

GAME TECHNIQUE AND ITS CLASSIFICATION IN VOLLEYBALL

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Abstract

The article provides some identities related to volleyball type. That is, the technique, classification of this sport is described in specific features.

Keywords: volleyball, game, technique, features, sports, skills, angles, speed, qualification.

Annotation

Maqolada voleybol sport turiga oid ba'zi ma'lumtolar keltirib o'tilgan. Ya'ni ushbu sport turning texnikasi, tasnifi o'ziga xos xususiyatlar bayon etilgan.

Kalit so'zlar: voleybol, o'yin, texnika, xususiyat, sport, mahorat, burchak, tezlik, malaka

Introduction

Volleyball differs from other sports by its nature, meaning and characteristics. The volleyball game is played on a relatively small, square 18x9 meter square divided equally in the middle.

Modern volleyball is extremely rich in various game skills and tactical combinations, and it takes place at a great intensity and speed. Therefore, the above-mentioned specific characteristics of volleyball require highly developed technical skills from the players. In competitive games, the more extensive and perfectly formed technical skills are in relation to external influences, the greater the chance of winning. A game technique is a specialized action or set of actions performed simultaneously in a sequence and in a certain purposeful order. The technique of the game should be designed to perform movements accurately, quickly, lightly, in accordance with the situation, with low effort and with high efficiency.

The term "technique" is a Greek word (technus) that is used in a very broad sense and means "art" in Uzbek. Starting from 776 BC, every 4 years in the village of Olympus, located at the foot of Mount Olympus in Greece, the participants of the Pan-Greek holiday competitions held in honor of God Zeus, competed in 2-wheeled chariot racing, boxing, and pentathlon. who demonstrated (technique).

Interestingly, one of the conditions of this competition was that each participant should demonstrate his height, muscle formation and other sports-related qualities before the competition. So, as a result of practicing a certain type of sport, a person's height, muscles and all the organs of the body are formed, as a result, the improvement of the athlete's technical skills and art is ensured. All equipment related to technology

(airplane, car, rocket, television, refrigerator, watch, etc.) has a technical passport, in which the technical indicators and dimensions of this equipment are given. In sports, there are specific technical indicators, sizes, and technical order of a certain skill in its execution. Volleyball game technique consists of a set of movement methods necessary to play the game. Movement technique is assessed by appropriate, effective movement in various situations.

The performance of each technique in the game consists of a system of movements that are connected to each other. Movement technique is the dynamic and kinematic properties of movement that are necessary and sufficient for solving movement tasks in a certain way (certain consistency of forces, coordination between certain parts of the body, etc.). 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 defined: preparation, main and final phases.

The importance of the preparatory phase is to create favorable conditions for performing the action in the main phase. These conditions are created by running, jumping, turning (when blocking, putting the ball in play, attacking). 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 out or brake sharply in order to maintain body balance. Since volleyball is a very dynamic game, a volleyball player should master various technical methods, be able to choose them depending on the game situation and perform it quickly and accurately. This determines the technical skills of the player.

Signs of high technical skill are represented by: - accurate and effective execution of movement methods; - stability of execution of actions in the presence of disturbing 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 increase in 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. However, it cannot be said that there are no more effective methods used in the game technique. The functional and physical capabilities of skilled athletes

provide an opportunity to introduce new, advanced methods to the game technique and to implement it.

Classification of game techniques is to divide them into certain groups and departments 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.

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