



## RESEARCH ON WAYS TO TEACH GAME TECHNIQUES TO VOLLEYBALL PLAYERS

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### Abstract

In this article, the development, prospects, place in the world of volleyball sport, which is currently developing in our country, are aimed at improving the skills of sports coaches to train them. This article, aimed at covering the current issues of modern volleyball in Uzbekistan, is considered one of the most relevant today. In addition to revealing the theoretical and practical data of modern volleyball and their comparative analysis, Current Directions and practical issues of modern volleyball, the organization of training and training sessions and the implementation of zarurly data collection and internship on the understanding of the effectiveness of the use of technologies corresponding to the nature of modern volleyball are relevant issues of today.

**Keywords:** Volleyball, Selection, Eligibility, ball transfer, jump shot, liber, endurance, classic volleyball.

### Introduction

Volleyball, like all sports over the past years, has been striving for high progress thanks to the rational policy of our country. A clear example of this is the fact that volleyball has a strong place in the programs of the «National Training Program» -a system of continuous competitions that is consistent with its ideas. “Our Lord SH.M.A number of decrees and government decisions adopted by Mirziyoev on the further development of this area, reforms equal to the centuries of Amalgam on the basis of these conceptual documents, the construction of sports facilities in accordance with international standards in all the gods of our country. From the decision of June 3, 2017 “on measures for the further development of Physical Education and mass sports, PQ-3031, it should be emphasized that an event held on the premises will be worthy of high, cultural, organizational, informational and professional directors, regardless of its purpose. No matter in what direction and



what kind of massed, human activity consists of action. The effective or inefficient outcome of this action depends on how perfectly beautiful, economical, fast (or timely) and accurately executed the character is. In other words, the result is determined by the technical and tactical aspects of the action. Alternatively, it is inevitable that the technical and tactical skill that ensures the effectiveness of movement will also be based on how much all physical qualities are formed within the framework of the specialization of movement. In Uzbekistan, the work of dispersion, aimed at covering the current issues of modern volleyball, is considered one of the most relevant today. In Uzbekistan, the work of dispersion, aimed at covering the current issues of modern volleyball, is considered one of the most relevant today. Chunk educational, in addition to revealing theoretical and practical information of modern volleyball and their comparative analysis, current areas of modern volleyball and practically important issues- the organization of training sessions and the collection of necessary information and practical implementation of the effectiveness of the use of technologies corresponding to the nature of modern volleyball is one of the pressing issues of today. A person from childhood performs the skills of movement in different directions in an unconscious and conscious way. As a result, these movements develop to certain physical qualities (strength, agility, agility, endurance, flexibility). Slow-painfully necessary movement skills (walking, running, jumping, stopping, hanging, etc.k.) finds bleach. According to experts, it is mainly these physical qualities and vital skills of movement that have been proven to develop more efficiently with the help of games. In the family, preschool institutions, educational institutions of different stages, this problem is not always approached in a planned and scientific way. The correct use of physical exercises, their control over how children are mastering them, makes it possible for physical qualities in these children, his old age, physical and functional progress, to be brought up in the right direction. It is known that the physical qualities of a person begin to take shape from his birth. But, to what extent these qualities are formed in his childhood, his mastery of simple or complex actions is determined not only by the environment in which he grows and lives, but also by what means the child develops a certain quality. Alternatively, the movement is based on the type, direction and what purpose it is aimed at (profession, work of fasting, sports, military activities, etc.).k.) depending on, each physical quality will have a different role in this performance of action. Thus, the integral importance of these physical qualities in various professional activities or sports will have a special



share. But in any case, according to many researchers, the priority of certain physical qualities in all activity of movement is immediately visible. The organizational procedure for the selection process in the multi-year sports training system is given in the following template. Preparing children for the preliminary competition is carried out by a physical education teacher in a school setting, students can be sorted on a program basis and using evaluative exercises, action folk games. It is advisable that these sorting tools are extremely close to the very essence of the game of volleyball. Such tools are widely covered in the recommended literature. During the preparation process for the preliminary competition, students are required to undergo a regular medical examination. The more qualitative and effective this event is carried out, the higher the level of quality of the competition organized in sports schools.

