

Use of Action Games in Teaching Technical Tactical Preparation of 13-14 Year Old Students in the Volleyball Game

Abdunabiyev Bekmurad

CHDPU 2-master student

Abstract: This article provides information about the use of action games in training 13-14-year-old students in technical and tactical training in the volleyball game, as well as the attack and defense techniques.

Keywords: Volleyball game, attack, defense technique, preparation, movement, passing and receiving the ball, one or two catches and returning the ball, complete the path of the ball sish.

The volleyball game consists of attack and defense techniques. In both attack and defense, there are things like getting ready and moving, passing and receiving the ball, catching and returning the ball one or two times, and blocking the path of the ball. Player standing and moving. During a volleyball game, the player moves and moves around the court. The purpose of the move is to choose a good place to receive the ball and perform other tricks.

The most important point in an athlete's posture is to always be ready to move. In the standing position, the player has his legs bent, his feet shoulder-width apart, one leg slightly forward, and his body slightly bent forward. The arms should be bent at the elbows and the palms should be facing each other. This state is not permanent; it changes depending on the progress of the game. If it is necessary to pick up the ball that has returned from the round, the ball bends a lot, straightens when shooting, etc. A volleyball player can walk across the court by crossing his legs (left, right, forward, back), two steps (forward and back), jumping (running and walking) and walking (quickly moving across the court and suddenly changing direction). The last running step is long, because after that you can stop, jump, change direction.

Passing the ball. It is a way of passing the ball to a partner or opponent to continue the game. There are also ways to pass the ball forward, up and back.

Depending on the flight trajectory of the ball, long-arm short-hand and short-hand passes are also used throughout the field. Depending on the height of the transfer of the ball, low (1 meter above the net), medium (up to 2 meters), and higher (more than 2 meters), close (less than 0.5 meters) and far (0, more than 5 mert) are divided into such.

Passing the ball from above with two hands. This is a very common method. It is important to act with confidence and accuracy.

In the initial position, the player bends his legs at the knees, puts his hands forward, palms are slightly inward, and the paws are kept taut.

When the ball approaches, the legs straighten and the body rises. Hands are straightened and prepared to receive the ball. Arms and legs are coordinated. This allows the ball to go to the right place.

There is another type of passing, in which the ball is passed with two hands from above, one hand from above, two hands from above. But these methods are used less often in the game.

Nevertheless, every volleyball player needs to learn how to pass the ball quickly and accurately and how to hit it in the direction.

Receiving the ball. This is a defensive method of keeping the ball in play after an opponent's attack. Receiving the ball from the bottom with two handles is the main technique in modern volleyball. It is the main technique during a powerful blow during an attack. In this method, the body is raised or slightly bent arms are lowered forward, one palm is placed on the other. The ball is received on the wrists. In order to soften the bruise on the wrists, the hands are raised and bent from the elbows, the legs are straightened and the body is raised.

Receiving the ball from above with two hands. This method is accepted when the ball is coming more strongly, as well as when it is convenient to use another method.

Receiving the ball from below with one hand. This method is used because the accuracy is sufficient, but it is useful when the ball is out of play and another method can be used. A straight arm with tightly clenched paws blocks the path of the ball (the ball is hit with the fist and palm or forearms). Legs are not involved in these movements.

Raise the ball. Putting the ball into play is called raising. Standing in a firm position that is comfortable for hitting, raising and swinging the ball, the movements of the player after learning are the main characteristics of raising. You can hit the ball with your fist or your palm when raising. In this case, the ball is thrown up with one hand. The direction and height of the upward throw depends on the execution method. If the ball is hit over the head, it is called raising the ball from above, if it is hit from below, it is called raising the ball from the side.

Accordingly, there are four different methods of raising: from the bottom to the right, from the bottom to the side, from the top to the right, from the top to the side.

Raise the ball from low to right. For a beginner, this is considered the main method. He does it looking in the direction of the tour. Player 0 holds the ball with the arm bent at the elbow. The other hand is brought back to hit the ball. After that, the paws are slightly bent, the ball is thrown up 20-30 cm and hit. Before kicking, the player straightens the back leg and puts his body weight on the front leg. After hitting, the player takes the same position as if he was trying to move.

