



- ✓ Determination of interactive educational and methods of teaching in improving teaching of volleyball methods;
- ✓ Development of modern educational and innovation technologies, modules, practical tasks, classes, classes in teaching the technical methods of volleyball players.
- ✓ Development of conclusions and recommendations that serve to provide methodological assistance of modern educational and innovative technologies in the process of technical methods of volleyballs.
- ✓ The process of improving the technology of teaching students in volleyball routes to teaching volleyball technical methods.

Technology of teaching volleyball technical methods of vocational technical methods in volleyballs, methods and means of teaching of cases based on modern education and innovative technologies.

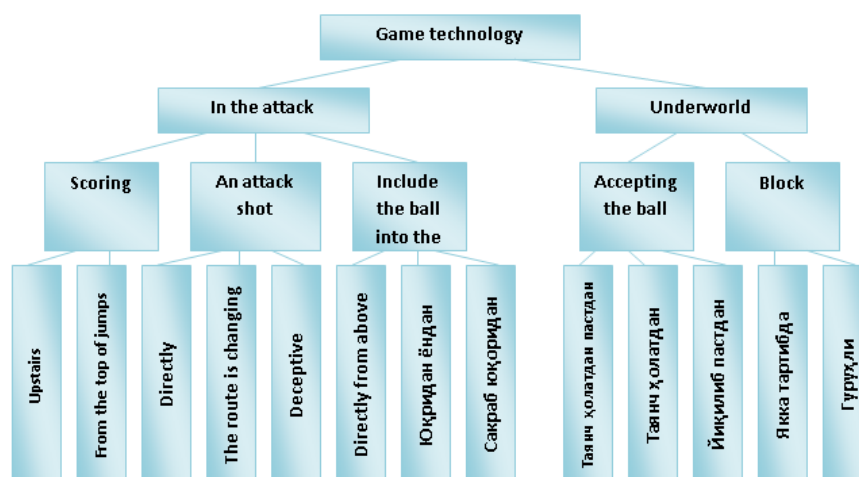
The practical significance of the article directly comes directly from the creative approach to its scientific innovation and problem. Empirical appliance; The use of methods for the development of a deck, the use of unique methodological approaches is a specific theoretical contribution to the purpose of the training of volleyball. The practical significance of the textbook is, where the adopted scientific analysis and theoretical conclusions is "Theory and methodology of physical education and methodology", "gymnastics and its "Care Methods", "Athletics and Methods of Higher Athletics and Methods of Methods", "Sports and Methods of Teaching and Methods of Training" Sports Management "with new information.

"Volleyball Game Techniques Classification".

Voliab is different from other sports games with its essence, content, and characteristics. Modern volleyball is extremely rich in various gaming skills and tactical combinations and passes over highly rapid and speed. Consequently, the unique features of volleyball require perfectly improved technical skills from players. In the competition, how wider and external influences of external influences, it is possible to gain the victory.

The game technique is a set of action or a set of action that is performed in a row and a specific targeted manner at the same time. The game technique should be designed to perform the movement in a high efficiency by spending less effort, according to properly, in accordance with the situation.

The volleyball game consists of a set of action necessary to take the game. Action techniques are assessed by effective effort in different situations. The implementation of each technical method in the game consists of a moving system with each other.





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. Technical details are different for different athletes, which depends on their morphological and functional capabilities.

When performing technical actions, certain phases of actions differ in terms of time. Usually, three phases of actions can be identified: preparatory, main and final phases.

The importance of the preparatory phase is to create favorable conditions for the performance of the action in the main phase. These conditions are created by running, jumping, turning movements (when blocking, putting the ball in play, when making an attack kick). Actions in the main phase are directly focused on solving the main action tasks. From the point of view of biodynamics, the most important thing in this phase is the effective use of driving forces in the appropriate situation and in the appropriate direction.

Movements in the final phase fade or brake sharply in order to maintain the balance of the body. Since volleyball is a very dynamic game, a volleyball player must master various technical methods, be able to choose them depending on the game situation and perform them quickly and accurately. This determines the technical skills of the player.

Signs of high technical skill are represented by:

- ✓ accurate and effective implementation of action methods;
- ✓ stability of execution of actions in the presence of halal factors (fatigue, negative effects of external conditions);
- ✓ choosing response actions depending on the actions of the opponent, reconstructing them and being able to control the parts of the action;
- ✓ reliability of execution of methods.

During different periods of volleyball development, the methods, requirements, form, and content of technical movements change and improve. The main reason for the change in technical methods is the change in the rules of the game, the improvement of tactical actions, and the growth of the level of physical fitness of the players. The growth of game dynamics in attack and defense, the increase in the potential of actions, the expansion of the arsenal of combinations in attack and defense also motivates the renewal or reconstruction of technical methods.

