

## GAME TECHNIQUE IN THE SPORT OF VOLLEYBALL AND ITS CLASSIFICATION

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### ABSTRACT

*Volleyball is distinct from other sports in terms of its purpose, nature, and features. The volleyball match is played on a square that is divided in half down the middle and has a width of 18 by 9 meters, which is a relatively small size. Modern volleyball is very diverse in terms of game skills, tactical combinations, and intense, quick passes. Because of the aforementioned volleyball features, players must have perfectly enhanced technical skills. There are more winning chances the more diverse the technical competence in competition games is and the more ideally constructed in respect to external forces. This article will provide input on the volleyball sport's categorization as well as feedback on the game's technique.*

**KEYWORDS:** *Volleyball, Sports, Game Equipment, Sports, Players, Competitions, Physical Education, Improvement, Mechanism, Young Volebolders.*

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### INTRODUCTION

In our nation, the emphasis is on the growth of big sports in addition to the development of physical education and mass sports. Our nation hosts renowned international tournaments every year, and young people's interest in sports is increasing. By competing in Asian, global, and Olympic tournaments, our athletes have excelled and enhanced the reputation of our nation. The reorientation of targeted physical education programs of various types to the maximum satisfaction of each student's needs, taking into consideration the level of physical development and instructor training as thoroughly as possible, is one strategy to address this issue. Unfortunately, high results are not achieved in international competitions, although sports games, in particular volleyball, are widely developed. As a volleyball training discipline, educational and training processes are being carried out in sports clubs, children's and sports schools, which are included in the curriculum of all educational institutions, operating in extracurricular and extracurricular periods.

Initial sports certification training is regarded as the cornerstone of a multi-year system of sports training. The quality, speed, and ease of training sports assistants increase with how thoroughly the initial training is built from the organizational, methodological, scientific, and material-technical points of view. However, this will undoubtedly be directly influenced by the specialist's expertise, skills, and credentials. As a result, it is thought that the methodology (technology) of primary training is one of the most important and fundamental elements of the training program designed for training professionals. One of the main factors in achieving an effective result in the

competition process is the presence of a volleyball player at an improved level of technical training, technical skills. Hence, the initial and main goal of the training process is the perfect mastery of the technique of this game.

A game technique is a specific combination of actions or acts that are carried out simultaneously, consecutively, and in a predetermined target order. A game's strategy should be created to execute the action precisely, rapidly, softly, according to the circumstance, with little effort, and with maximum effectiveness. Technique is a fairly broad term that originates from the Greek word "technus" and meaning "art" in Uzbek. Participants in all-union celebratory events in honor of God Zeus have been displaying their art (technique) in 2-wheelbarrow racing, punching, and all-around sports in the village of Olimp, Greece, every four years since 776 BC.

Interestingly, one of the conditions of this competition was that each participant had formed his own dignity, muscles before the competition and demonstrated other sports qualities. So, as a result of practicing a particular sport, the value of a person, muscles and all organs of the body are formed, consequently, the improvement of the athlete's technical skills, art is ensured. There are all the tools related to the technique (aircraft, car, rocket, TV, refrigerator, clock, etc.), they have a technical passport, in which the technical indicators and dimensions of this tool will be given. In sports, too, there are specific technical indicators of a particular movement qualification, dimensions and a formed technical order in its execution.

The volleyball game method entails a variety of movement patterns required to play the game. By performing consciously and successfully in many circumstances, the technique of action is assessed. Each technical strategy used in the game is carried out by a moving system that is interdependent in some way. Motion strategies are dynamic and kinematic aspects of motion that are both required and sufficient to address specific motion problems (a certain consistency of forces, compatibility between certain parts of the body, etc.). The most significant and determining component of the primary mechanism in a given action is the technique's main component. The execution of the main part of the technique is characterized by a large expenditure of force over a relatively short period of time.

The details of the technique are a secondary feature that does not violate the basic mechanism of movement. The details of the technique vary in different athletes, which will depend on their morphological and functional capabilities. When performing technical actions, certain phases of action differ in terms of time. Typically, three phases of action can be defined: preparatory, basic and closing phases. 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 rotational movements (when putting an obstacle, putting the ball into play, 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.

To keep the torso balanced during the closing phase, movements tend to wane or abruptly cease. The volleyball player must master a variety of technical techniques, be able to select them based on the game situation, and execute them fast and precisely because volleyball is a very dynamic sport. This establishes the player's technical prowess. High technical skill can be shown by:

1. accurate and effective execution of methods of action;

2. disruptive factors (fatigue, negative effects of external conditions)
3. stability of the execution of actions in the presence of;
4. choosing response actions depending on the opponent's actions, reconstructing them and being able to control the action parts in doing so;
5. reliability of execution of methods.

