

## Teaching Volleyball Techniques

Utepbergenov Genjabay Kutlimiratovich <sup>1</sup>

### *Abstract*

*This article gives you a brief overview on volleyball techniques.*

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<sup>1</sup>Teacher of Nukus State Pedagogical Institute

The effectiveness of teaching an activity (profession, sport, etc.) in each field is determined by the degree of mastery of that movement.

In sports practice, the initial training process is a fundamental stage of many years of sports training, and the correct use of teaching methods and tools at this stage will allow the effective formation of sports skills in the later stages.

The ontogenetic and bio psychological characteristics of the child should be taken into account when planning and organizing the initial learning process. In other words, the workloads of the initial learning process should be moderated and applied according to the physical and functional capabilities of the child being involved.

It is known that the volume and intensity of movement (load) is important for human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should be commensurate with the functional capabilities of the trainee or should be slightly higher. Because according to the laws that have long been proven in biology, if the total "power" of daily physical activity (load) performed at certain stages of ontogenetic development is always higher than the functional capacity of the organism, then in this organism (organs, muscles, vessels, cells, tissues, heart, lungs, spleen, liver, etc.) symptoms of tension or rapid fatigue appear.

Such negative "traces" disrupt the normal functional activity of a person, especially by depressing mood, disturbing sleep, and ultimately impair the ability to work and prevent its full recovery. If the predominance of such loads is chronically restored in the child's activity, it can affect not only the normal growth of the organism, but the predominance of these loads is likely to lead to local or global pathological complications in various functional "objects".

Conversely, when the volume and intensity of daily or gross training loads are below the functional capacity, the formation of physical qualities decreases and the ability to work does not increase. Therefore, daily or general workloads, including physical education classes and training sessions, should be increased on a "wave" basis, depending on the age, sex, physical and functional capabilities of the child. So, pedagogical in the organization of children's sports, and relying on medical supervision is an integral part of the process of raising a healthy, harmoniously developed generation.

Therefore, targeted planning and management of the content of physical education and sports classes (physical education classes, training sessions, sports competitions) for each specialist (teacher, coach, organizer, stylist, instructor) and the fact that the leader has a great responsibility, they need to master the knowledge of physical culture, physical education, physical development, physical training and sports, to acquire the appropriate professional and pedagogical skills and abilities. does not require.

It is important to note that the effective organization of children's sports, the development of the health and athletic skills of those involved in long-term sports training, depends primarily on the indicators of physical fitness.

Qualities such as strength, agility, endurance and flexibility, which express physical fitness and its potential, have long attracted the attention of researchers as an object of study. the importance and development issues in sports and other processes are covered in detail.

The results of research on these problems in students and children's sports of different ages have

been published in many scientific publications.

It should be noted that the concept of physical training in textbooks and manuals on the theory and methodology of physical culture and sports - is the training formed at the level of determining the effectiveness of a particular professional activity or sport - work ability, movement qualities, skills and represents an integral expression of skills.

In sports practice (as well as in professional practice), physical training is usually divided into two closely related types - general and special physical training.

Lifelong health, mental and physical activity, and the development of sports skills during many years of sports training are primarily determined by the content and level of these two types of training.

The main goal of physical education and sports is to improve health and achieve high sports results, first of all, to develop general physical qualities from an early age. Most scientists agree that regular exercise in a particular sport, well-organized in terms of volume, intensity and content, has a positive effect on the body of children and adolescents. . However, it has been observed that general physical training and narrowly specialized training have negative consequences. Therefore, proper planning of the ratio of physical and technical-tactical training in the early stages of training allows to effectively develop children's sports skills.

The process of initial training in sports skills is the foundation of a multi-year sports training system. The better the quality of the initial training from the organizational, methodological, scientific and logistical point of view, the shorter and easier the training of sports assistants will be. But this is, of course, to the knowledge of an expert. directly related to their professional skills and abilities. Therefore, one of the most important and important sections of the training program is the technology of primary education.

One of the main conditions for achieving an effective result in the competition is the technical level of the volleyball player, the improved level of technical meaning. So, the first and foremost goal of the teaching process is to master the game technique.

Movement-game skills - passing, receiving (defending) the ball, putting the ball into play, hitting, blocking - at certain stages, using certain techniques and tools 'improved, perfected, perfected. This process is based on pedagogical, biopsychological and biomechanical laws.

The teaching process is a pedagogical process that requires great skill and professional training from the coach.

However, the teaching of movement (play skills) depends on other important factors: the child's activity, the number, quality, duration of activities, auxiliary technical equipment, exercise. the conditions of the venue, the child's interests, "wealth" of movement, experience, etc.

It should be noted that the duration of mastering the technique of movement depends on the family situation of the child, his social and economic opportunities, as well as his mental state.

The above information and the factors to be considered in the training process should be included in the planning documents based on a certain methodological order. In addition, the identification of the child's internal "mystery" capabilities, as well as existing factors should be carried out using a selection program and exercises. The results should serve as a preparatory factor in setting the teaching methods, stages and technology.

The initial training process takes place in several stages, each of which has its own style and tools.

General developmental exercises are used to develop the player's physical fitness and the necessary movement skills and abilities necessary for the player.

All exercises are combined in accordance with their direction and form the main parts of special training: general physical, special physical, technical, tactical, game training. In each type of preparation, there are a few leading factors that can be used to achieve the desired goal.

However, all types of preparations are inextricably linked. For example, if a student's body is not well-prepared for the moment, he will not be able to perform the attacking technique well.

In this case, it is more useful to train the student with a physical tornado than to repeat the stroke method many times.

The first step is to get acquainted with the movement technique to be studied. This includes narration, demonstration, and explanation. In addition to personal presentation, the facilitator uses visual aids: film, cartoon, diagram, field layout, and so on.

The demonstration should be accompanied by explanations. The first attempts of the students form in them a primary sense of motion. The second stage is to study the technique in a simplified way. Success in this phase of the study depends in many cases on the choice of the approach. They should be structured in a way that is close to the movement technique being studied and that students can perform. A movement with a complex structure (attack strike) is divided into the main links (parts) that make it up.

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