Classification of game techniques is to divide them into certain groups and sections based on their form, content, purpose of the used methods, interdependence of actions, kinematic and dynamic structure of actions.

Volleyball techniques are divided into two major sections: offensive and defensive techniques. In turn, the above sections are divided into several groups according to the form and content of technical methods. Each group has its own methods of performing technical actions.

Attack technique.

States, motion, initial states

Situations. In a volleyball game, players must move with the ball in a short time. Therefore, a player needs to be highly prepared to play with the ball in this or that game. For this purpose, it is necessary to occupy different states in order to perform different methods of action

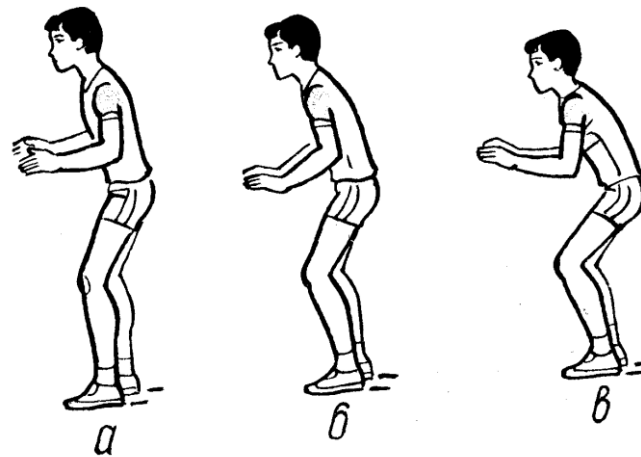
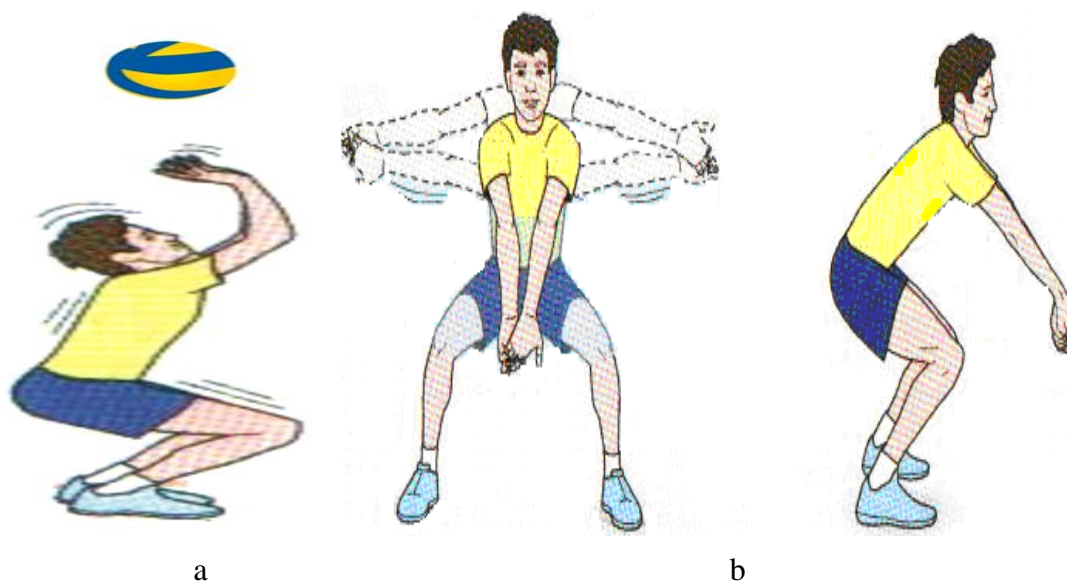


Figure 1.

When giving an attack shot and making a block - high (Fig. 1 a), when receiving a ball put into play - medium (Fig. 1 b), an attack shot or a ball that returns below the fence when receiving - low (Fig. 1 v) states are occupied. In this case, the position of the UOM (general center of gravity) depends on the nature of the next movement. It is also worth noting that the height of the player and his coordination ability have a significant impact on UOM. Therefore, the position of effective standing should be such that the UOM can be quickly removed from the support limit and provide the necessary movement and activity.

Movement. The player moves around the field to perform a certain technique. Depending on the method and the situation of the game, he performs various actions by stepping (forward, backward, sideways), jumping, running, falling. Stepping and running movements are somewhat soft (due to the slow UOM vibration). Stepping to the side is often used when blocking with a small amount of mass, receiving an offensive shot, or receiving a ball that has changed its direction from the fence. Movement always starts with the foot closest to the desired direction of movement. It is used in the implementation of quick response actions, such as splashing, jumping, and running. In most cases, the considered actions are also used in the general unit.