The ways, conditions, form, and content of completing technical actions evolve and advance during volleyball's evolution. The primary drivers of the change in technical procedures are the altered game rules, enhanced tactical moves, and elevated player levels of physical fitness. An rise in the game's attack and defensive dynamics, the possibility for action, and the variety of attack and defense combinations will all serve as incentives to modernize or reconstruct technological approaches. However, it cannot be argued that there are no more suitable alternatives to the game technique's methods. The functionality and physical capabilities of qualified athletes provide an opportunity to introduce new, advanced methods into the game technique and make it come true.

Classification of Game techniques is the division of them into certain groups and sections depending on the form, content, what the methods used are intended for, the interconnection of actions, the kinematic and dynamic structure of actions. Volleyball techniques are divided into two large sections: attack and defense techniques. In turn, the above sections are also divided into several groups according to the form and content of technical methods. Each group will have its own methods of performing technical actions. In our country, a wide range of clearly oriented measures are being carried out for the necessary conditions and opportunities for the upbringing of a completely healthy and harmonious generation, the realization of the economic and intellectual potential of young people, the upbringing of young girls as comprehensively developed persons who fully meet the 21st century in our country.

Sports competitions provide a variety of purposes outside of just competitions. Sport provides powerful tools for developing a person's character, physical fitness, and spiritual outlook. Along with him, sport is a key component of self-education. Athletes are beginning the process of mental, moral, spiritual, moral, and patriotic upbringing in accordance with the norm of improved performance in sports. Physical education and athletic competition have enormous pedagogical value in this sense.

The main goal set in physical education and sports training is to strengthen health and achieve high sports results, focusing primarily on the importance of developing general physical qualities from an early age. Most scientists say that regular classes in a particular sport and properly organized in terms of volume, intensity and content have a positive effect on the body of children and adolescents. But, it has been observed that specialized training, based on general physical fitness and in a narrow range, has negative consequences. Consequently, the correct planning of the ratio of physical and technical-tactical exercises at the initial training stage makes it possible to effectively form children's sports skills.

The evolution of modern classical volleyball during the course of the 20th and 21st centuries, as well as a significant shift in the competition's rules, have given the sport new meaning. The battle between the winning teams determines a significant shift in the game's regulations, but market relations also have a role to some extent. It is well known that many broadcasters and

journalists must satisfy particular accreditation standards for broadcasting and reporting on large notable contests (World, Asian Championships, Olympics, and other high-ranking international tournaments, cup competitions).

If the intensity of the game in the recorded competitions is slow, points are often received due to "strong" shots, and the continuous process is often interrupted and there are many stopping situations, interest in the competition begins to fade, the accreditation market is limited, the circle of spectators begins to narrow. It was such cases that lasted until 1996-98. Because the "strong" attackers located in the protection zones according to the old rules, as a result of an attack and a blow from zones 4 or 2, jumping violently, without pressing their side lines, the game is interrupted if the points "worked" to the feet and waist parts of the body are touched by the ball. If the ball fell far from the field, time went, it was forbidden to play with another ball, if the ball was "lost", the opponent was not given points to the team, if the entered ball touched the net, the game would be stopped, etc. Such situations have become the reason why the game is often "stalled".

In exchange for many principled changes in today's volleyball rules, such "stop" cases were eliminated. In particular, the game was held "with the participation" of 3 balls (one ball in the Game, 2 balls in reserve). It was bounded by 1.75 m cross-sectional lines from the intersection of the side line and the attack line to the outside of the field. It was allowed to play the ball with any part of the body. The game was set to be carried out in the style of "Tai-break", that is, it was introduced that points are awarded to the opposing team even when the ball input is "lost". The strength "of the rule regarding the reception or transmission of the" first "ball was sharply loosened, the inserted ball was assessed as "correct" if it touched the net.

The necessity of a new approach to the content of training sessions, the inclusion of new exercises in the composition, and ensuring the unity of training and competition is determined by the new game features, specific traits, and methods of action that have emerged as a result of these changes. This requirement is supported by official data collected in recent years. In light of new technical approaches, tactical elements, and technical and tactical directions that fundamentally differ from "traditional" volleyball in terms of the game's content, Chunonchi, experts for the Volleyball Federation of Uzbekistan, have observed that modern volleyball is changing more and more. The widespread introduction of the ball input method with a large "explosive-inertial force", which came running and jumped, sharply limited the possibility of effective acceptance of the ball. This brought down the productivity of the opposing team to launch a targeted attack.