Direct offensive shot. An attack consisting of hitting the ball at the top of the net with one hand towards the opponent is called an offensive shot. This offensive strike is performed by jumping or running. The attacker performs this stroke by taking two or three steps. The player waits for the flying ball with his hands forward; the hitting hand is prepared for the shot. The body leans back a little. The paws are fisted and bent towards the ground, then a kick is made, after which the foot drops with the downward ball. The stronger the fight is needed, the looser the palm is, the tighter the palm is.

Volleyball belongs to the type of team game, and in the game, two teams must play a senior player. The number of reserve players can be from 2 to 6.

Sportswear of the players is a t-shirt, shorts and slippers. Depending on the age of the player, the height of the net depends on the gender:

- Girls 13-14 years old - 2m 10cm.
- 15-16 years old - 2m 20cm.
- For women 17-18 and older - 2m 24 cm.
- 0 boys 15-16 years old - 2m 35cm.
- Men 17-18 years old and older - 2m 43cm.

The game consists of three or five games, each game lasts up to 25 points. If the game is tied at 25-25, the game will go to 27 points. In the last game, 3 or 5 games are scored on the basis of "time break". That is, every move in the game can lead to defeat or victory for the team, regardless of which team it belongs to. The deciding game is played up to 15 points and continues until the difference of two points. In modern volleyball, a technical time-out of 1 minute is given after every 8 points, that is, a break is given when the score reaches 8 and goes to 16. In the last game, when there are 8 points, the players do not change the field.

Use of action games in teaching volleyball technique Volleyball belongs to the types of sports games and differs from them in terms of its nature and content. The volleyball game is played on a relatively small square-shaped field of 18 x 9 meters, which is divided equally in the middle. Transmission technique. Passing the ball is one of the main game skills in volleyball and is the only tool that allows you to perform all the technical and tactical activities related to this game. Passing belongs to the attacking technique, and its direct execution in a certain situation with tactical skills can allow you to get points. Transmission consists of several types. Two-handed overhead transfer in a standing position, two-handed downward transfer, one-handed transfer from above and below, two-handed or one-handed transfer from above in a jumping position.

Transmission can be performed vertically, horizontally or diagonally in high, low, far or near directions. Defense technique, ball receiving technique.

The technique of receiving the ball is the movement skill used by the player in his court to prevent the ball from falling to the ground according to the rules. Receiving the ball is performed in different ways and in a specific technical order. Two-handed receiving from below is one of the main defense tools in modern volleyball. Performed in the form of a lock.

The technique of receiving the ball from below with two hands, that is, when performing this skill, the center of gravity of the body should be high, the angle of bending of the knees should be large or small, the body should be bent slightly forward or vertically. The situation depends on the speed of the ball put into play or the power of the offensive shot and other conditions.

Blocking Techniques Blocking is the act of creating a "Living Wall" against a ball passed or hit by an opposing player. The blocker initially places his feet shoulder-width apart. The legs are slightly bent at the knees, the arms are bent at the shoulders and the paws are spread. After moving the ball towards the destination, the legs are bent slightly from the knees and written vigorously, and with the active movement of the hands, an obstacle is placed in the width of the ball.

REFERENCES

1. The Law of the Republic of Uzbekistan "On Education". - T.: "O'zbekistan", 1997. - 25 p.
2. Law of the Republic of Uzbekistan "On the National Program of Personnel Training". - T.: "Uzbekistan", 1997. - 16 p.
3. The Law of the Republic of Uzbekistan "On Physical Education and Sports". -T.: July 27, 2000.
4. Decree of the President of the Republic of Uzbekistan "On measures to improve the activities of the Children's Sports Development Fund of Uzbekistan" dated August 29, 2004 No. 3481.
5. Ayrapetyants L.R., Pulatov A.A., Israilov Sh.Kh. Volleyball. Study guide for general course students of II higher educational institutions. T.: 2009. - 77 p.
6. Usmonkho'jayev T. S. Khodjaev F "1001 games" training manual. T 343b