**Object of study:** Extracurricular clubs of general Secondary Education School No. 5, affiliated to KhTB, Ishtikhan district, Samarkand region.

**Subject of research:** 5-out-of-class volleyball clubs with 8th grade students in general secondary education school.

**Purpose of the study:** Identifying and analyzing the existing shortcomings in the performance of technical actions in the education of volleyball players and making recommendations to the teacher in this regard and jam.

**Objectives of the study:** In the implementation of this goal, the following tasks were set:

- Collect data from scientific and methodological literature on the theory and practice of training volleyball players and summarize it by analysis.
  - Monitoring the process of volleyball training with young volleyball players to determine the exact position;
  - To create a database on the development of Game techniques for volleyball players.
  - Determine the current state of the methodology for teaching volleyball technical and tactical elements to young volleyball players;
- Development of a complex of exercises for the education of Game techniques of volleyball players.



- Determination of the state of physical and technical training of volleyball players.

**Scientific innovation of research:** Existing shortcomings in the education of young volleyball players: organizational and methodological, scientific and practical aspects of their training with young volleyball players, teaching methods, selection-based admission processes for training were thoroughly analyzed and investigated their current issues.

**Hypothesis of research:** Organizational and methodological, scientific and practical aspects of their training in the training of volleyball players, teaching methodology as a result of the elimination of existing shortcomings in the technique and tactics of volleyball players in the process of training, it is possible to educate volleyball players.

### **ORGANIZATION and holding of volleyball competitions and clubs**

Sports competition is a multi-year pedagogical process. The multi - year sports training system, in its essence and purpose, includes a multi-year sports competition and assumes the implementation of this process in 4 stages:

- I. Preliminary selection - (7-14 years old);
- II. Special selection (15-17 years old), which qualifies athletes for the specialty (function) of the game;
- III. Yuqori jamoalarga tanlov (18-20 yosh);
- IV. Terma jamoalarga tanlov.

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### Initial and current choice

The initial and current selection is usually carried out in 3 stages. Stage I. Organizing propaganda work, engaging, engaging students (talking, holding lectures, showing films about volleyball competitions), organizing exhibition competitions, conducting conversations with the participation of famous athletes. Stage II. Preliminary selection – reception using evaluative exercises, action and folk games (indicators of fate, determination of the development of physical qualities using apparatus, etc.). Stage III. Initial training I assessment of the special qualities, technical and tactical skills, abilities and capabilities of children during the annual training period. The study of their genealogical qualities. Conducting a competition for technical and tactical training.

Stages					
<b>Stage 1</b>					
Preparatory activities	Preparatory assessment	Preparatory assessment	Assessment of the effect of the game	O'yinchilarni tanlash	Player selection
<b>Stage 2</b>					
Grading by breed	Ability assessment	Eligibility for Game specialization	Assessment of the level of improvement	Combining key players	Uniting players
<b>Stage 3</b>					
Chambering depending on the Sport	Conclusion about eligibility for the Sport	Chambering depending on the possibility	Assessment of the direction of the game	Qualifying players for a given game	Qualifying players for a given game

**To carry out the process of elective admission to the practice of volleyball with the help of tests.** Sports (volleyball, basketball, handball, football, etc.) in different years, the age of children, the number of people involved, and the number of groups were given differently in the initial preparedness groups according to out-of-print BO'SM programs. For example, in 1982, Yu.D.Zheleznyak, K.A.Schwetz, N.V.The BO'SM program, published under the authorship of dolinskaya, gives normative test criteria for admission to preliminary preparatory groups for children 10, 11, 12 years old. The number of participants in the group was given in the amount of 15 people, the volume of



weekly training was given in the amount of 8 hours, the volume of annual training was given in the amount of 416 hours.

