



## TEACH VOLLEYBALL THROUGH ACTION GAMES

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### Annotation

Physical education, sports and movement games play an important role in vocational training, independent work and development of a culture of life.

**Keywords:** Action games, volleyball, technique, rules of the game.

### Introduction

Among the strongest volleyball players, the high level of special work ability and the effectiveness of game movements are mainly determined by their readiness for speed. Many authors, studying the nature of competitive activity in adolescent basketball, argue that running a few jumps together constitute a major component of a young athlete's motor activity. Jumping, in addition to fast running, is an effective method of attack and defense, and their number in competitive activities in their age and age is constantly growing in terms of absolute and relative skills.

Volleyball is one of the most sophisticated sports techniques and tactics. the use of moving games in teaching volleyball to young students is very effective.

Physical education, sports and movement games play an important role in vocational training, independent work and the development of a culture of life.

Volleyball moves and some techniques can be taught through action games.

As an example, let's look at the games "Shooting", "In the middle of the ball", "The ball to the neighbor", "Defend the castle"!

"Shooting"

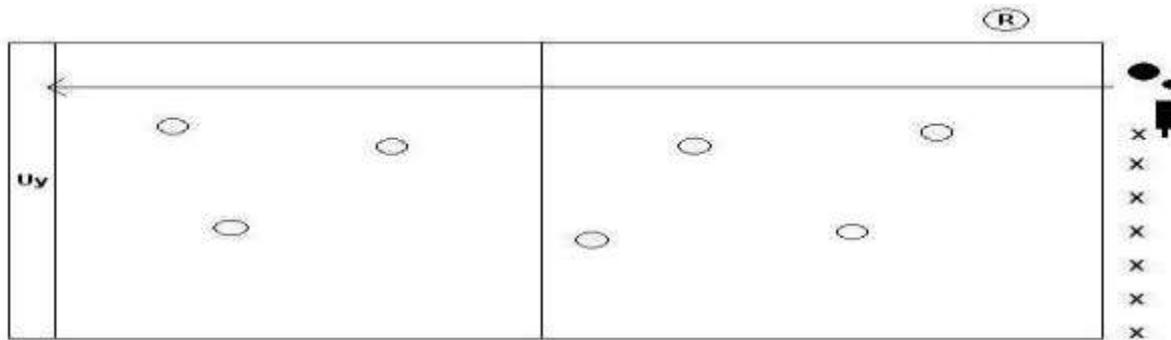
The place of shooting is determined. Draw a circle two steps wide where it is drawn from the line. This circle will be the defensive home of the players who hit the ball. The finish line is set at a distance of 25-30 m from the throwing and hitting line. Players from both teams draw lots to see who stays on the field. One player from the opposing team throws the ball to the remaining players on the field. The player must shoot the ball, if the ball falls too far, he will go to the finish line and return to his place. If the ball does not fall far, then the player enters the house and rests. The defenders take the ball from the ground and target the player who is trying to run to the finish line. The player who touches the ball immediately grabs the ball, hits the defenders and everyone runs to the line of play, that is, they change places. They have





to chase the players of the team who try to replace the ball on the ground. The team that completes the task quickly and accurately wins the game.

Rules of the game: 1. The player must have time to reach the finish line. 2. A player who fails to touch the ball can take the ball and shoot it again. 3. The player who catches the ball hits the ball to the ground. 4. It is forbidden to hold the ball in your hand for a long time



### "In the middle of the ball"

Game description. Players are divided into groups and form three or four rounds. In each round, the players spread out their arms and leave a space between them. A circle is drawn in front of the toes of the players' feet. A circle is drawn in the middle of each round, in which the mother holds a volleyball or (fill) ball. At the signal of the leader, the mother throws the ball to her players in turn and begins to catch the ball, which they return. The mother-in-law picks up the ball returned by the last player in the round and raises it high. This means that the throwing is over.

