

Understanding the Origins and Rules of the Sport of Volleyball

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Abstract: This article briefly describes the origins and rules of the sport of volleyball.

Keywords: volleyball, game, field, ball, technique, tactics, competition, winner, physical training.

Volleyball was created in 1894 by pastor William Morgan, head of physical education of the Young Christian Union in Holyoke, Massachusetts, USA. He designed the rules of the new game with a view to organizing a simple, inexpensive volleyball game. The game was originally called mintonett.

In 1896, Springfield college principal Dr. Alfred Halsted named the game "volleyball." "Volleyball" is an English word that means "flying ball" in Uzbek. Some of the rules of the game in 1897 were as follows:

The boundaries of the field are 7.6 x 15.1 m

The dimensions of the net are 0.65 x 8.2 m, the height is 198 cm

The weight of the ball is 340 g, the circumference is 63.5 - 68.5 cm

There is no limit to the number of players, etc.

The years 1895-1920 are considered the first stage of the development of the volleyball game. The emergence and development of the game in other countries is as follows: 1900 - Canada, 1908 - Cuba, 1909 - Puerto Rico, 1910 - Peru, 1917 - Brazil, Uruguay, Mexico, 1900-1913 in Asia years - Japan, China, Philippines, 1914 - England, 1917 - France.

The history of the emergence and development of the volleyball game in the former Soviet Union

Volleyball began to spread in the former union in 1920-1921 in the Middle Volga (Kazan, Nizhny Novgorod) regions. Since 1922, volleyball has been included in the Vseobuch (General Military Training). Representatives of art and theater began to play volleyball regularly in Moscow. Founded in 1923, "Dinamo" society began to promote volleyball along with other sports. In the same years, volleyball appeared in the Far East - in Khabarovsk and Vladivostok. From 1925, it began to develop in Ukraine. For the further development of physical education and sports in SSJI, the decision of the Central Committee of the Republic of Kazakhstan dated July 13, 1925 was of great importance. The necessity of extensive development of physical education and sports, which is one of the effective ways of educating the masses, was emphasized. The decision of the Central Committee has a strong influence on the further development of volleyball. Soviet volleyball players set themselves a number of tasks, such as popularizing volleyball in the country, strengthening educational work, perfecting technique and tactics, improving the players' physical fitness in all aspects. Volleyball began to spread everywhere. In connection with this, there was a need to develop uniform rules of competitions. In January 1925, the Moscow Council of Physical Education drew up and approved the first official rules for volleyball competitions. The height of the net is 2 m 20 cm for women and 2 m 40 cm for men. In the women's teams, the game was

played on a field measuring 15 x 7.5. In 1926, the first competitions under the new rules were held in Moscow. Since 1927, the Moscow volleyball championship has been held regularly. The first edition of the special volleyball literature in the "Former Union" appeared in 1926 and was called "Volleyball and Fist Fight". Its authors are S. Sisoiev and A.A. Marco was... In 1926, a series of other important events took place, that is, the games branch of the All-Union Council of Physical Education of Volleyball approved the uniform rules of volleyball competitions. A cross-city meeting of volleyball players from Moscow and Kharkiv was held in Kharkiv. During these years, volleyball spread widely not only in Moscow, but also in Ukraine, North Caucasus, South Caucasus, Far East and Middle Volga regions. One of the important events related to "SSJI" volleyball was the All-Union Championship held in August 1928 during the first All-Union Spartakiad. It will be attended by men and women from Moscow, the USSR, the North Caucasus, the North Caucasus Federation and the Far CIS region. The competitions were held in the order of elimination. Moscow women's team and Ukraine's men's team won. Meetings of volleyball players in the first All-Union Spartakida made it possible to interpret individual clauses of the rules of the competition in a uniform manner. It should be mentioned that here for the first time women's teams play on normal-sized courts (18/9 m). In different regions of the Soviet Union, different directions began to appear in the development of volleyball. The Ukrainians showed team play tactics and selfless defense, the Muscovites stood out as strong attackers, and the Far Easterners brought a great innovation of attacking with a low pass. It should be noted that the preparation of the national teams for the All-Union Spartakiad stimulated the massive development of volleyball in local areas. 21 teams from regional cities of the republic took part in the championship of Ukraine held on the eve of the All-Union Spartakiad. In order to determine the strongest team of Kavkazorti, inter-team meetings of the cities of Baku, Tbilisi and Yerevan were held. In the same year 1928, a permanent association of referees was established in Moscow. The spartakiade of schoolchildren (1929) was also of great importance in the development of volleyball. Many of the participants of this spartakia later became volleyball masters.

