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Using Action Games in Teaching Volleyball Game Techniques

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Abstract:

This article is devoted to various techniques of volleyball, in particular, offensive and defensive actions. The volleyball game is played on a rectangular field measuring 18x9 meters. Players learn and practice passing, receiving, and blocking techniques. Passing technique is a fundamental part of the game and plays an important role in attack and defense. There are different ways to pass: two-handed overhead, two-handed down, one-handed overhead and underhand, and jumping. In the defensive technique, various methods of receiving the ball are widely used, in particular, reception from below with two hands. The movements of the player's body and legs are of great importance in this technique. Blocking technique is designed to block the opponent's ball, and a lot of attention is paid to the position of the player's body and hands.

The article covers various aspects of volleyball technique and gives practical advice to players on receiving, passing and blocking the ball.

Keywords: Volleyball, offensive technique, defensive technique, passing technique, receiving the ball, blocking, player position, sports field.

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 skill of movement that a player uses 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 reception 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 slightly bent 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 slightly bent at the knees and written vigorously, and with an active movement of the hands, an obstacle is placed in the width of the ball by jumping.

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 must occupy different states to perform different methods of action.

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.

The stances are static (the player is motionless) or dynamic (moving the main support from one foot to the other while receiving the ball, making an attack shot, or waiting to block) depending on the nature of the subsequent actions. . In this posture, the hands are at waist level, the fingers are facing the palms, and the body is slightly bent forward. Gavda should be in a free position.

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), splashing, jumping, running, and 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 distance, receiving an offensive shot, or receiving a rebound from the fence. The movement always starts with the foot that is 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 from the bottom, receiving the ball, blocking and giving an offensive shot. The player occupies the initial state only for a period equal to several fractions of a second.

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.

By length: long - more zones; short - from zone to zone; shortened - within the zone.

By height: high - above 2 m, medium - up to 2 m, low - up to 1 m. 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 m and far - more than 0.5 m.

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 direction and the speed of the flight, the palms of the feet are parallel or one foot (opposite to the main hand) will be a little ahead. The hands are extended forward, the fingers form an oval shape.

The hands collide with the ball above the face. In this case, the thumb receives the main pressure, 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 mass falls on the ends of the two 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, the main movement in passing a short ball is performed due to the active work of the fingers.

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 chest and lumbar parts of the spine (Fig. 5). The jump back pass is performed in the same way as the back pass in the base position. 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 comes over 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.

Throw in the ball from above. In the method of putting the ball from above with the side, the player stands with the side towards the net with his legs bent at the knees. The ball is thrown over the shoulder at a height of up to 1 m. 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 arm is moved from behind in an upward arc 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.

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) zone, its essence will be explained below.

Attack shots.

A kick is an effective way to end a team's offensive action. These actions are performed above the upper edge of the net. Because the effectiveness of the attacks made below it is also very low.

Attacking shots are distinguished by their direction: direct (in which the direction of the hit ball

matches the direction of the attacker's run) and changing direction (in which the direction of the batted ball does not match the direction of the attack).

Physical training is one of the types of training aimed at developing the volleyball player's body, improving his physical qualities and abilities, and creating a solid foundation for effective performance of the game.

Modern volleyball belongs to the type of sports games that require great strength, quickness, agility, endurance and flexibility from the players. The essence of the game is to make the player's movement in different directions and changing situations very fast, accurate and in a short time during the game many blocks, shots and balls. Jumping, falling, running, stopping, turning, bending and other movements at high speed require great physical strength, extreme agility, strong endurance, and mental harmony. Therefore, the impact of this load requires that the body of the exerciser is functionally perfectly formed.

Today's volleyball player should be 185-195 cm tall, active, quick, smart, quick-thinking, quick-witted, able to quickly understand the situation on the field and give a "useful" response. . Depending on the age of the athletes, their qualifications, and the period and tasks of sports training, the amount and intensity of physical training varies.

It should be noted that the volleyball player used the equipment of any sport in physical training, he should master the elements of the technique of that sport. Because some physical qualities can be useful only if the skill of movement is correctly formed. General physical preparation is one of the main tasks of sports training aimed at ensuring the physical growth of volleyball players and their blood. This process aims to develop basic physical qualities and improve life skills. General physical training is the foundation for special training of a volleyball player.

It is necessary to train general physical fitness, strength, speed, endurance and flexibility, taking into account the nature of sport with methods and tools.

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