Initial conditions. Initial conditions determine the preparatory phase for performing one or another technical method. Acquiring the initial conditions should provide favorable conditions and movement for the expected action. Regardless of the implementation of the technical method, the initial situations differ somewhat statically: before passing the ball (Fig. 2 a), when receiving the ball from below (Fig. 2 b), when blocking (Fig. 2 v- Fig.) and when giving an attack blow (Fig. 2 g).



a

b

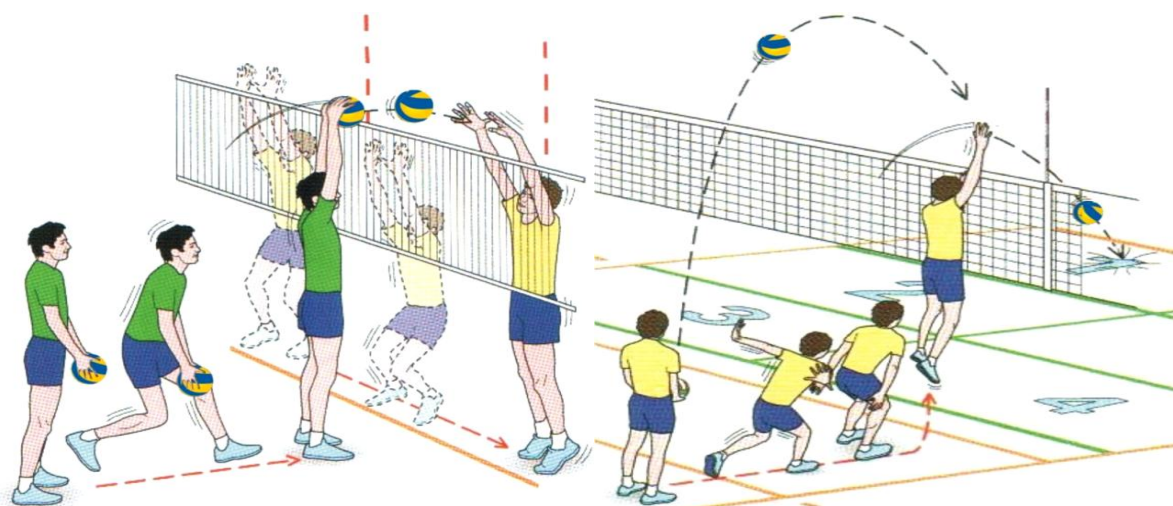


Figure 2.

Figure 3.

Technical actions

Passing the ball is a technical method that creates favorable conditions for the organization and execution of an attack. The ball can be passed: from the base position with two hands, jumping with two hands, jumping with one hand, falling back with two hands. The last method is used in volleyball in rare, tense situations.

Directional passes (relative to the passer) are as follows: forward, over oneself, backward.

According to the length: long - more regions; short - from region to region; shortened - within the territory.

By height: high - above 2 meters, medium - up to 2 meters, low - up to 1 meter. Depending on the above indicators, the ball is given slow, fast and high acceleration. The ball can be given close to the net - up to 0.5 meters and far - more than 0.5 meters.

The technique of passing the ball consists of the initial position, the movement of the hand against the ball, cushioning and the direction of the ball. After moving from the initial position to the ball, the volleyball player is in a vertical position, the degree of bending of the legs depends on the height of the ball's direction and the speed of flight, the palms of the feet are parallel or one foot



(opposite to the main hand) is slightly will be ahead. The hands are extended forward, the fingers form an oval shape (Fig. 3).

The hands collide with the ball above the face. In this case, the thumb receives the main load, and the index fingers are the main ones in striking. The middle finger, to a lesser extent, the ring finger and the ring finger, mainly serve to hold the ball from the side. The tension of the muscles of the arms, legs, and body when directing the ball is explained by mutual integrity. In this case, the UOM of the body moves slightly up and forward, and the weight of the body falls on the ends of both legs. The arms are fully straightened at the end of the ball pass.

When organizing complex attack combinations, when the ball is passed high or in order to reduce the flight time of the ball, the jump pass method is used. In this case, the hands are raised slightly above the head and the ball is passed from the high point of the jump due to the active work of the hands.

In the same case, when passing a short ball, the main movement is carried out due to the active work of the fingers (Fig. 4).