## **1.2.Volleybolchilarning jismoniy tayyorgarlik holati. Jismoniy tayyorgarlik tavsifi.**

The essence of today's volleyball game, including the execution of its technical and tactical actions, is distinguished by the fact that most are carried out “in the air”, that is, in the case of a non-support position. A clear example of this is jumping shot, stumbling, throwing, falling, receiving a ball, kicking a ball. In recent years, drastic changes in the rules of the game (receiving a ball with all the body, taking the score in a tiebreaker system, the introduction of a “libero” player, the direct implementation of the player exchange, being allowed to touch the bottom of the net, etc.k.) caused the pace of the game to become more intense. It was determined by experts that in each competition game, volleyball players perform technical and tactical qualifications, which are performed by jumping 300-600 times, or even more. If the jumps in the pre-game “razminka” (confusion) sequel, distracting jumps played without a ball in game situations are noticed, the volume of recorded jumps increases further. Bordiyu it is implied that the annual volume of jumps depends on how much physical opportunities it is to achieve a high result in modern volleyball. Therefore, physical fitness is closely related to technical and tactical training and is important as a foundation in the provision of high sports skills.

**Physical fitness.** Physical fitness is a pedagogical process, aimed at increasing the overall working capacity of the body, developing the quality of movement, strengthening health. It provides the necessary practical qualifications. It is impossible to successfully master complex technical techniques in sports games without having sufficient physical training. Physical fitness is conditionally divided into general and special.

**General physical fitness.** General physical fitness is the initial link in athlete training. It is aimed at achieving high sports skills, creating the initial conditions for specialization in one or another game movement components and comprehensive physical development. To solve the issue of general physical fitness, a wide range of tools are used, taking into account the specific characteristics and age, gender of the selected type of sports games. This is above all the “Alpomish and Barchinoy” test, standards of athletics, gymnastics, acrobatics, weightlifting, swimming exercises. It turns out that the formulation of complex game issues is more successful in those who are engaged, they occupy



more extensive action experiences. Therefore, it is necessary to choose exercise with such a calculation for general physical fitness so that they not only have an all-round effect on the body, but also contribute to the development of qualities, necessary for these sports games. This ensures the appropriate choice of exercise, its size, the methodology of conducting, the planning of training cycles with knowledge for all years. This will have the sequential application and style orientation of the First-Order significant exercises. Therefore, they need to accurately develop the distribution and sequence of the exercise, identifying the task that they will solve in this training. In it, it is possible to choose such exercises that they develop one quality and help develop another, similarly affect the successful acquisition of one movement skill, another, which, on the harmonic side, decides the task of physical development.

**Special physical training.** Special physical training is the process of developing physical quality and knowledge, and is considered to be aimed at quickly mastering specific technical methods. It develops certain qualities with the help of the tools necessary in gaming conditions: knowing how to quickly shift, quickly move from static to movement, quickly stop after a shift, develops jumpiness, mobility in the joints, dexterity, strength of individual muscle groups. This goal uses special preparatory exercises that are similar to the structure of the main game movement. In the first part of the lesson, it is recommended to include exercises for the development of speed, dexterity, jumpiness. To the latter-exercises for the development of strength and other qualities (as well as the study of Game methods) are given.

**Game techniques** are considered very important. In order for volleyball players to successfully participate in the game, they must have mastered all technical playing techniques, especially the high performance skills of ball handling, since each mistake leads to a loss of points. The game technique to some extent serves as the tactical structure of the team and the foundation for the realization of each player's actions.

**Game tactics** are also of great importance. The high level of expediency and effectiveness of the various actions of players in attack and defense largely determines the outcome of the meeting. For this, it is necessary not only to master technical methods well, but also the quick-tactical thinking of the players. This puts high demands on the level of intellectual development of the players and their theoretical training.



**Attack technique.** Low positions are taken when delivering an offensive shot and throwing an interception – when receiving a high, in – game ball-when receiving a middle, offensive shot, or a ball that returns past the fence. In this case, the state of the UOM (total center of gravity) will depend on the nature of the next movement. It is also appropriate to note that the player's height and his coordination ability have a significant impact on UoM. That is why the effective standing position should be such that the UOM can be quickly removed from the base limit to provide the necessary range of motion and activity. Standing positions are in static (the player's motionless) or dynamic (when receiving a ball with the main support moving from one leg to the other, while giving an attacking shot or waiting to set an obstacle) positions depending on the nature of the application of the next moves. In these standing positions, the hands are at the waist, the fingers are facing the palms, and the torso is slightly bent forward. The torso should be in a free position.

