

BALL PASSING AND BALL SERVING TECHNICS IN VOLLEYBALL

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Abstract: volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact). The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

Keywords: scoring, attack line, serving, libero player, hits.

ТЕХНИКА ПРОХОЖДЕНИЯ МЯЧА И ПОДАЧИ МЯЧА В ВОЛЕЙБОЛЕ

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Аннотация: волейбол - это вид спорта, в котором играют две команды на игровой площадке, разделенной сеткой. Существуют разные версии для конкретных обстоятельств, чтобы предложить универсальность игры для всех. Цель игры состоит в том, чтобы отправить мяч через сетку, чтобы заземлить его на площадке противника, и не допустить того же усилия противника. У команды есть три удара для возврата мяча (в дополнение к контакту блока). Мяч вводится в игру с помощью услуги: попадание сервера по сетке противникам. Ралли продолжается до тех пор, пока мяч не окажется на игровой площадке, не выйдет из игры или команда не вернет его должным образом. В волейболе команда, выигравшая ралли, получает очко (система очков ралли). Когда принимающая команда выигрывает

ралли, она получает очко и право на подачу, а ее игроки поворачиваются на одну позицию по часовой стрелке.

Ключевые слова: *выигрыш, линия атаки, подача, либероист, хиты.*

The role of referee is of great importance in the game volleyball. The essence of a good official lies in the concept of fairness and consistency:

- to be fair to every participant,
- to be viewed as fair by the spectators.

This demands a huge element of trust – the referee must be trusted to allow the players to entertain:

- ❖ by being accurate in his/her judgement;
- ❖ by understanding why the rule is written;
- ❖ by being an efficient organizer;
- ❖ by allowing the competition to flow and by directing it to a conclusion;
- ❖ by being an educator – using the rules to penalise the unfair or admonish the impolite;
- ❖ by promoting the game – that is, by allowing the spectacular elements in the game to shine and the best players to do what they do best: entertain the public.

Finally we can say that a good referee will use the rules to make the competition a fulfilling experience for all concerned. To those who have read thus far, view the rules which follow as the current state of development of a great game, but keep in mind why these preceding few paragraphs may be of equal importance to you in your own position within the sport.

In volleyball the volume of strength training varies depending on the exercise. Olympic style lifts never exceed 6 repetitions in some programs due to the fact that performing more than 6 repetitions may place the athlete at risk for injury (Gadeken, 1999). The use of free weights and of upper and lower body ballistic training is important in developing strength and power (Gadeken, 1999). Like basketball players, volleyball athletes need to be able to leap with agility and power but also be able to hit the ball with an enormous force while suspended in mid-air (Scates et al., 2003). Importance made on movements in which the athletes are on their feet, the exercise is similar to the demands of volleyball, and balance and coordination are required (Gadeken, 1999).

It is necessary for the volleyball player to have a great upper-body strength, stability of the shoulder socket, and functional trunk strength to allow the athlete to swing faster and more powerfully (Scates et al., 2003). The shoulder joint musculature and rotator cuff muscles are of major concern because of their roll in stabilization of the shoulder and because of the high forces produced while spiking and blocking (Gadeken, 1999).

Passing a ball. This technique allows you to create and maintain an attack. The ball can be used with both hands from the base position, jumping with both hands, jumping with one hand and falling back. The latter method is used when volleyball is a rare, tense situation. According to the direction, the ball serving can be forward and back (in relation to the player). According to the length, the ball serving types are long - over zones; short - from zone to zone and abridged - within the zone.

According to the height, the ball serving types are high - 2 m, average - up to 2 m, low - 1 m. Depending on the above indicators, the ball is given a slow, fast and large acceleration. The ball can be given near the net - up to 0.5m and long - more than 0.5m. The technique of transferring the ball consists of the initial position, the player's arm movement, the depreciation and the direction of the ball. After moving the ball from the starting position to the ball, the volleyball player is in a vertical position, with the feet bending parallel or one foot (opposite to the main arm), depending on the height of the ball direction and the speed of the flight. The hands are outward, the fingers forming an oval shape (Fig. 1).