When passing the ball backwards (standing with his back to the target), the player gets under the ball. In this case, the back palm of the hand is raised to the back of the head. Passing the ball is performed by bending the arms at the elbows, the body moves back and forth, while the movement is due to the bending of the thoracic and lumbar partsof the spine (Fig. 5). The jump back pass is performed in the same way as the

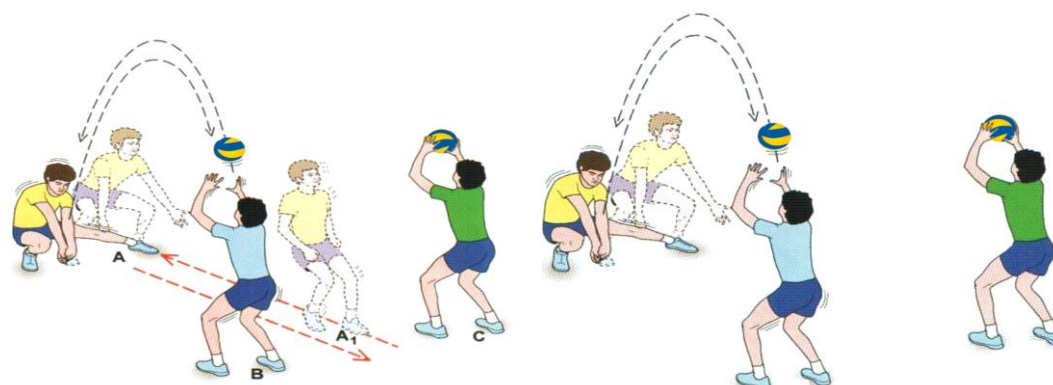


Figure 4.

Figure 5.

The most difficult way to pass the ball is to pass the ball with one hand by jumping. This method is performed in difficult conditions when the ball lands on the net. In this case, the hand is bent at the elbows and brought forward (Fig. 6). Palms are turned forward, fingers are bent and tensed. The ball is passed by flexing the elbow joint.

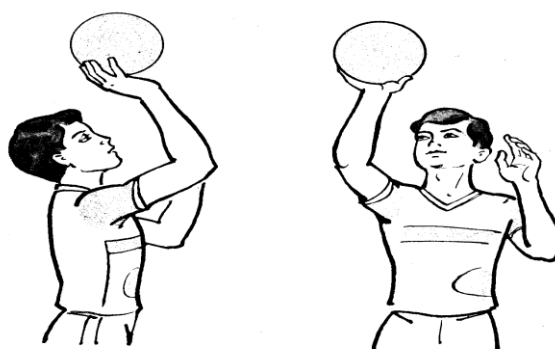


Figure 6.



Throw in the ball. The ball is put into play through this technical method. The main goal of this method is to make the ball as difficult as possible for the opposing team. Therefore, this method is considered a tool of attack technique. Throwing the ball consists of an initial position and three consecutive phases: preparatory (throwing the ball, swinging the hand), main (hitting) and final (hand lowering and subsequent movement) phases.

In volleyball, there are ways to serve the ball from below, from above, from the side above, and from the jump.

In performing these techniques, hitting the ball is performed in a different sequence. First of all, the techniques of spinning the ball and then putting the ball without spinning (because it is a bit more complicated) are taught or repeated.

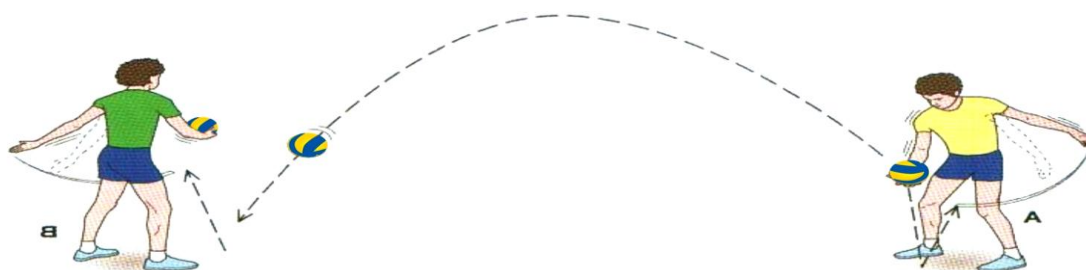
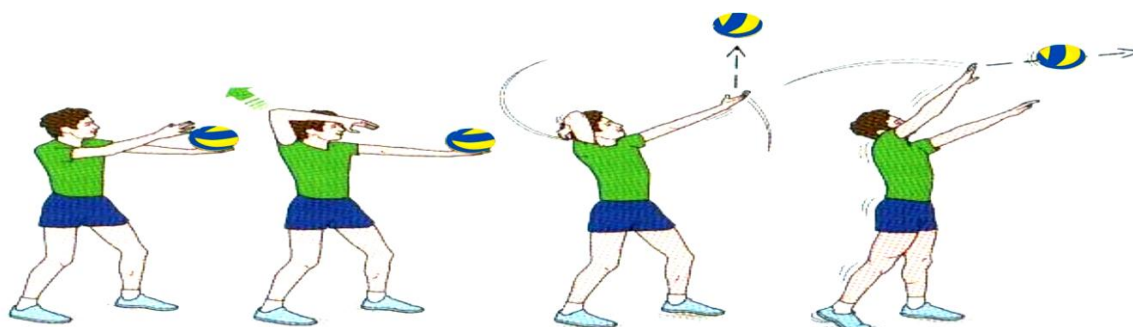


Figure 7.

