



CURRENT ISSUES OF VOLLEYBALL

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Annotation

Traditional volleyball, invented by the American William Morgan in 1895, today is radically different from the first volleyball in terms of its essence and content, technique and tactics, and game intensity. In recent years, traditional volleyball has come to be called classic volleyball, as its development has resulted in the emergence of “sand volleyball” as an independent sport and a strong place in the Olympic program. Volleyball is also one of the most popular sports as a means of physical education and fitness.

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Traditional volleyball, invented by the American William Morgan in 1895, today is radically different from the first volleyball in terms of its essence and content, technique and tactics, and game intensity. In recent years, traditional volleyball has come to be known as classic volleyball, as its development has resulted in the emergence of “sand volleyball” (beach volleyball) as an independent sport and a strong place in the Olympic program. Volleyball is also one of the most popular sports as a means of physical education and fitness. As announced at the World Congress in Atlanta, USA in July 1996, this sport is the second largest in the world after football. Volleyball with its popularity, beautiful game content, combinations of attacks and defenses that attract the attention of people of all ages, not only in city and district centers, but also in remote villages, neighborhoods, weddings and as a means of competition, health, physical and mental well-being, it enters the lives of people of different ages and walks of life. Volleyball as a subject and a source of health is included in the curriculum of all educational institutions. Especially in recent years, volleyball “Umid Nihollari”, “Barkamol Avlod”, “Universiade”, “Women's Spartakiad”. “Its inclusion in the program of prestigious sports events, which are held in many stages and regularly, such as veterans' competitions, has led to a sharp increase in the geographical boundaries and the number of participants.

Modern classical volleyball has acquired a new meaning since the end of the XX century and the XXI century due to its natural development and due to the drastic changes in the rules of the competition. A radical change in the rules of the game is determined not only by the competition of the teams vying for victory, but also to a





certain extent by market relations. It is known that in the conduct of major prestigious competitions (World, Asian Championships, Olympic and Asian Games and other high-ranking international tournaments, Cups), many TV and radio companies, journalists have special accreditation requirements for telecasting and reporting on these competitions. must meet. If the intensity of the game in the mentioned competitions is slow, points are often obtained due to "strong" blows, but the continuous process is often interrupted, and there are many stops, the interest in the competition is reduced. The accreditation market is limited, the audience begins to shrink.

This was the case until 1996-98. Because according to the old rules, the "strong" strikers in the defensive zones, without pressing the attack and side lines, jumped violently and scored points from 4 or 2 zones. If the ball touches the legs and waist of the body, the game is stopped. If the ball falls far from the field, time is running out, it is forbidden to play with another ball, if the ball is "lost", the opposing team is not given points, if the ball hits the net, the game would be stopped, and so on. Such situations have often led to the game being stopped (due to many fundamental changes in the rules of volleyball today, such "stops" have been eliminated. 'p (one ball in a match, 2 balls in reserve) was held in the "presence".

He was allowed to play ball with any part of his body. The game will be played in a tie-break style, ie points will be awarded to the opposing team even when the ball is "lost". The "power" of the rule to receive or pass the "first" ball has been sharply relaxed, making it "correct" if the introduced ball touches the net. Such a change in the rules of the competition dramatically accelerated the intensity of the game, increased the activity of the players, increased the interest of the audience. It should be noted that the radical change in the rules of the competition has further enriched the content of the game, laid the foundation for the emergence of a completely new generation of game modes. In particular, strikes from defensive zones drew attention to the need to master the quality of diagonal jumps (the establishment of a player "dibero" further strengthened the defense, running and jumping increased the pace of attack, etc.). The new elements of the game, special qualities, methods of movement, created as a result of these changes, determine the importance of a new approach to the content of training sessions, the introduction of new exercises and ensuring the unity of training and competition. Such a need is based on official data obtained in recent years.

In particular, according to the results of scientific observations conducted by experts of the Volleyball Federation of Uzbekistan, modern volleyball is increasingly due to new technical methods, tactical features and technical and tactical directions that are





radically different from the "old" volleyball. 'is changing. The widespread introduction of the ball-throwing method with a large "explosive-inertial force" in running and jumping severely limited the ability to receive the ball effectively. This lowered the efficiency of the opposing team to launch a targeted attack. The fact that the rule is almost non-existent in the methods of receiving and passing the first "ball" is popularizing the methods of receiving and passing the ball with two hands from above, which is introduced or struck at medium intensity.

The expansion of offensive strikes from defensive zones has significantly reduced the number of combined attacks from 3 zones. If in 2005 the number of attacks in 3 zones did not exceed 23%, in recent years the number of such attacks has decreased by 20% (Figure 1). In contrast, offensive strikes from defensive zones in those years did not exceed 9.6-20%. In modern volleyball, the number of attacks from the back zone has increased by 20-35%. The complexity of overcoming blows from defensive zones with a "barrier" is self-evident. This means that in today's volleyball, the effectiveness of the attack exceeds the ability to defend. At the same time, one of the important directions of modern volleyball is determined by the extreme activation of defensive actions performed individually, in groups and as a team.

First of all, this situation is proved by the fact that the defensive actions associated with the reception of the first "ball" are almost exempt from the influence of the rule. The tactic of blocking has also changed a lot. It is clear that blocking in pairs against the blows from zone 4 is superior to blocking in single or triple action. However, the effectiveness of the barrier against the blows from zone 3 is completely had a different look. For example, the single and triple barriers used in this zone in 2005 are almost identical. at a xiI level - 12-21%, while the barrier in the pair was much higher (59-74%). It can be seen from the diagrams that in modern volleyball, the number of obstacles in pairs has increased, and the number of obstacles in singles has decreased.

It is observed that the central player (zone 3 player) is supported by the majority of zone 2 and 4 players against the first tempo player's shot. Such a technical-tactical measure has rarely been mentioned before. Blocking against blows from zone 2 is also done in double priority. Currently, the share of barriers in the top three in Zone 2 is increasing. One of the main reasons for this is that in modern volleyball, the increasing complexity and impact of the ball makes it difficult to receive the ball qualitatively and accurately deliver it to the "passer" player in zone 2. The effectiveness of the game in volleyball today depends on the performance skills of players with different game specialties (amplua). Including a striker who moves with the second tempo, a striker who moves with the first tempo, a passer (connector), an Ibero (defender). Video analysis of the games of the world's strongest terra teams allows to divide the





technical-tactical actions in terms of game intensity into two main groups. The first group, which is characterized by high intensity of the game, included the skills of running and jumping, attacking, blocking and defense. The second group, which is characterized by moderate game intensity, included receiving the ball, guarding (insurance) and various movements. All other technical-tactical actions were marked as slow-intensity. The study found that during a game, the total number of strikers and “passing” players who continued the game situation and moved diagonally was 43-50 times.

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