



TECHNIQUE AND TACTICS OF THE VOLLEYBALL GAME

Turapova Shokhsanam Kholmurod qizi

Teacher of Physical Education at the State Pedagogical Institute,
Faculty of Physical Culture

Annotation

A volleyball game consists of attacking and defensive techniques. This article discusses the techniques and tactics of volleyball.

Keywords: Movement skills, volleyball, sports status, winning, sports training, sports schools, regulatory requirements, planning documents, tactics.

Introduction

Athletes are known to compete in events that demand them to perform rhythmic movement skills relevant to their sport. Winning tournaments is the consequence of many years of sports training, as skillful execution of movement skills may look. The more you develop your mobility skills, the more likely you are to win the race because the stakes are so high. The process of training certified sports reserves in all forms of sports schools is divided into many stages, each with its own set of regulatory criteria, planning documents, and guidelines, each with its own set of content and characteristics.

Literature Analysis and Methodology

It's a growing volleyball force. In August of 1995, the school championship was held. Volleyball is a different sport in terms of its essence, content, and features than their games. The volleyball game was rather tiny, with the action taking place on the ground in the centre of an 18x9 meter rectangle divided into two equal sections. Modern volleyball features a wide range of game skills and tactical combinations, as well as a high level of intensity and pace. As a result, the above-mentioned characteristics of volleyball necessitate outstanding technical skills from the players.

What is the extent of technical talent in the competition, as well as extraneous influences?

The more perfect the shape, the better the odds of victory. At different stages of development of volleyball, the methods, requirements, form, content of technical actions change and improve. The main reasons for the change in technical methods are changes in the rules of the game, the improvement of tactical movements, the increase in the level of physical fitness of players.





Results

Volleyball is made up of both offensive and defensive strategies. Standing and moving, passing and receiving the ball, catching and returning the ball once or twice, and blocking the ball's route are all part of both offensive and defense.

The player is prepared and on the go. During a volleyball game, the player field moves and slides. The move's purpose is to get the ball by picking an appropriate location and using other tactics.

The player's athleticism is always ready to move to the most critical location. While standing shoulder-width apart, the player's legs are bent, one leg somewhat forward, and the player's body is slightly forward.

The palms of the hands are facing each other and the arms are bent at the elbows. Of fact, this scenario does not remain constant; it changes as the game progresses. Volleyball technique is a collection of methods that are used to play a game. Purposeful, effective action is used to evaluate the technique of action in various contexts. Everyone in the game is responsible for the implementation of a technical approach resulting from the formation of an integrated motion system. Techniques of motion Solve movement problems in a specified method, using dynamic and kinematic motion as necessary and adequate. The most vital and crucial aspect of the mechanism is the main part of the technique, which is the basics of a certain action. The key feature of the technique's performance is that it consumes a lot of power in a short amount of time.

The technique's specifics are a bonus feature that doesn't interfere with the basic mechanism of action. Depending on their morphological and functional capacities, the technical specifics differ from athlete to athlete. Certain phases of technical actions differ in terms of time when performed. Typically, action is divided into three phases: preliminary, fundamental, and final. The purpose of the preliminary phase is to establish an atmosphere that will allow the movement to perform well in the main phase.

Discussion

In modern volleyball, effective play and good outcomes are expected. Only through intensive physical training can this be accomplished.

At all stages of the preparation period, two aspects determine the special physical attributes that make volleyball players play effectively: operational- a mix of strength training and readiness.





Physical training's major purpose is to help athletes grow their versatility, increase their functional capacities, and strengthen their health. The following are the specific elements of volleyball physical training that are targeted at completing tasks.

1. The body's level of functional preparedness increases as a result of increased mobilization.
2. Strength, speed, agility, endurance, and flexibility are all physical traits that contribute to the game's efficacy.
3. Increasing physical abilities including jumping, athletic speed, and throwing power, as well as agility, endurance, and athletic training. Walking, running, chipping stepping, running backwards, stepping, halting, and jumping are the main movements in volleyball. Most of the time, they are told that the movement is not difficult and that they are not paying enough attention. This is a misunderstanding. Because the effect is directly influenced by the condition and place in which the action is performed by different players.

Conclusion

It should be mentioned that if sports equipment is utilized, the volleyball player must be in good physical condition and must be totally engaged by the aspects of that sport skill. Volleyball, like other sports, relies heavily on exercise for training. They are extremely varied. As a result, individuals are divided into groups based on their proficiency in completing specific activities throughout the training phase. This categorization is based on young volleyball players' competitive actions.

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