Pastdan to'g'ri to'p kiritish. O'yinchi oldinga engashib, oyoqlarini tizza qismida bukkan, bir oyog'ini (zarba beruvchi qo'lga nisbatan qarama-qarshi) oldinga chiqargan holatda turadi (7-rasm).

To'p tirsak qismida bir oz bukilgan qo'l bel barobarida ushlab turiladi. To'p gavdaga nisbatan 20-30 sm oraliqda tashlanadi. Zarba berishda qo'l keskin ravishda orqaga harakatlantiriladi. Zarba pastdan yuqoriga-to'g'riga bajariladi. O'yinchi bir vaqtning o'zida orqa oyoqni to'g'rilaydi va gavdaning og'irligini oldingi oyoqqa o'tkazadi. Zarbadan so'ng qo'l harakati to'pni "kuzatib" borish bilan tugallanadi. Pastdan to'g'ri to'p kiritish aniqligi asosiy uchta omil bilan aniqlanadi: qo'lni silkish (zamax) yo'nalishi bilan – u keskin orqaga haraktlanishi kerak; to'p tashlash balandligi bilan – u baland bo'lmasligi kerak; to'pga zarba berish – u taxminan bel barobarida amalga oshirilishi zarur.

Yuqoridan to'g'ri to'p kiritish. O'yinchi to'rga qaragan holda yuqori holatni egallaydi (8-rasm).

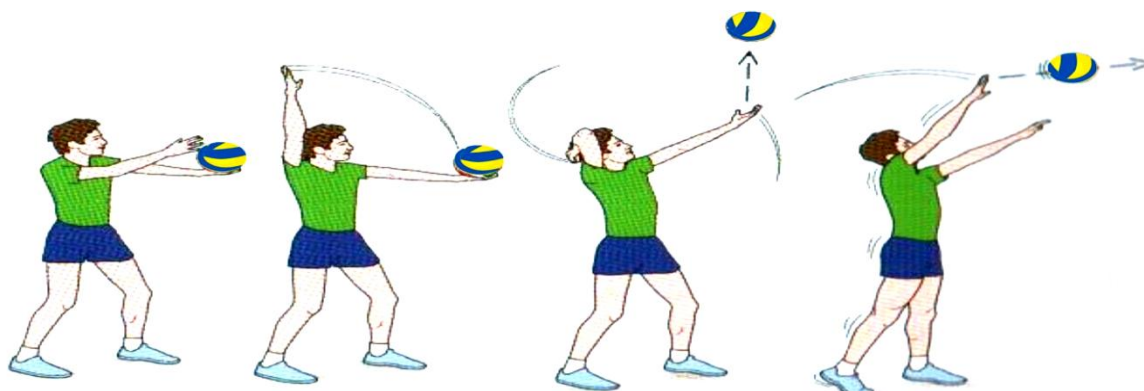


8-rasm.

The ball is held at chest level, with one foot forward (opposite to the kicker's hand). The ball is thrown one meter up and forward, the player moves his arm up and back, and the kicker's arm moves his shoulder back and up. The kick is made slightly forward with the right hand. This



method can be performed in two different ways: with the ball spinning and without spinning. The method of putting the ball without spinning is a rather complicated method. In this method, it is necessary to strictly follow the implementation of the following elements (Fig. 9). These are: hitting the center of the ball; relatively low ball throw (up to 0.5 meters); short movement of the kicking hand back; strong (fast), and "deceptive" (slow) blows. The attack stroke can be performed in 2 ways: straight (standing upright in relation to the net) and sideways (in relation to the net). Figure 9.



Throw in the ball from above. In the method of entering the ball from the top with the side, the player stands with the side to the net with his legs bent at the knees (Fig. 10). The ball is thrown over the shoulder at a height of up to 1 meter. When punching with the right hand, it moves from low to back, in which the shoulder is lowered and the weight of the body is transferred to the right leg. The kicking hand is moved in an arc from the back and up, and the kick is made. The torso is turned to the left and the weight is shifted to the left leg. This movement serves to increase the power of the blow.



Figure 10.

Throw in a jump ball. Currently, the jump ball method is widely used. Since the basis of this method is similar to attacking from the rear (defensive) area, its essence will be explained below.

Attack shots. The attack kick is an effective way to finish off the team's offensive action. These actions are performed above the top of the net. Because the effectiveness of the attacks made below it is very low.

Attacking shots are distinguished by their direction: direct (where the ball is hit in the same direction as the attacker's run) and reverse (where the direction of the batted ball does not match the direction of the attack).

