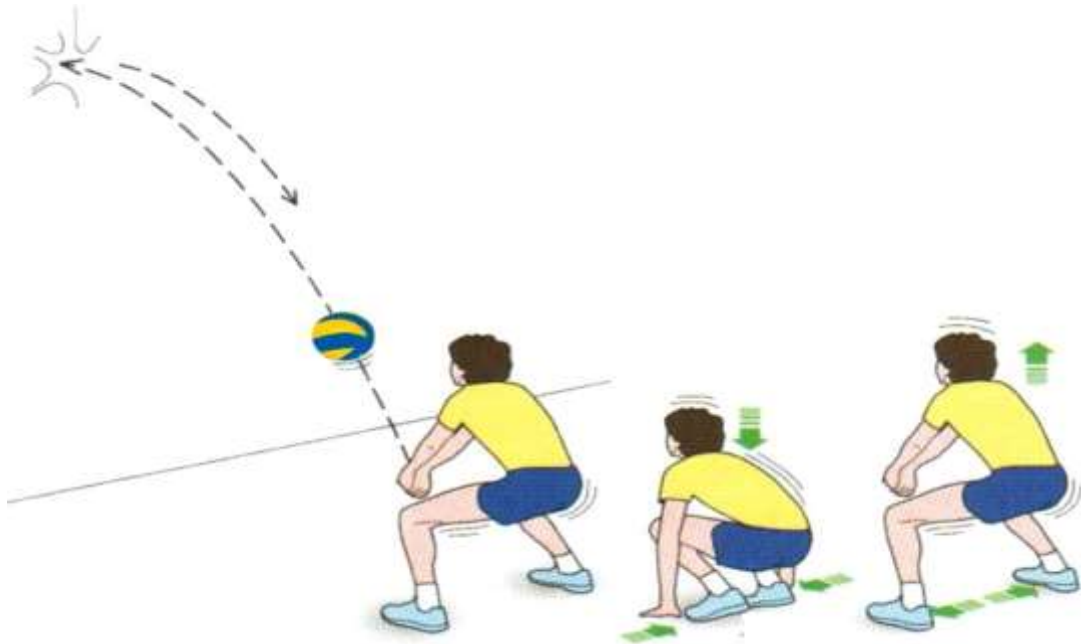
Stances are either static (the player is motionless) or dynamic (waiting to receive the ball, make an attack or block by transferring the main support from one foot to the other) depending on the nature of the subsequent actions. In this posture, the hands are at waist level, the fingers are facing the palms, and the body is slightly bent forward. The handle should be in a free position.

Movement. A player moves across the field to perform a specific technique. Depending on the method and the situation of the game, he performs various actions by stepping (forward, backward, sideways), jumping, running and falling. Stepping and running movements are a bit soft (due to slow UOM vibration) Side-stepping is often used when blocking with a small distance, receiving a rebound from a block. Movement always starts with the foot closest to the desired direction of movement. It is used in the implementation of quick response action, such as splashing, jumping and running. In most cases, the considered actions are also used in the general unit.

Protective technique

Defense is countermeasures to offensive actions. Attacks are eliminated using defensive methods. Receive a package. It is done when the ball is put in play, after the attack and when it returns from the fence. In modern volleyball, there are the following methods and options for receiving the ball: with two hands from below (in rare cases with one hand); two arms from above; roll back with the hip part and hold it from below; from the bottom with one hand while falling forward with chest-abdominal parts.

Receiving the ball with two hands from the bottom is also the main way to receive an offensive shot. Poor reception of the ball in play or attack (pass with low trajectory, failure to deliver to the connecting player) makes the offensive pass by the connecting player ineffective. Therefore, during training, it is necessary yo pay great attention to receiving balls coming from below with two hands at different speeds, directions and voltages.



Receiving the ball with one hand is done while falling down. The stance technique is used when receiving a ball that is coming quickly to the side of the player. Reception of the ball is performed with a closed palm surface.

Blocking. Blocking is the most basic way of countering an opponent's attack. From a technical point of view, blocking is one of the most difficult elements of the game. By mastering the blocking element at a high level, the player will be able to counterattack and gain valuable points after blocking.

