

PECULIAR FEATURES OF VOLLEYBALL TRAINING

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Annotation: this article provides detailed information about the sport of volleyball, its origin, history, in which state it appeared, in addition, its role in the field of sports today, its importance, physical qualities in practice.

Keywords: volleyball; modern classical volleyball; indelektual potential; competition; types of games.

Volleyball (English: volleyball volley - hit back and ball - ball) is a ball sport game played by two teams of 6 people on a court with a net in the middle. It is played on a 9x18 m court divided in the middle by a net (2.43 m high for men's competition and 2.24 m high for women's competition). A volleyball net has 1,000 cells (100 wide and 10 high), and each cell has four sides of 10 cm. One team consists of 6 people and 2 teams play. Players hit the ball with their hands and try to land it in the opponent's field. The ball must be passed to the opponent's side in three hits. The competition is played in 3 or 5 games. Volleyball originated in the USA (1895). More than 180 countries are members of the International Federation (FIVB; founded in 1947). It has been included in the programs of the Olympic Games since 1964, and the world championships have been held since 1949.

Modern classical volleyball has acquired a new meaning due to its natural development and drastic changes in competition rules since the end of the 20th century and the beginning of the 21st century. A fundamental change in the rules of the game is determined not only by the competition of teams claiming to win, but also depends on market relations to a certain extent. It is known that when conducting major prestigious competitions (World, Asian Championships, Olympics, Asian Games and other high-ranking international competitions, Cup competitions), many television and radio companies, journalists require special accreditation for telecasting and reporting on these competitions. they must satisfy.

If in recorded competitions the intensity of the game is low, if points are often taken due to "strong" shots, if the continuous process is often interrupted and there are many stoppages, then the interest in the competition is low. begins, the accreditation market is limited, the range of viewers begins to narrow. Such situations continued until 1996-98. Because according to the old rules, the "strong" strikers located in the defensive zones "earned" points as a result of losing points by jumping from the 4th or 2nd zones without pressing the offensive and lateral lines. The game is stopped if the ball hits the legs and waist. If the ball goes out of bounds, time has expired, it is forbidden to play with another ball, if the throw-in is "lost", no point is awarded to the opposing team, if the throw-in touches the goal, o 'yin would be stopped and so on. Such situations often caused the game to "stop".

Thanks to many principled changes in today's volleyball rules, such "stoppages" have been eliminated. In particular, the game was played with 3 balls (one ball in play, 2 balls in reserve). From the point of intersection of the attack center with the sideline, the lines of 1.75 m cross section were limited to the outside of the field. It is allowed to play the ball with any part of the body. It was introduced that the game will be played in the "tie-break" style, that is, points will be given to the opposing team even if the ball is "lost". The "strength" of the rule on receiving or passing the "first" ball has been greatly relaxed, and the ball entered will be considered "correct" if it touches the net.

Such a change in the rules of the competition dramatically increased the intensity of the game, increased the activity of the players, and increased the interest of the spectators. Modern volleyball is characterized by very sharp changes in direction and game activity in emergency situations. In competitive games, the more extensive and perfectly formed technical skills are in relation to external influences, the higher the chance of victory.

A game technique is a specialized movement or set of movements that are performed simultaneously in a sequence and in a specific purposeful order. The technique of the game should be designed for accurate, fast, light, appropriate to the situation, high efficiency performance with low effort.

Volleyball game technique consists of a set of movement methods necessary to play the game. Movement technique is evaluated by appropriate, effective movement in various situations. The performance of each technique in the game consists of a system of movements that are connected to each other. Movement technique is the dynamic and kinematic properties of movement that are necessary and sufficient for solving movement tasks in a certain way (certain consistency of forces, coordination between certain parts of the body, etc.).

The main part of the technique is the most important and decisive part of the main mechanism in a certain movement. Performing the main part of the technique is expressed by the use of a large amount of effort in a relatively short period of time. The details of the technique are secondary features that do not disturb the main mechanism of movement. The details of the technique are different for different athletes, and it depends on the morphological and functional capabilities of the muscles.

The importance of the preparatory phase consists in creating favorable conditions for the execution of the action in the prime phase. These conditions are created by running, jumping, performing a rotational movement (when placing an obstacle, entering the ball into the game, giving an attack kick). Actions in the main phase are directly focused on solving the tasks of the main action. From a biodynamic point of view, the most important thing in this phase is the effective use of the driving forces in the appropriate situation, in the appropriate direction.

Movements in the closing phase fade or brake sharply in order to maintain the balance of the torso. Due to the fact that volleyball is a very dynamic game, the volleyball player must master various technical methods, be able to select the ball based on the game situation and perform it quickly, accurately. This determines the technical skills of the player.

In different periods of volleyball development, the methods, Requirements, form, content of technical mobility are changed and improved. The main reason for the change in technical methodlaming is the change in o6yin rules, the improvement of tactical mobility, the growing level of physical fitness of players.

The increase in the dynamics of the game in attack and defense, the increase in the potential of action, the expansion of the arsenal of combinations in attack and defense will also give an impetus to the update or restructuring of the technical method. The technique of Game methods is performed by functional organs (legs, arms, heart, breathing, muscles, joints, etc.). on the basis of performance, game tactics are based on the intellectual potential of the athlete (consciousness, attention, memory, perception, will, etc.) depends on.

In volleyball, the game tactic is said to be the art of a particular team achieving victory using individual, group and Team actions over a second team. The main task of tactics is to be able to determine and remain the means, methods and forms of the game applied to the victory, depending on the current situation in relation to a particular opposing team. A tactical combination is a movement activity of several players aimed at creating favorable conditions for a player to attack.

The discipline of the game is the subordination of the activities of each player to the activities of the team, the implementation of the planned tactical instruction in the boiajak game, the observance of the rules of the game and the universal nature, etc. In game tactics, the following concepts are used: the term first temp refers to the player who starts the attack combination first boiib, who practically organizes an attack with a "low" and rapidly transmitted ball. The detachment of the attacker" on the tempo " was adopted on a conditional basis, so the attackers are required to carry out all the offensive usuuari and tactical combinations. The connecting player must be able to correctly assess the progress of the game and effectively organize the attack from different boigan game situations.

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