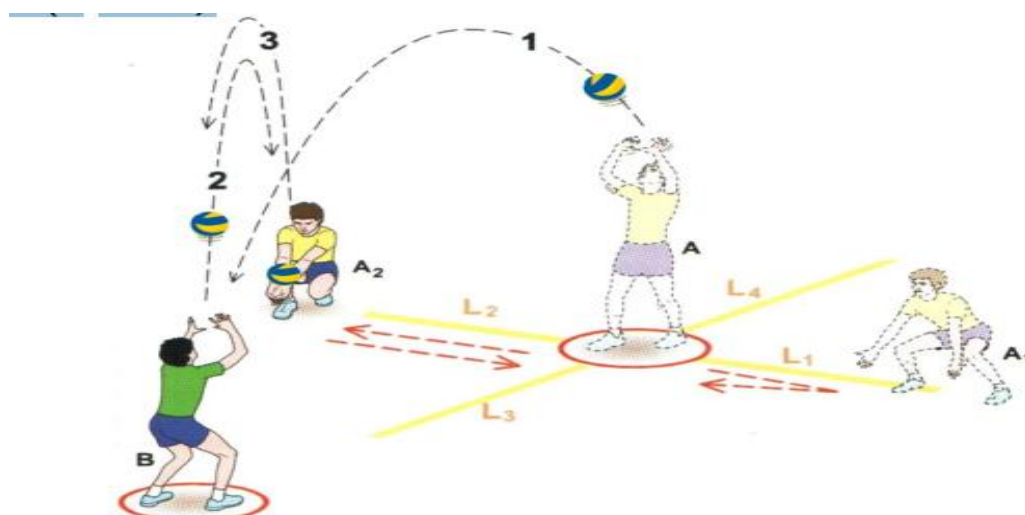


Fig. 1. Ball passing positions

The hands collide with the ball at the top of the face. The thumb will receive the main load, and the index finger will be the main hit. The middle finger is smaller, unnamed, and the silhouette mainly serves to hold the ball from the side. The tension of the arm, leg and body in the direction of the ball is explained by the mutual integrity. At that, the body moves slightly upward and the weight of the body falls to the tip of both feet. The hands are fully aligned at the end of the ball. In the case of complex attack combinations, jumping balls are used when the ball is lifted to reduce the ball's flight time. In this case, the hands are raised slightly above the head and the ball is lifted from the top of the jump due to the active operation of the hands.

When passing the ball to the back (with the target on the back), the player enters the bottom of the ball. At the same time, the palm of the hand is raised to the rear of the head. The ball transfer is performed by folding the arms at the elbow, with the body moving backwards and downwards, with the movement of the chest and lumbar spine (Fig. 2).

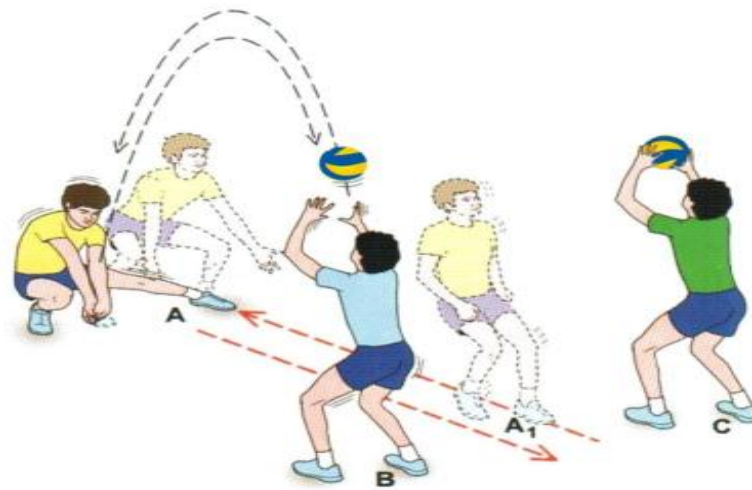


Fig. 2. Ball catching positions

Skipping and reversing a transfer is done in the same way as a back ball. The most difficult way to pass a ball is to jump with one hand. This method is performed in complex conditions when the ball falls to the net. In this case, the arm is bent at the elbows and protruded forward. The palms are directed forward, the fingers are bent and tense. Ball transfer is performed at the expense of twisting of elbow joints.

Serving a ball. This is a technique that is introduced into the game. The goal of this method is to make the ball as difficult as possible for the opposing team. Therefore, this technique is considered as a means of attack techniques. Serving the ball consists of the initial position and three consecutive phases: preparation (throwing the ball, shaking the arm), the main (punching) and finishing (lowering and later moving) phases. In volleyball, there are ways to score from the bottom right, top right, top and bottom. In these methods, the ball is hit in different ways. The methods of rotating the ball first, and then serving the ball in (as it is more complicated) are taught or repeated.

Serving the correct ball from the bottom. The player is leaning forward, bending his feet in the knee and standing on one leg (opposite to the striking arm) (Fig. 3).

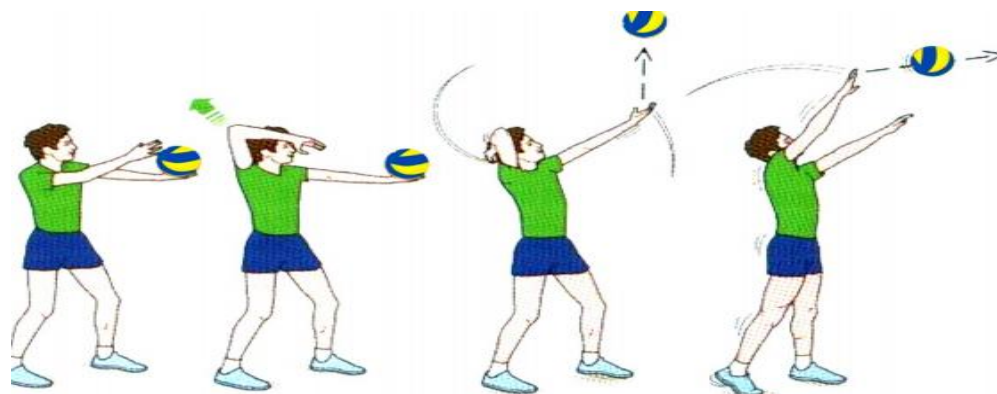


Fig. 3. Ball serving positions

At the elbow, the wrist is held slightly bent at the waist. The ball is thrown at a distance of 20-30 cm from the body. When striking, the arm moves sharply backwards. The blow is done from bottom to top. The player adjusts the back foot simultaneously and shifts the weight of the body to the front foot. After the kick, the hand movement ends with the ball being “traced” by the ball.

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