



### VOLLEYBALL TRAINING STYLES

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#### Annotation

In the article, the information on the treatment of various diseases among children through physical exercises and their duration, mild and severe cases of physical activity is explained on a scientific and theoretical basis.

**Keywords:** children, volleyball, physical, activity, explained, scientific, basis, disease.

The modern world cannot even be imagined without them. Sport has become one of the most important spheres of society. This applies, of course, to both its incarnations: both to the constant physical education of huge masses of people (this is one of the most important forms of their leisure, and a means of strengthening health and achieving physical perfection), and to professional sports (a way to achieve the highest sports results and advanced form of commerce). In relation to modern Uzbekistan, the problem of mass physical education is also relevant because the average man, according to the Minister of Regional Development. According to this indicator, Uzbek women also lose to developed countries by 72.2 and 78.7 years, respectively, but, as we see, not to the same extent as men[1].

Paradoxically, sport as the most important socio-cultural phenomenon of modern society has not yet received any deep and commensurate significance. Philosophical and social analysis in the relevant literature. This is especially true of the attention paid to sports by philosophers and sociologists. It is clearly not enough. Indeed, the number of scientific articles that analyze sport as a socio-cultural phenomenon, sport as a social subsystem and its interaction with other social subsystems is several dozen, and thematic collections and monographs are literally few.

Along with solving the problems of health promotion, versatile physical training, improvement of vital motor skills and abilities, well-organized volleyball training helps to identify "volleyball" talents at school, and also creates the prerequisites for mass involvement of people of different sex and age in the systematic practice of this sport. throughout life. The authors of this manual aim to help the teacher and teacher of physical education[2], the coach, as well as students who want to learn volleyball. The manual provides a description of the playing technique and teaching methods that contribute to the mastery and improvement of playing skills in the lessons and training sessions.

One of the notable trends in modern social development is the increasing socio-cultural role of physical culture and sports in people's lives. This is manifested in the growth in the number of those who are actively involved in physical culture and sports activities; in expanding the spectacular appeal of sporting events; in the commercialization and politicization of sports, etc.



At the same time, analysis of the impact of active sports on health, personal characteristics, and relationships between people shows that the socio-cultural potential of sports is not realized automatically (at least, in full). Moreover, playing sports can lead to a number of negative phenomena: stress in children, deterioration in health, the development of negative personality traits (selfishness, aggressiveness, envy, hatred of rivals, etc.). Some young people are attracted to sports as an opportunity to win a prize, earn money, acquire other material goods, fame, raise their prestige, observe and show cruelty, aggressiveness, brute physical strength, the superiority of one person over another.

With the help of the transfer, conditions are created for an attacking blow. There are the following transmission methods: with two hands in support, with two hands in a jump, with one hand in a jump, with two hands in a fall and a roll onto the back (thigh and back). The latter method in modern volleyball is rarely used by players. In the direction (relative to the transmitter) there are transmissions: forward, above oneself, backward. By length: long - through the zone, short - from zone to zone, shortened within the zone. By the height of the trajectory: high - more than 2 m, medium - up to 2 m, low - up to 1 m. The combination of these parameters (length and height) determines the speed of the ball during passes (slow, accelerated and high-speed). Transmissions can be sent close to the grid - up to 0.5 m and remote from the grid - more than 0.5 m [3].

When passing back (standing with his back to the goal), the player moves under the ball. In this case, the brushes with the back are located above the head. The transmission is performed by extending the arms at the elbows and moving the body back - up with simultaneous bending in the thoracic and lumbar parts of the spine. In modern volleyball, top straight and side serves with a planning ball flight path and a jump serve are used. At the initial stage of learning volleyball, a lower direct serve is used. Bottom straight feed. The effectiveness of the lower straight serve is due to three main factors: the direction of the swing is strictly back, the height of the toss is small, and the point of impact on the ball is approximately at the level of the belt [4].

Thus, there is an obvious contradiction between the social need for the socio-cultural development of physical culture and sports activities, on the one hand, and insufficient scientific research of its socio-cultural potential, conditions and ways of its effective use, on the other hand.

Top side feed. In the initial position, the player is located with his left side to the net, legs bent at the knees. The ball is tossed up to 1 m above the shoulder of the left hand. The right hand swings down - back, lowering the shoulder down, the body weight is transferred to the right leg. Raising the striking hand in an arc from behind - upwards, they strike with a semi-stressed brush. In this case, the body weight is transferred to the left leg, and the torso turns to the left, which greatly enhances the shock movement [5]. For the upper side serve without rotation, the same changes in the elements of technique are characteristic as with the upper straight. The jump serve is similar in structure to a direct attacking hit from the back line, only when a jump serve is served, the ball is sent forward, and the nature of the final brush movement changes accordingly. The ball is tossed higher than when serving in the reference position and forward-up to the distance necessary for the run-up



Attack blows. The attacking blow is carried out above the top edge of the net. A hit across the net, performed below its upper edge, is called attacking (unlikely chance of winning) or rebounding (forced actions, excluding, as a rule, the possibility of winning) [6]. In attacking blows, the emotional side of volleyball, its attractive power, is concentrated as a focus. But these are also the most complex technical techniques that require high professionalism from the trainer and the activity of those involved in training [7]. In the direction of attack, strikes are distinguished: strikes along the way, when the direction of the ball's flight corresponds to the direction of the player's takeoff; strikes with translation - if the marked parameters do not match. According to the speed of the ball, attacking blows are divided into power (high-speed), carpal (accelerated) and deceptive (slow). According to the execution technique, attacking blows are divided into straight (facing the net) and side (sideways to the net) [8]. Direct attack. There are four phases in it: run, jump, hit the ball, decrease. Take one to three steps during the run. In the last step, the volleyball player puts forward one leg (usually the right one), takes his hands back. Then he quickly puts the other foot, hands simultaneously move down - forward.

Racks and movements. Specific here will be stances and starting positions for receiving a serve, for blocking, for receiving the ball from an attacking blow and rebounding from a block, moving in a cross step and jumping when blocking, falling when receiving the ball. According to the position of the legs and feet, a stable stance is distinguished, when the leg opposite to the strongest hand is in front; the main one, when both legs are at the same level; unstable, when body weight is transferred to the front third of the feet. The stance can be static or dynamic (shifting from foot to foot in anticipation of an attacking blow).

The game of volleyball has become not only purely sports, but volleyball is also developing as a game for the sake of recreation, playing volleyball has become a means of organizing leisure, maintaining health and restoring health. Volleyball contributes to the development of a sense of collectivism, perseverance, determination, determination, attention and speed of thinking; the ability to manage their emotions, improve basic physical qualities.

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