The number of intercity competitions increased significantly, which led to the emergence of various technical methods, the development of volleyball tactics, and the growth of players' physical fitness. During this period, the players began to widely use the methods of forcefully entering the ball on the field, cheating shots, paying attention to the passing technique, the importance of defense increased, the game became fast and intense, as a result, the demand for the players' mobility increased.

In 1931, on the initiative of BLKEI, the All-Union complex "Ready for Labor and Defense", which is the basis of physical education, was introduced to our country. This event created an opportunity not only to improve the general and special physical fitness of volleyball players, but also to attract young people to volleyball training. Competitions held on the grounds of many cultural and recreational parks were of great importance in the mass development and promotion of volleyball. Spectators gather around 20 squares of the Central Park of Culture and Recreation in Moscow. The games were a good school not only for Muscovites, but also for foreign guests. Therefore, in the 1930s in Germany, the rules of the volleyball competition called "Volleyball - the game of the Russian people" were published in the form of a booklet.

The championships were held among the strongest teams of different cities. In 1931, the men's and women's teams of Moscow, Dnepropetrovsk and the owners of the field met in Kharkiv. Women from Moscow won, all three men's teams had one loss and one win. These matches highlighted the increased importance of the "fast-paced" game.

Since 1932, volleyball has been included in the program of all major spartakiades as an equal sport. For this reason, the issue of regularly holding all-Union volleyball competitions every year was raised.

In the spring of 1932, a volleyball section was established under the All-Union Council of Physical Education, and A. Potashnik (chairman), volleyball Oskolkov, M. Wilgrat, Yu. Bagon, volleyball Kryuk and others were included in it.

Before 1932, the "Soviet Union" championships, which were called the "All-Union Holiday of Volleyball Players", began to be held regularly. The SSJI volleyball championship was held for the first time in Dnepropetrovsk on April 4-6, 1983. The women's team (Moscow, Dnepropetrovsk, Kharkiv, Baku, Minsk) and 5 men's teams (Moscow, Dnepropetrovsk, Kharkiv, Tbilisi, Minsk) took part in the competition. The games, which were held in rotation, attracted a large number of spectators. After the exciting first round, exhibition games of Moscow mixed teams were held.

The game consists of three or five games, each game lasts up to 15 points. If the score is 15:15, the game will go to 17 points. In the last party (3rd and 5th) the score of the game is conducted on the basis of "time-break". That is, depending on the result of each action in the game, the right to put the ball into the game can bring defeat or victory to the team, regardless of which team it is. In the decisive game, the game continues until the difference is 2 points. Errors in performance of technical skills during the game:

When putting the ball into play: if it is hit directly "from the hand" without bouncing;

When putting the ball into play, pressing the boundary lines, hitting the body when the ball bounces but is not hit, etc.;

When passing the ball: if the ball hits the palm - if it is thrown, if both hands touch together or if it touches both the body and the hand, etc.;

When hitting: the body and parts of the body touch the net (within the 9-meter mark), the foot completely crosses the center line when landing, the ball is touched on the opponent's side, etc.

In defense:

When receiving the ball: if there are errors in passing the ball;

Blocking: Errors in hitting will result in a loss of points or the right to put the ball in play.

Game tactics in volleyball refers to the art of winning a certain team over another team with the help of individual, group and team actions.

The main task of tactics is to determine and use the means, methods and forms of the game, which are used for victory, depending on the current situation, in relation to a certain rival team.

A tactical combination is a movement activity of several players aimed at creating favorable conditions for one player to attack.

Game discipline is the subordination of each player's activity to the team's activity, implementation of tactical instructions planned for the upcoming game, adherence to game rules and universal qualities, etc.

The following concepts are used in game tactics:

The term first tempo refers to the player who initiates the attacking combination first, attacking with a nearly 'low' and fast passing ball. the possibility of increasing Figure 20 shows the formation of various attack combinations when the connecting player moves from zones 1, 5, 6 behind the net in front of the net.

Although attacking after passing the first ball or cheating ball (otkidka) allows you to effectively solve the offensive actions (Fig. lishi) and great skill is required from the attacker. When faking the ball, the attacker or tackler (only when in the front zone) performs a feint by jumping up and taking an attack shot (imitation).

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