Regardless of the area in which the fate of the current time and its successful resolution are, it is vital to develop physical characteristics and, of course, to formulate these qualities for an active purpose in the education of fully excellent individuals. These physical abilities, technical skills, and tactical know-how are developed by regular physical education and sports, albeit they are always done with the advice, supervision, and direction of professionals and, in general, under the direction of a coach. Otherwise, exercising without specialized knowledge could produce unsatisfactory results. Training of qualified coaches of higher and secondary education in sports and physical education is one of the urgent issues. We have a good education of the younger generation, the creation of suitable conditions for their comprehensive development, increased to the level of the policy of our state.

The Republic's educational institutions must currently adopt methodological documents based on the climatic characteristics of our region, national customs, and the cultural legacies, images, and guidance of our forefathers. Coach-teachers and other highly qualified specialists are not an exception. Sports games play an unparalleled significance in physical education and sports in our country. Sports games are a more developed form of action games, and each sport game has its own unique features. The sport of volleyball has a place in the sporting events as well as unique characteristics. Walking, running, jumping, unexpectedly stopping, dexterity, and agility, which include a variety of movements, are only a few of the different movements employed in volleyball. In the volleyball type, too, they try to achieve an advantage together with their teammates by doing the same techniques as in other sports. The educational importance of volleyball is also very great, it fosters mutual harmony. But in volleyball, too, it is imperative to develop other physical qualities and techniques, tactics, and only then high results can be achieved.

Different setbacks that a young volleyball player experiences while training cause the objective that the athlete and coach had in mind to be destroyed. For this reason, it is vital to break the regularity over the lengthy training process in order to guarantee its continuity and prevent the emergence of numerous pauses. However, it is essential that this continuity be carried out on the basis of alternating nagruzka training with downtime, regaining functioning capability. In terms of essence, content, and feature, volleyball is distinct from other sports games. The volleyball game is carried out on a square in the form of a rectangular rectangle with a width of 18x9 meters, which is relatively small, that is, divided in two equal to the middle. Modern volleyball is incredibly rich in various game skills and tactical combinations and passes with tremendous intensity and speed. Consequently, the above-mentioned distinctive features of volleyball require perfectly improved technical skills from players. The wider the technical skill in competition games and the more perfectly formed in relation to external influences, the more chances of winning.

A game technique is a specific combination of actions or acts that are carried out simultaneously, consecutively, and in a predetermined target order. A game's strategy should be created to execute the action precisely, rapidly, softly, according to the circumstance, with little effort, and with maximum effectiveness. The process of early training in sports practice is a fundamental step of many years of sports training; efficient development of sports skills in subsequent stages is made possible by the appropriate use of training methods and equipment at this stage. The child's ontogenetic and biopsychological traits must be taken into account while arranging and planning the early training phase. In other words, the loads of activities carried out in the initial training process should be normalized and applied depending on the physical and functional capabilities of the children involved.

The coach-teacher must have extensive professional training and significant expertise in order to effectively educate. Even so, there are also very important factors that play a role in the teaching of an action's technique (game qualification). Included are the child's activities, the quantity, caliber, and length of training, as well as auxiliary technological equipment, the environment at the training site, the child's interest, range of motion, experience, etc. It is also important to note that the child's family circumstances, his social and economic capacities, and his mental health all affect how long it takes him to learn a particular action approach.

Planning documents based on a certain methodological procedure should include the aforementioned data and aspects to take into account during the training process. Additionally, a selection program and activities must be used in order to identify the child's internal mystical powers as well as any existing variables. The implementation of educational strategies, phases, and technologies should be supported by the findings. The first training process is carried out in a number of stages, each of which has its own unique techniques and resources. The player's physical perfection, movement skills, and other skills are polished through general developmental activities.

These include general physical, special physical, technical, tactical and Game training, forming the main parts of the special training of the training, in which all exercises are combined in accordance with their direction. Each type of preparation has its own leading factors, with the help of which the intended goal is achieved. At the same time, all types of preparations are inextricably linked with each other. For example, if the learner is not physically well prepared, he will not be able to perform the strike technique exercise well in the attack. In this case, it is more useful to temper the reader from the physical side than to repeat the method of striking many times. In the initial teaching, it is necessary to be carried out in stages and based on the principle of teaching. In preparatory and educational games, the study of each method, its improvement and perfection are foreseen. The highest means of strengthening qualifications is competition.

**In Conclusion**, physical activity serves as the primary form of volleyball training, as it does for other sports. They are incredibly varied. As a result, they are grouped according to their role in completing the tasks that were established at a certain training stage. This classification was based on the volleyball players' competition-related activity. The workouts are separated into two major categories based on this: fundamental or competition and auxiliary or training. In most cases, the ways in which they are used will determine how efficient the means are at teaching volleyball moves. Methods are chosen and used in accordance with the specified task, the level of training of the involved, and particular circumstances. Depending on the task at hand, it is precisely one tool that can be supported in different styles and used differently. In addition, the sequence of tasks and types in each type of preparation also has a certain logical connection.

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