

IMPROVING THE TECHNIQUE OF PLAYING VOLLEYBALL

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The technique of playing volleyball can be called a set of techniques of motor activity used in the game, allowing you to solve specific tasks. The word "technique" is a Greek word meaning "skill". High skill is achieved by mastering advanced techniques. The technique of playing volleyball consists of a set of movement techniques necessary for the game. Movement technique is evaluated by correct, effective movement in various situations. The execution of each technique in the game consists of a system of movements that are connected to each other. Movement technique is the dynamic and kinematic properties of movement that are necessary and sufficient to solve motor tasks in a certain way (a certain consistency of forces, coordination between individual parts of the body, etc.). The main part of the technique is the most important and crucial part of the basic mechanism in a certain movement. The performance of the main part of the technique is expressed in the application of a large amount of effort in a relatively short period of time. The details of the technique are secondary features that do not violate the basic mechanism of movement. Technical details vary from athlete to athlete, depending on their morphological and functional capabilities. When performing technical actions, the individual phases of actions differ in time. There are usually three phases of action: preparatory, basic and final. The importance of the preparatory phase is to create favorable conditions for performing the action in the main phase. These conditions are created by running, jumping, turning (when blocking, putting the ball into play, when hitting an attack). The actions in the main phase are directly focused on solving the tasks of the main action. From the point of view of biodynamics, the most important thing in this phase is the effective use of driving forces in the appropriate situation and in the appropriate direction. Movements in the final phase are attenuated or sharply slowed down in order to maintain the balance of the body. Since volleyball is a very dynamic game, a volleyball player must master various techniques, be able to choose them depending on the game situation and perform them quickly and accurately. This determines the technical skills of the player. Signs of HIGH technical skill are expressed in:

- accurate and effective execution of action techniques;
- the stability of performing actions in the presence of halal factors (fatigue, psychological stress, negative effects of external conditions, etc.);
- the choice of retaliatory actions depending on the actions of the enemy, their reconstruction and the

ability to control parts of the action;- reliability of methods execution. In different periods of volleyball development, the methods, requirements, form and content of technical movements have changed and improved. The main reason for the change of techniques was a change in the rules of the game, improvement of tactical actions, and an increase in the level of physical fitness of players. The growth of the dynamics of the game in attack and defense, the increase in the potential of actions, the expansion of the arsenal of combinations in attack and defense also prompted the updating or reconstruction of techniques. However, it cannot be said that there are no more effective techniques used in gaming technology. The functional and physical capabilities of qualified athletes create a perspective for the introduction and implementation of new, progressive methods of gaming technology.

Classification of game techniques. The classification of game techniques consists in dividing them into certain groups and departments based on their form, content, purpose of the techniques used, interdependence of actions, kinematic and dynamic structure of actions. Volleyball technique is divided into two main parts: offensive and defensive. In turn, the above sections are divided into several groups according to the form and content of technical techniques (Table 1). Each group has its own techniques for performing technical actions. Situations. In volleyball, players must move with the ball in a short time. That's why a player needs to be very prepared to play with the ball in a particular game. To do this, it must occupy different states to perform different modes of action. Classification of game techniques. The classification of game techniques consists in dividing them into certain groups and departments based on their form, content, purpose of the techniques used, interdependence of actions, kinematic and dynamic structure of actions. Volleyball technique is divided into two main parts: offensive and defensive. In turn, the above sections are divided into several groups according to the form and content of technical techniques (Table 1). Each group has its own techniques for performing technical actions. Situations. In volleyball, players must move with the ball in a short time. That's why a player needs to be very prepared to play with the ball in a particular game. To do this, it must occupy different states to perform different modes of action.

When submitting an attacking throw and executing a block, it is high (Fig. 1 a), when receiving a ball entered into play, it is medium (Fig. 1 b), an attacking throw or a ball returning below the fence when receiving is low (Fig. 1 b). Fig. 1 v) the states are occupied. In this case, the position of the UOM (common center of gravity) depends on the nature of the next movement. It is also worth noting that the player's height and coordination abilities have a significant impact on the UOM. Therefore, the effective standing position should be such that the UOM can be quickly removed from the reference limit and provide the necessary movement and activity. Stands can be static (the player is stationary) or dynamic (moving the main support from foot to foot when receiving the ball, making an attacking throw or waiting for a block), depending on the nature of subsequent actions. In this position, the arms are at waist level, the fingers

are facing the palms, and the body is slightly tilted forward. The gavda should be in a free position. When submitting an attacking throw and executing a block, it is high (Fig. 1 a), when receiving a ball entered into play - medium (Fig. 1 b), an attacking throw or a ball returning below the fence when receiving is low (Fig. 1 b). Fig. 1 v) the states are occupied. In this case, the position of the UOM (common center of gravity) depends on the nature of the next movement. Improving the tactics of playing volleyball. Main words and phrases: "Technique", the main part of the technique, Details of the technique, classification of the technique of the game, movement, Initial situations, ball transfer, ball entry, ball entry from below, right ball from above introductory tactics of volleyball, striker of the first tempo, connecting player, team tactical activity, group tactical activity, combination "Wave", individual moves, team tactical moves, group tactical moves, individual tactical moves 1. Combinations should be based on the capabilities of the technical and tactical training of the team. Individual action individual actions are part of team and group game actions. They are divided into actions without the ball and with the ball. Actions without the ball include putting the ball into play, passing the ball, choosing a place to attack and appropriate movements according to team and group actions. The player's actions when passing the ball for an attacking strike include: 1) passing the ball to the striker in front of the connecting player; 2) passing the ball to the striker, standing behind the connecting player; 3) distribution of ball passes to the attackers in the same size; 4) passing the ball to a weak defender of the opposing team; 5) receiving the ball and determining the trajectory of the ball transfer based on the tactical game plan; 6) passing the ball by deceptive actions in the manner of imitation: as if passing the ball forward, throwing it into the opponent's field; passing the ball behind the head, pretending to pass the ball forward; passing the ball forward, pointing to the transfer from behind the head.

The following are the main tactical actions when putting the ball into play:

1) to order the ball according to the power aspect; 2) to direct the ball at the ineffective receiving player of the opposing team;

3) send the ball to the opponent's main striker; 4) send the ball to the player who has just landed; 5) send the ball to the connecting player coming out of the rear zone; 6) transfer the ball between the players; 7) send the ball to empty and hard-to-reach areas of the field. The main tactical actions in attack and attack include: 1. the choice of the method of attack; 2. imitation of an attacking strike and deceptive actions; 3. arrange the methods of offensive strikes based on the game situation; strikes over the fence, between hands raised over the fence, strikes in order to throw the ball out of the fence to the edge of the field; 1. jumping and passing the ball simulating an attack; 2. Throwing the ball into the opponent's field with a deceptive movement simulating a jump pass. Defensive tactics The main purpose of defensive and tactical actions is to eliminate and resist the offensive actions of the enemy. Tactical defensive actions include team, group and individual actions. Team tactical actions. In the game, the defensive actions of the team are represented by three main situations: receiving the

ball that has entered the game; receiving an attacking strike (movement) or rebound from the fence; protecting the attacking player. The content of the team's actions consists of the following main factors: the characteristics of the attacking actions of the opposing team; the playing skills of the players; based on the nature of the game, subsequent actions are determined.

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