



## THE METHODOLOGY FOR DEVELOPING THE ACCURACY OF THE BALL TRANSFER OF A CONNECTING PLAYER IN VOLLEYBALL

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### Abstract

This article explores the characteristics associated with the process of developing a connecting player's ball-passing accuracy in the training process of young volleyball players. Conclusions have been developed that focus on the effectiveness of developing a connecting player's ball pass accuracy. In the course of competition and training, the accuracy of ball passing of connecting players has been analyzed and recommendations have been made.

**Keywords:** Volleyball, training process, connecting player, combination, correlation analysis.

### Introduction

Now, like all sports, volleyball is becoming more and more developed. This includes a new set of new exercises as well as current challenges such as discovering advanced innovative technologies and sorting out talented volleyball players, and training highly qualified volleyball players. Therefore, one of the most problematic issues in the game of volleyball is the issue of training connecting players, it is important for young volleyball players to pay special attention to the development of the accuracy of the ball transfer of the connecting player in the game process. In the process of volleyball training, it is required to create a special set of exercises that develop the accuracy of the ball transfer of the connecting player.

In the game of volleyball, it is important to educate a connecting player, each team must have its own connecting player. Connecting players are decisive in the attack game. The absolute sole purpose of the connecting player is to deliver the ball to the attackers correctly and accurately under any circumstances. Nowadays, volleyball is characterized by the fact that the attack is organized often and for a short time in the game. In modern volleyball, the fastness and accuracy of a connecting player





performing tactical “combos” is evolving day by day. As a result of this, the time of execution of technical methods is shrinking. Every connecting player must develop his technique in [1,2,3,4].

In the training Jarion of volleyball players 14-16 years old, the goal was to study the effectiveness of the ball transfer movements, to determine the effectiveness of the ball transfer in their games by analyzing them in the ham and make practical recommendations.

**We have set the following tasks to successfully achieve our goal.**

1. The competition took place during the preparatory period to study the training process of young volleyball players.
2. Determination of the effectiveness of the connecting player's ball transfer in the competition activities of young volleyball players, as well as analysis of the results obtained.
3. Determination of ways to improve the efficiency of the connecting player's ball transfer based on analysis of training and competition activities.

**The purpose of the study:** to develop the accuracy of ball transfer of connecting players with the help of exercises that are given to young volleyball players in the training process and give methodological instructions in its improvement.

**Organizational and methodological solution of research.** We conducted the city of Samarkand in a specialized sports school for sports and athletics. In this study, 10 practitioners aged 14-16 who were engaged in training group Year 1 were selected and carried out research work.

**The study consists of 2 Bosch.** The theoretical aspects of the problem were analyzed, and scientific theoretical research revealed the current state of the problem and found that it was necessary to work on the necessary aspects of the shortcomings seen.

1. During this period, the purpose of pedagogical experiments, the accuracy of the ball transfer of the connecting player in the training Jarion of young volebolists was studied, and the experiment was carried out on the path of this goal.
2. The final results of the study were obtained. At this stage, the results of the study were summarized and analyzed and given practical recommendations.

Table 1.





## Assessment of the accuracy of the ball transfer of connecting players on the basis of special tests (before Research)

N <sup>o</sup>	Surname	Accuracy of ball transfer at a distance of 3-4 m to the target on the wall (10 times)	Accuracy of shooting from the penalty area to the basketball basket (10 times)	3 zone to 4 zone ball transfer accuracy (10 times)	Fixed doyra 180° ball transfer and reception for 30 seconds from above within	Accuracy of ball transfer to a special basket placed in Zone 2 behind the head from Zone 3 (10 times)
1	Khabibullayev L	4	3	3	16	2
2	Khabibullayev K	5	4	4	17	3
3	Abdullayev A	4	4	5	16	3
4	Mamatqulov X	6	5	5	17	4
5	Bozorov M	5	5	6	16	4
6	Abdimalikov G	4	4	3	15	2
7	Khabibullayev A	6	5	5	17	3
8	Khazratkulov S	6	4	5	15	3
9	Namazov B	5	5	4	15	2
10	Azadov A	6	5	4	14	2
	$\Sigma X_i$	51:10=5.1%	44:10=4.4%	44:10=4.4%	158:10=15.8%	28:10=2.8%
	min-max	4-6	3-5	3-6	14-17	2-4
	$x \pm \sigma$	6.0 $\pm$ 0.2	5.0 $\pm$ 0.2	6.0 $\pm$ 0.3	17.0 $\pm$ 0.3	4.0 $\pm$ 0.2