Rules of the game. 1. When throwing the ball, the mother should not go out of her circle, and the players in the circle should not press her line. 2. All players in the circle must take turns to pick up and drop the ball. 3. The player who drops the ball must take it and throw it to his teammate in the order of the game.

Note. Once the players have mastered the game, they can move on to consider the quality of the throw or throw the ball for speed. The winner is the round player who drops the ball less or completes the throw faster than the others. The ball can be replaced with light objects of various shapes (relay sticks, spruce sticks, sacks filled with sawdust or sand, etc.).

This game will help students and young volleyball players learn to catch the ball.

### "The ball to the neighbor"

Game description. You have to have a volleyball or a basketball to play the game. The players form a circle. One of the players is given the ball. One mother is appointed. The mother is outside the circle, behind the player with the ball. As soon as the leader signals, the players begin to pass the ball to their right or left. The mother-in-law runs



around the circle, trying to petna the person with the ball. If a player is petna while holding the ball, he will be the mother, and the mother who petted him will take his place.

Rules of the game. 1. Depending on where the mother is, the ball can be passed to the right or to the left. 2. The ball cannot be passed by one or more people in between. 3. The player who breaks the rule and drops the ball during the game will be the head coach.

“Defend the castle”

The game will be played on the field or in the hall. It will take three gymnastic sticks and one volleyball. If the number of players exceeds 30, the amount of equipment should be doubled.

Getting ready for the game. All players form a circle, leaving a space between them. A circle is drawn on the ground in front of them. In the center of it is a fortress, each one meter long and consisting of three rods, the upper ends of which are tied together. One player lands in the middle of the circle to defend the castle. Those who form the circle have a volleyball (or handball) in their hands.

Game description. Players begin to hit the ball with the ball as soon as the leader signals. The defender resists the attack by closing the castle with his body and hitting all the ball back with his hands and feet. The player who can knock down the castle replaces the defender, and the defender comes to the line. The game will be played at the appointed time. At the end of the game, the best defenders who have been able to guard the castle for a longer period of time than the others, as well as the best snipers and smart players, are declared the winners.

Rules of the game. 1. Players cannot cross the line. 2. The defender is not allowed to hold the castle by hand. 3. If the castle is hit by the ball and does not fall, the defender continues to guard it. 4. If the castle is demolished by the defender himself, he cannot be a defender from that moment on, he will be replaced by a player holding the ball in his hand at the same time.

The "Defense of the Sticks" version of the game. Instead of a three-legged castle in the middle of the circle, there are five poles: four at the corners of a square rectangle with one side on each side, and one in the middle of the rectangle.

In this game, the defender tries to protect the sticks, and all the players try to knock down the sticks with the ball without going inside the circle.

The defender has the right to pick up the fallen stick (unless it falls at the end). After all the piles have been removed, the mother will be replaced. He will be replaced by the player who knocked down the last stick.

The other rules of the game are the same as the rules of the game "Defend the Castle".





The educational value of the game. This game develops the skills of throwing, throwing and catching the ball. It requires coordination, agility and agility when passing the ball to each other. Defenders also need to be brave and be aware of the situation around them.

The main types of actions in the game are throwing the ball to a guarded fixed target, throwing the ball to each other and catching it.

Guidelines. If there are a lot of players, the game should be played in two rounds at the same time. Players' attention should be drawn to the coordination of movements during the passing of the ball and the ease of hitting the ball into the net only when the target is open.

The manager must ensure that all players are actively involved in the game and that the ball is passed between all the players.

If a defender manages to guard the castle or stakes for a long time, his service will be rewarded and he will be replaced by another player. Then other players will have the opportunity to be defenders.

Defending the Castle is a more complex game than Defending the Castle. Because it allows the defender to repair the fallen sticks, which complicates the purpose of the game.

It is recommended to play "Defend the Castle" from the 3rd grade, and "Defend the Sticks" from the 5th and 6th grades.

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