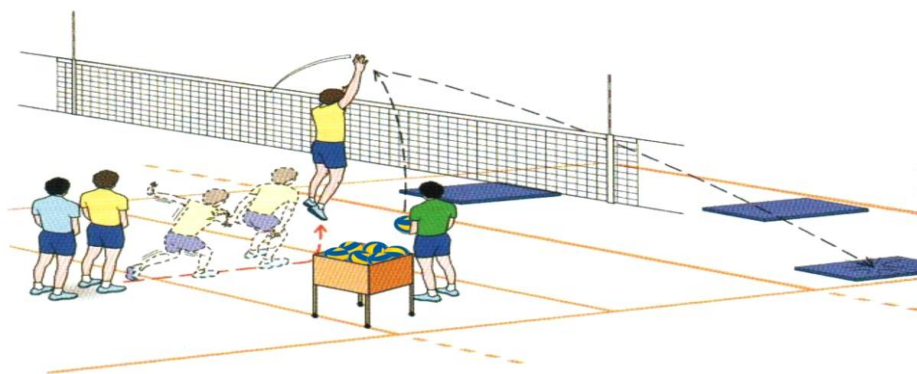


Figure 11.

Depending on the speed of the ball's flight, the attacking shots are distinguished as follows: strong (fast), palm (accelerating) and deceptive (slow) with a short movement of the striking hand back. The attack stroke can be performed straight (standing straight to the net) and sideways (relative to the net).

The correct offensive kick is performed in 4 phases: run-up; jump; hitting the ball; landing (Fig. 11). In turn, these phases are divided into several microphases. In the run-up phase, the attacker solves two main tasks: to achieve a higher jump and to correctly determine the speed and direction of the ball. In this case, the attacker first takes a couple of "searching" steps (in order to determine the speed and direction of the ball) and, secondly, increases the running speed to jump. In the jumping phase, the attacker takes a big step from the heel to the tip of the foot, in the last step, the legs are paired, the hands are moved back. The legs are bent at the knee, and the body is bent at the hip joint. Then the arms are waved up and down, the legs are separated from the support, the body is slightly bent forward and brought to a vertical position. It is necessary to pay attention that the palm of the striking hand does not go behind the head and the elbow is slightly above the shoulder.

In the striking phase - the right (or left) arm straightens at the elbow joint and extends up and forward. The blow is performed by successive and sharp contractions of the abdominal, chest, and arm muscles. In this case, the palm of the kicker's hand hits the back and up of the ball. The impact force is determined by solving the tactical vazimodule. At the initial training stage, it is necessary to pay attention not to the power of the attack, but to its timing and direction.

When landing, the striker bends his legs and falls to the ground, because in this case, damage to the musculoskeletal system is prevented and comfortable conditions are created for performing the next game actions.

It's not enough to finish off a team attack with just the right attack shots. That's why in modern volleyball, attacking shots made by changing the direction of the ball are more important.

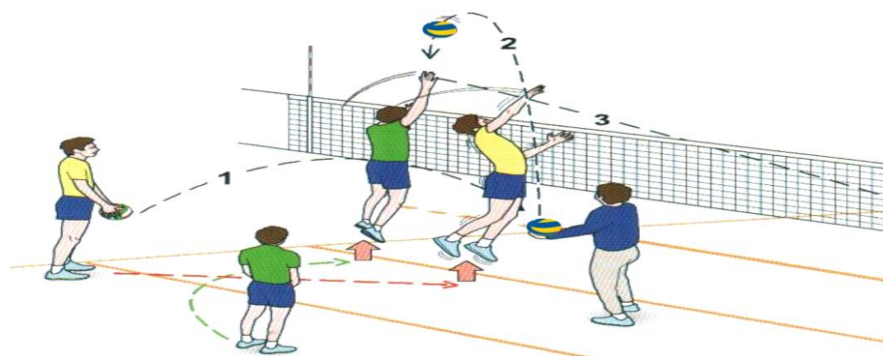


Figure 12.



The structure of the attack shots performed by changing the direction of the ball is similar to the technique of the correct shot. When the ball is directed to the right, after dribbling, the body turns to the right, leans a little to the left, and the left shoulder moves away from the net (Fig. 12). From the point of view of biomechanics, the shoulders, elbows, palms, and fingers play a key role in deflecting strikes.

Defense technique.

Defense is the countermeasure to offensive actions. Attacks are eliminated using defensive methods.

A tackle is made when the ball is put in play, after an offensive shot, and when it rebounds from the fence.