Looking at the table above, the results we showed in 5 directions from the 10 participants who took the test did not give the results we expected. For this reason, we recommended that this group use the exercises that we recommend.

With the description of a specific game ampoule, the methods are improved. Previously studied game techniques improve the ampoule, fitness, and individual mastery of matreals of games in a team.

### Teach how to pass the ball with two hands.

1. Imitating two support Ball passes from where you are and from above after moving. The main focus of the technique is on the following situations: when the ball is approaching – straightening the arm upwards; fading the speed of the ball flying – slightly bending the arms from the elbow joint and the legs from the knee joint; passing the ball – stretching back and forth with straightening of the arms and legs; reaching the ball coming from above with a claw



2. Practising the position of the paw and fingers on the ball. The paws of the hands are positioned so that the thumbs face each other, the index fingers are angled towards each other and the remaining fingers catch the ball sideways downwards, i.e. completely surrounding the ball.
3. Forward-up the ball hanging from the rope. The focus is on the consistent movement of the torso, legs and arms.
4. Forward-up transmission of the ball by throwing the ball up and jumping downwards, by correctly performing the movements of the limbs to the bottom.
5. Accurately transfer the ball to the target drawn on the wall. It is used once the practitioners have mastered the ball delivery well.
6. Couples training. The distance between the partners is 3 M, and the ball is transmitted at an average height, focusing on the alignment and accuracy techniques.
7. the ball transmissions from different distances, in different trajectories and by changing direction.
8. A ball in harmony with observation; to a partner who keeps changing places; to a ball in response to his partner's actions: when he sits down – on himself; when he moves his right hand next to him – to a ball to the right; when he moves his hands up – to a ball in the upper trajectory, and so on.
9. Ball transfer behind the head. Three players line up in a row. The range of participants is 2-3 m. The outside player increases the ball to the middle player, who in turn increases the ball to the next player from behind the head. After a certain time with the player in the middle, the place is exchanged.
10. Jump ball transfer. The distance between the engaged is 3 m. Similarly over the net.

### **Technical means used in the training process**

Equipment and equipment are used to organize and conduct volleyball training. This equipment and equipment is an effective tool for teaching volleyball movements, as well as improving the skills generated, developing the physical training and physical qualities of those involved.

Equipment and equipment can be divided into two groups, depending on the characteristics of the effect:

- 1) for technical-tactical preparations;
- 2) for physical preparations.

Tools belonging to the first group include hanging balls and devices that hold the ball in certain situations, which are used to train and improve movements.





The second group includes various devices that are mainly used in the upbringing of the qualities of speed-strength and jumpiness, filling balls, dumbbells, special Tumbas that are used in jumping.

Hanging balls are a much needed tool in the initial training. A leather petlya is attached to the volleyball ball, which attaches to the cord (rubber). On the block or hook attached to the Kronstein, the ball is fixed at the desired height.

### **Badge on the wall**

There are targets of various simple circular numbered targets the distance between the circles is 20 cm (adjusting to the diameter of the ball), the width of the line is 1 cm. Numbers range from 1 to 10-12, and are arranged optionally or in order. Badges are used in the development of motion accuracy, peripheral vision, and ball acquisition techniques.