TEACHING VALLEYBALL TECHNIQUE

In initial training process oin sports practice is a fundamental stage of many years of sports training, and the correct use of teaching methods and tools at this stage allows effevtive formation of sports skills at the next stages.

It is necessary to take into account the child's ontogenetic and biopsychological characteristics when planning and organizing the initial training process. In other words, the workload of the training sessions during the initial training should be adjusted and applied

depending on the physical and functional capabilities of the participating children. It is known that the volume and intensity of movement (loading) is important for human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should be consistent with the functional capabilities of the participant or be slightly higher. Because, according to laws that have been proven in the science of biology, if the total impact force of the daily physical load performed at certain stages of ontogenetic development is always higher than the functional capabilities of the organism, then in this organism (organs, muscles, vessels, cells tissues, heart, lungs, spleen, liver) tension or rapid signs of fatigue appear.

Initial training

The process of initial teaching of sports skills is the foundation of a long-term sports training system. The more thorough and qualitative the initial training is in terms of its organization, method, science and material and technology, the shorter and easier the path to training sports substitutes will be. But this will definitely depend directly on the specialist's knowledge, professional skills and qualifications. Therefore, one of the most important and main sections of the training specialists is the methodology (technology) of primary education.

The teaching process –is a pedagogical process that require great skill and professional training from the coach teacher. But even so, teaching movement (game skills) to performance techniques depends on other important factors: the activity of the child, the number, quality, duration of the exercises, auxiliary, technical equipment, the conditions of the training place, the interest of the child, the „wealth” of the activity, experience.

All exercises combined in accordance with their direction form the main parts of special training: general physical, special physical, technical, tactical, game training. Each type of preparation has its own leading factors, with the help of which the desired goal is achieved. At the same time, all types of preparations are inextricably linked. For example, if the student is not physically well prepared, he will not be able to perform the technical exercise of hitting in attack well. In this case, training the student from the physical side is more useful than repeating the hitting method many times.

Preparatory exercises. Two major tasks are solved when teaching to give an attack blow:

1. To streng then the base-movement apparatus, to develop the dynamic strength of arms and legs.
2. To be able to perform coordination actions at the necessary level to respond to a moving object (ball) without support.

Ro solve these tasks, the following are used:

1. to run up one or two steps to the object hung up, stand on both feet, and grab it with one hand.
2. Jump over the gymnastic bench in a „snake trail”. Attention is paid to the movement of the hands back-forward up.
3. Jumps from a height of 40-50 cm.

4. Exercises that develop sacrosanctity: from a squatting position jump long jumps on both legs; jumping up with weights (dumbbell, ball etc); sit-ups with a barbell (at 70% of the weight).

5. Throwing the ball behind the head from a jumping position on two legs. Similarly, only over the net.

Approaching exercises

1. Imitation of a direct attack blow; from the standing place, after 1,2,3 steps.

2. Hitting the ball mounted on a rubber shock absorber.

3. Stand next to the wall and perform an attack shot many times. Likewise, hitting only the partner. Distance 7-8 m.

4. Hitting the ball thrown by the partner. The ball is thrown at a height of 2 m.

5. To hit the ball thrown by the partner over the net. Depending on the assimilation of the attack blow, it is gradually brought closer to the conditions of the competition.

Technique exercises.

1. Attacking the ball passed from the 3 rd zone in the direction of the 4 th zone.

2. Hit the ball passed from the 3 rd zone from the 2 nd zone. The trajectory of the ball is reduced to 3 m, the running distance is shortened.

3.4,3,2 to hit the balls sent from the zones along different trajectories.

4. 4,3,2-giving offensive blows by changing the direction from zones.

5. carrying out an offensive blow against a single barrier.

In conclusion, it can be said that the effectiveness of tools in training volleyball movements in many cases directly depends on the methods of their use. Styles are selected and applied depending on the task, the training level of the participants, and specific conditions. Depending on the task, the same tool can be used in different ways can be used. In addition, the sequence of tasks and types in each type of preparation has a certain logical connection.

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