In modern volleyball, there are the following methods and options for receiving the ball: with two hands from below (in very rare cases with one hand); two arms from above; with the thigh and rolling back with a hand from below; falling forward with chest-abdominal parts, holding one hand from below. Quality reception of the ball into the game determines how effective the offensive actions will be. The most common and effective way of receiving the ball in play is to receive the ball from below with two hands. Figure 13 shows the position of a player receiving a ball from below with two hands. Legs bent, one foot forward, palms down. It is not allowed to bend the elbows while receiving the

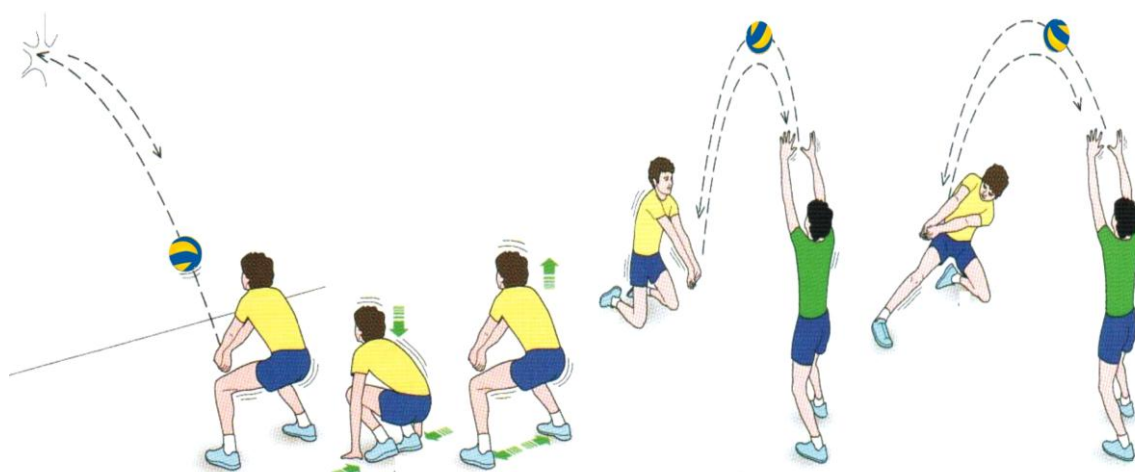


Figure 13.

Hands move forward and upward. It is not necessary to make a strong opposition to the ball. In this case, the hands are brought closer to the ball and placed under it. By bending the legs, the ball is given the desired direction. The most important thing when receiving the ball from the bottom is the direction of the ball, the ability to correctly assess the speed and follow the connecting player. If the player is not in position and the ball is heading to the right, the receiver will extend the arms straight forward and extend the right hand upwards. turns, if it is going to the left, the left hand is raised. Receiving the ball with two hands from below is also the main way to receive an offensive shot. Poor reception of the ball in play or attack (low trajectory pass, failure to deliver to the connecting player) makes the attacking pass by the connecting player ineffective. Therefore, during training, it is necessary to pay great attention to receiving balls coming from below with two hands at different speeds, directions and voltages.

Receiving the ball with one hand is done in the support position and falling down. The technique performed in the base position is used to receive the ball that is falling quickly to the side of the player. The reception of the ball is performed with a closed palm surface.

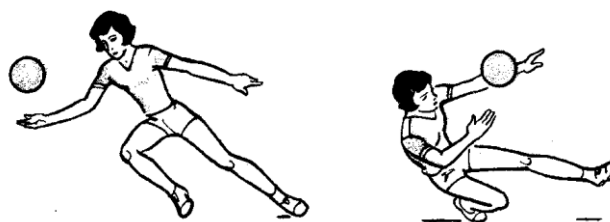


Figure 14.

Falling back or to the side and receiving the ball with one hand is common in women's volleyball. At the end of the movement, a big step is taken to the side, and the hand is extended straight towards the ball. In this case, the NOC (center of gravity) drops sharply.

After the ball is hit, the player turns on the tip of the supporting leg to the side of the fall, sits on the heel of the foot and raises the ball (Fig. 14).

In order to prevent injury and lat eating, the bulging is done not with the middle part of the back of the body, but with a little side, and then it is taken touching the chest.

The method of receiving the ball with one hand while sliding down with the chest-abdomen part is a method belonging to men's volleyball. In the last step (Fig. 15), the player throws the body down and forward on the field at an angle of 25° - 30° with a sharp movement.

