

## DISTINCTIVE CHARACTERISTICS OF ADVANCED TECHNICAL MASTERY IN VOLLEYBALL

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### Abstract

This article examines the specific characteristics of volleyball and the technical mastery required of players. It also explores the activities of athletes competing in the sport and the motor skills inherent to volleyball.

### Keywords

athlete, attribute, qualification, skill, activity, individuality, coach, fundamental principles, excellence.

### Аннотация

В данной статье рассматриваются специфические особенности волейбола и предъявляемые к игрокам требования к совершенному техническому мастерству. В статье также представлены соображения о деятельности спортсменов, участвующих в соревнованиях, и об их моторных навыках, характерных для данного вида спорта.

### Ключевые слова

спортсмен, свойство, квалификация, мастерство, деятельность, индивидуальность, тренер, основные принципы, совершенство.

### Annotatsiya

**Mazkur maqolada** voleybolning zikr etilgan o'ziga xos xususiyatlari o'yinchilardan mukammal takomillashgan texnik mahorat talablari **borasida so'z boradi. Maqolada** sportchilarni musobaqalarda ishtirok etish faoliyati ularni ma'lum sport turiga xos bo'lgan harakat malakalari haqida fikrlar bildirilgan.

### Kalit so'zlar

sportchi, xususiyat, malaka, mahorat, faoliyat, *individuallik*, murabbiy, *asosiy tamoyillar*, mukammal.

### Introduction.

Athletes' participation in competitions requires them to perform motor skills specific to a particular sport at a high level of proficiency. In recent years, volleyball in our country has been steadily developing and pleasing fans with its continuous progress. However, despite this, many coaches pay insufficient attention to the important interactive relationships involved in the athlete training process. In connection with this issue, there arises a need to generalize the problems of the player training system and to collect relevant data. For this purpose, it is first necessary to provide a qualitative description of individual, group, and team actions; to determine which technical and tactical actions are relatively more significant; to identify the characteristics of coordinated interactions among defenders within groups in relation to team tactical actions; and to establish the strengths and weaknesses of specific team defensive systems.

### **Main part.**

Volleyball differs from other sports games in its essence, content, and characteristics. The game of volleyball is played on a relatively small rectangular court measuring  $18 \times 9$  meters, divided equally into two halves by a net. Modern volleyball is extremely rich in various playing skills and tactical combinations and is characterized by very high intensity and speed. Therefore, the distinctive features of volleyball mentioned above require players to possess highly developed and refined technical mastery.

The broader and more perfectly formed a player's technical skill is in competitions, especially in relation to external influences, the greater the chances of achieving victory.

Playing technique is a specialized movement or a set of movements performed sequentially and purposefully at the same time. Game technique should be designed to perform actions accurately, quickly, easily, in accordance with the situation, with minimal energy expenditure, and with high efficiency.

The technique of volleyball consists of a set of movement methods necessary to conduct the game. Movement technique is evaluated by the ability to act appropriately and effectively in various situations. The execution of each technical element in the game is composed of a system of movements that are closely interconnected. Movement technique represents the dynamic and kinematic characteristics of movements that are necessary and sufficient to solve motor tasks in a specific way, including a certain sequence of force application, coordination between different parts of the body, and similar factors.

Volleyball technique is divided into two major sections: offensive and defensive techniques. In turn, these sections are subdivided into several groups

according to the form and content of technical actions. Each group has its own specific methods for performing technical movements.

In a volleyball game, players must act with the ball within a very short time. Therefore, in order for a player to play the ball under various game conditions, a high level of preparedness is required. For this purpose, it is necessary to master different body positions in order to perform various movement techniques.

The attack hit is considered an effective method that completes a team's offensive action. These actions are performed above the upper edge of the net, because attacks executed below this level are very low in effectiveness. According to the direction of attack hits, they are differentiated as follows: a straight-line attack, in which the direction of the struck ball coincides with the attacker's approach direction, and a cross-court (changed-direction) attack, in which the direction of the struck ball does not coincide with the attacker's approach direction.

Depending on the speed of the ball's flight, attack hits are classified as powerful hits with a relatively short backward arm swing, palm hits, and deceptive (feint) hits. The attack hit can be executed from a frontal position or with a side approach.

In modern volleyball, the following methods and variations of receiving the ball are used: receiving with two hands from below, in rare cases with one hand from below; receiving with two hands from above; receiving with the thigh; receiving from below with one hand while rolling backward; and receiving from below with one hand while falling forward onto the chest and abdomen.

The quality of receiving the served ball determines how effective the subsequent offensive actions will be. The most common and effective form of serve reception is receiving the ball with two hands from below. When receiving the ball from below with two hands, the player's posture is as follows: the knees are bent, one foot is placed forward, and the hands are joined and lowered. During reception, the elbows must not be bent. The arms move forward and upward. It is not necessary to make a strong opposing movement toward the ball.

In this case, the arms are brought closer toward the ball and placed underneath it. By bending and straightening the legs, the required direction is given to the ball. The most important aspects of receiving the ball from below are correctly assessing the ball's direction and speed and observing the setter. If the player has not been able to take the correct position and the ball is moving to the right, the receiver extends the arms straight forward and turns the right arm upward; if the ball is moving to the left, the left arm is raised upward.

Receiving the ball from below with two hands is also the main method for receiving an attack hit. Poor reception of a served ball or an attack hit leads to a low-trajectory pass, failure to deliver the ball to the setter, and consequently an ineffective set for an attack. Therefore, during training sessions, special attention should be paid to receiving balls from below with two hands that come at different speeds, directions, and intensities.

Receiving the ball with one hand is performed either from a stable stance or while falling. The method performed from a stable stance is used when receiving a ball that drops rapidly to the side of the player. The reception is executed with the closed surface of the palm. Falling backward or sideways and receiving the ball with one hand is more characteristic of women's volleyball. At the end of the movement, a large step is taken to the side, and the arm is fully extended toward the ball. In this process, the center of gravity drops sharply. After contacting the ball, the player turns toward the falling direction on the toes of the supporting foot, sits onto the heel, and performs a roll.

In order to prevent injuries and bruises, the roll should not be performed directly on the middle of the back, but slightly on the side, with the chin tucked toward the chest.

In teaching volleyball movements, the effectiveness of training tools largely depends directly on the methods used to apply them. The methods are selected and implemented depending on the tasks set, the level of preparedness of the trainees, and specific conditions.

Depending on the assigned task, the same training tool can be applied in different ways and used for various purposes. In addition, within each type of preparation, the sequence of tasks and stages also has a certain logical interconnection. Tasks within one stage of preparation change qualitatively and create the foundation for the subsequent stage. For example, preparatory exercises reflect the general structure of the technical skill being learned.

Lead-up exercises serve as a bridge when transitioning from special physical preparation to technical preparation. Technical exercises constructed on a certain level of complexity help to form tactical skills. On this basis, individual tactical actions are later learned.

### **Conclusion.**

The main forms of movement in volleyball include walking, running, side-step running, backward movement, stopping with a step, and jumping. These movements are often considered simple and therefore do not receive sufficient attention. This, however, is an incorrect assumption. The player's choice of position

and location for performing various movements has a direct impact on the effectiveness of the action being executed. Therefore, special attention must be given to teaching and mastering movement skills.

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