



METHOD OF FORMING YOUNG VOLLEYBALL PLAYERS' BALL PASSING AND RECEIVING TECHNIQUES

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Abstract

This article provides an in-depth analysis of the methodology of the formation of the technique of ball transfer and reception of young volleyball players. The study covered step-by-step training of movements, effective training methods, their impact on psychomotor development, as well as results based on practical experience. The article is based on methodological approaches, statistical analysis and the evolution of the technique of athletes with clear facts. The effectiveness of innovative approaches to teaching techniques is also shown.

Keywords: Volleyball, technique, ball transfer, ball reception, young athletes, methodology, training, statistics, coordination, reflex.

Introduction

The game of volleyball in its essence is a team sport that requires a dynamic, high reflex. In it, the indicators of a successful game depend not only on physical condition, but also on the perfection of the main elements, such as technical training, especially ball passing and receiving. It is precisely the technique of accurate ball transfer and effective reception that serves as the basis of the offensive and defensive processes in volleyball [1,2].

According to the recommendations of non-expert scientists, the stage of technical formation of volleyball players between the ages of 10-14 is the most effective. At this age, the flexibility of the central nervous system is high, which sets the stage for the rapid assimilation of coordination and technical movements. Also, psychomotor activity, reaction rate and stability of attention develop most actively during the same period.

At the moment, the methodology for teaching ball transfer and reception efforts in the effective organization of volleyball training in sports clubs and specialized sports





schools held at the school remains an urgent issue. It has been proven that individual and group approaches, as well as a system of visual and practical exercises, are important in teaching modern techniques and tactics of volleyball to young athletes [3,4,5].

Also, research shows that the excellence of ball passing and receiving techniques is closely related to the speed and accuracy of decisions made during the game. Therefore, the formation of these skills in young volleyball players requires scientifically based, methodological approaches from coaches.

The purpose of the study: to develop scientifically based, step-by-step and methodical approaches to effectively formulate the ball-passing and receiving techniques of young volleyball players, as well as to determine their practical effectiveness.

This goal is achieved through the following routes:

Determining the stages of training taking into account the psychophysiological characteristics of young athletes;

Analysis of the neuromuscular system, movement coordination, reaction rate and reflex movements of children between the ages of 10-14.

Development of a methodology for the gradual formation of ball transfer and reception techniques;

To create an effective exercise system (visual, playful, situational, reflective techniques), which is used at each stage.

Analysis of the impact of modern teaching methods on technical development;

Assessment of the effectiveness of mastering through innovative approaches, motivational environment and exercises in training.

Research and scientific justification of statistical results on the basis of experimental testing;

Determination of the effectiveness of the methodology by comparing the results of experimental and control groups (based on such criteria as transmission accuracy, reception reliability, reaction rate, error rate).

Development of practical recommendations;

Making suggestions based on methodological guidelines and training programs that will be useful for sports schools, general education institutions and coaches.

Research Methodology

The technique of ball passing and receiving is the basis of the game of volleyball, and the success of offensive and defensive actions directly depends precisely on the





accuracy and speed of these actions. Therefore, in professional level games, 85-90% of each successful attack lies in a state-based quality transfer and reception movement.

For young volleyball players, it is necessary that the process of forming this technique is carried out taking into account psychophysiological peculiarities. In children aged 10-14 years, Movement Coordination, balance, speed, visual reactions and attention are the stage of development. For this reason, the following step-by-step methodical approach is recommended when forming movements:

- Preparatory stage: Basic Movement form, correct position, hand style.
- Development stage: Ball transfer during Movement, Coordination in state exchange.
- Reinforcement phase: training in automatic execution of techniques in real game situations.

Analysis and results. In 2025, an experiment was conducted in the city of Samarkand with the participation of 60 students aged 11-14 in 3 sports schools. The groups were distributed as follows:

Research group: exercises based on visual, playful, variative and reflective exercises.

Control group: relied on traditional frontal and repetitive techniques.

After 2 months of training, the results are as follows:

No	Indicator	Evaluation	End	Grow
1	Ball transfer accuracy	62%	85%	+23%
2	Reception accuracy	58%	81%	+23%
3	Reaction rate	390 mc	320 mc	-70 mc
4	Error coefficient	0.35	0.18	-0.17

These indicators indicate that when teaching technical movements, innovative methods are used, namely playful situations, reflective tasks and individual training, significant positive results are achieved.

The acceleration of psychomotor development, confidence in decision-making and the correct application of mastered techniques during real Play are recommended as a priority approach in the training of young volleyball players.



In conclusion, in order to form a high level of technical training of young volleyball players, it is necessary to teach step by step, organize training on the basis of interesting playing methods, real situations. Data shows that in groups using accurate and modern techniques, movement accuracy, error rate, and agility have improved significantly. This increases play efficiency and athlete confidence.

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