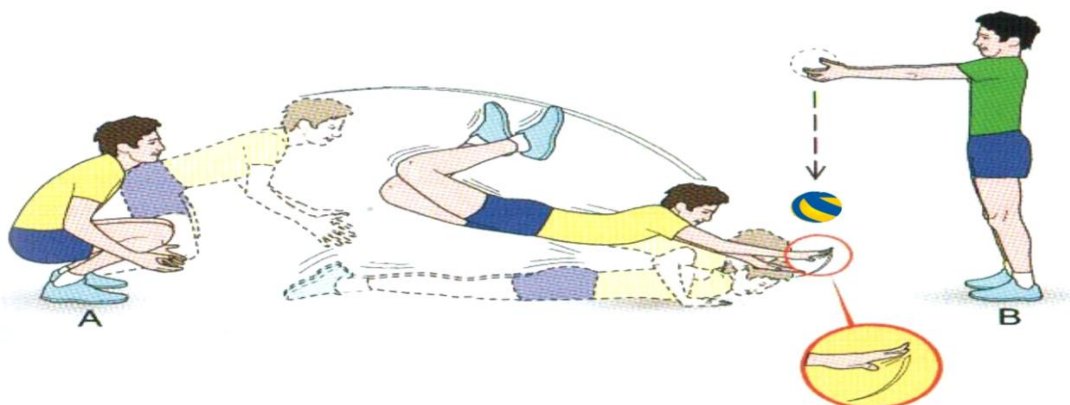


Figure 15.

Without support, he hits the ball with the back or front of the palm, stretches his arms forward and bends his legs at the knee when his hands touch the court, and helps the body to become horizontal by pushing back and forth with his hands. The head is thrown back as far as possible.

Blocking.

Blocking is the main way to counter an opponent's attack. From a technical point of view, blocking is one of the most difficult elements of the game. By mastering the blocking element at a high level, the player will be able to counterattack and gain valuable points after blocking.

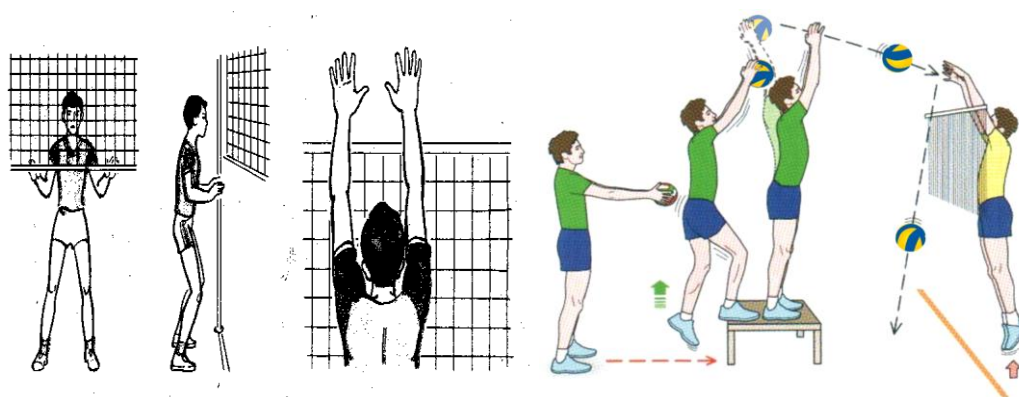


Figure 16.

The obstacle can be made by one player (solo) or by two or three players (group). The player stands near the net, in a standing position, with his hands raised at shoulder level and his heels in a parallel position (Fig. 16). Depending on the distance of the attacked place, you can perform actions such as stepping, running, jumping to the sides near the net.

To block, the player first bends his legs more and jumps up with a strong swing of his arms. The hands are raised above the net in a position slightly bent from the elbows. Optimally powered (fingers open) palms are moved up and forward over the net as they reach the top of the net. During the impact, the palms are brought as close as possible to the ball and are actively bent at the expense of the wrist joints. The main purpose of this is to amortize the shot and direct the ball to the field of the opposing team.

Attackers try to knock the ball out of the net when attacking from the edges of the net. Therefore, the barrier is closed with a hand close to the edge of the net and the ball is not allowed to leave the court.

The complexity of the fencing technique depends on the following three factors: choice of place; high jump after standing or moving; determining the time of raising the hand over the net.

As a result of the analysis of the conducted scientific and methodical literature and the study of physical education and sports training, it was found that it is necessary to choose and accurately apply teaching methods in the use of new pedagogical technologies used in physical education and sports classes. It was found that there are very few instructions and recommendations.

Using the above information, using the optimal tools and methods that match the goals and tasks of educational activities will positively help to improve the quality of knowledge, skills and qualifications of students studying in higher education.

Suggestions

1. In order to improve the scientific-theoretical foundations of physical education and sports management in higher education institutions from a methodological point of view, it is necessary to create special pedagogical and psychological fundamental scientific project work, to establish scientific schools.
2. It is appropriate to include separate educational modules in the training and retraining systems on the methodological and methodical bases of improving the technology of teaching technical methods specific to volleyball in physical education and sports activities of higher educational institutions.
3. To professors and teachers working in educational institutions for the wide introduction of innovative educational technologies during the teaching of the module "Sports and movement



games and their teaching methodology" (volleyball) in higher educational institutions it is necessary to organize special seminars and trainings involving advanced experts in their field on the issues of optimal application of innovative educational technologies.

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