**Ball transfer.** Through this technical method, favorable conditions are created for the organization and implementation of the attack. The ball: from the base position, two supports can be jumped, two supports can be jumped, one support, two supports can be passed without falling back. The latter method is rarely used in volleyball when a tense situation occurs. In the direction of the ball passes (in relation to the ball Switch) are as follows: forward, over itself, back. In length: long – over zones; short-from zone to zone; reduced-within the zone. By height: high – above 2 m, Medium – up to 2 m, low – up to 1 m. Depending on the above indicators, the ball is given a slow, fast and large acceleration. Giving the ball close to the net-up to 0.5 m and long-over 0.5 can. the technique of transmitting P will consist of the initial position, the movement of the hand opposite the ball, the depreciation and the direction of the ball. After moving from the initial position towards the ball, the volleyball player is in a vertical position, the degree of flexion of his legs depends on the height of the direction of the ball and the speed of flight, the palms of the feet. Hands collide with the ball on top of the face. In this case, the thumb receives the main load, while the index fingers become the main one when striking. Less often, the middle finger, unnamed and silent, mainly serves to hold the ball from the side. When giving direction to the ball, the tension of the muscles of the arms, legs and torso is explained by mutual joint integrity. In this, the body's UOM moves slightly up and forward, and the weight of the torso falls on the tip of two legs. The hands are in a fully straightened position at the end of the ball pass.





## 2. Teaching game techniques to volleyball players. General basics of teaching.

The initial training process in sports practice is a fundamental stage of multi-year sports training, and the correct use of teaching methods and tools at this stage makes it possible to effectively form sports skills in the later stages. When planning and organizing the initial training process, it is necessary to take into account the ontogenetic and biopsychological characteristics of the child. In other words, the loads of activities carried out during the initial training process should be normalized and applied depending on the physical and functional capabilities of the children involved.

As you know, the volume and intensity of movement (loading) is important in the development of human health, its physical and functional formation. But the volume and intensity of physical and technical and tactical exercises performed in all types of movement, including sports clubs, should correspond to the functional capabilities of the participant or be high enough. Because according to the laws that have long proven themselves in the science of biology, the gross "strength" of the daily physical load (nagruzka), which is performed at certain stages of ontogenetic development, is always higher than the functional capabilities of the body, in this organism (organs, muscles, vessels, cells, tissues, heart, lungs, spleen, liver, etc.).k.) symptoms of tension or rapid exhaustion appear. Qualities such as physical fitness and strength, agility, agility, endurance and flexibility that express its potential have long attracted the attention of many research scientists as scientific objects. In their research, the essence, content of physical qualities, their importance and development problems in physical education and sports and other processes are comprehensively covered.

**Conclusion.** The results of studies aimed at studying these problems using the example of youth and children's sports of students of different ages have also been embodied in scientific publications. It should be noted that in the textbook and manuals published on the theory and methodology of physical education and sports, the concept of physical fitness refers to an integral expression of training – ability to work, qualities, qualifications and skills formed at the level of determining the effectiveness of a particular process in a particular professional activity or sport. In sports practice (also in professional practice), physical fitness is usually divided into two closely related types-general and special physical fitness.



During life, human health, its mental and physical activity, the formation of sports skills during many years of sports training are determined in priority by the content and level of these two types of training. The main goal set in physical education and sports training is to strengthen health and achieve high sports results, focusing primarily on the importance of developing general physical qualities from an early age. Most scientists say that regular activities in a particular sport and properly organized activities in terms of volume, intensity and content have a positive effect on the body of children and adolescents. But, it has been observed that specialized training, based on general physical fitness and in a narrow range, has negative consequences. Consequently, proper planning of the ratio of physical and technical-tactical exercises at the initial training stage will create the opportunity for children to effectively formulate sports skills.

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