### **Movable and suspension rings**

Two types of rings are used: in the refinement of portable – fast ball transmissions and in the refinement of the accuracy of the suspended ball. The diameter of the movable Rings is 80-100 CM, placed vertically at an interval of 3.5–4.0 m from the floor. The diameter of the suspension Rings is 50-80 CM and is fixed horizontally (in zones 4.2) near the net or on the net (or tros).

### **Filled balls**

Usually, 1-2 kg of filling balls are used in the training of basic and special physical qualities. They ensure the formation of the apparatus of biomechanical movements, developing the quality of movements, especially agility-strength, which are brought closer to the playing conditions. The exercises also use the above-listed jichoses, tennis balls (simple and weighted) in addition to devices, rubbers, spring expanders, weighted belts, weighted ties worn on parts of the legs and arms, and other types of equipment, devices, equipment [4,5,6].

For 6 months, more tests were taken to determine the effect of the exercises that this group included in training sessions with its participants.



Table 2 Assessment of the ball transfer accuracy of connecting players on the basis of special tests (after study)

N <sup>o</sup>	Surname	Accuracy of ball transfer at a distance of 3-4 m to the target on the wall (10 times)	Accuracy of shooting from the penalty area to the basketball basket (10 times)	3 zone to 4 zone ball transfer accuracy (10 times)	Fixed 180° doyra ball transfer and reception for 30 seconds from above within	Accuracy of ball transfer to a special basket placed in Zone 2 behind the head from Zone 3 (10 times)
1	Khabibullayev L	6	5	5	18	4
2	Khabibullayev K	6	4	6	17	4
3	Abdullayev A	5	5	6	18	3
4	Mamatqulov X	6	5	7	19	3
5	Bozorov M	7	6	8	19	4
6	Abdimalikov G	7	6	6	20	4
7	Khabibullayev A	7	6	5	20	4
8	Khazratkulov S	6	5	5	20	3
9	Namazov B	5	5	6	19	5
10	Azadov A	7	6	5	18	5
	$\Sigma X_i$	62:10=6.2%	53:10=5.3%	59:10=5.9%	188:10=18.8%	39:10=3.9%
	min-max	5-7	4-6	5-8	17-20	3-5
	$x \pm \sigma$	7.0 $\pm$ 0.2	6.0 $\pm$ 0.2	8.0 $\pm$ 0.3	20 $\pm$ 0.3	5.0 $\pm$ 0.2

According to a comparative analysis of the results of the study, it turned out that the indicators of connecting players after the study increased significantly compared to the indicators before the study. There will never be an exaggeration if we note that in the development of ball transfer accuracy of connecting players, the training microcycles that we recommend to their training process and the effect of the set of exercises.

According to existing perspectives, in volleyball, training exercises to develop the accuracy of a connecting player's ball pass are performed using two basic methods, namely methods in continuous and interval descriptions. The use of both of these methods can be carried out evenly and also in a variable order.

Thus, the basis of the actions of connecting players within young volleyball players to develop the accuracy of the ball transfer is to determine the accuracy and low ballantness of the transmitted ball. Obviously, the results obtained in the pedagogical control of competition activities serve as the main tool of the training process, especially at the lifting stage of the individual technical movements of athletes [5,6].



Based on the correlation analysis of the main classification, studying the results obtained, it was possible to study the accuracy of the ball transfer of the connecting player in competition activities, to perform all their technical and tactical methods. In addition, we observed that connecting players perform more and faster individual technical-tactical actions than other players. In volleyball, it is revealed that the ability of connecting players to accurately capture range and target in the ball transfer is further developed. More attention should be paid in training to comprehensively increase the accuracy of ball passing of connecting players.

**In place of the conclusion**, it should be noted that to ensure the use of a more special set of exercises in training processes when teaching young volleyball players to the accuracy of the ball transfer. The effectiveness of the targeted implementation of these processes on the basis of systematic approaches is considered high.

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