

SERVING THE BALL IN VOLLEYBALL

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Abstract:

This article is about serving the ball in the sport of volleyball.

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Volleyball is undoubtedly the leader in popularity among outdoor games. Why? Mainly because volleyball is easy to learn, widely accessible and dynamic to play. That is why the game in question is included in educational programs. Volleyball is sufficiently capable of developing and improving the physical performance of students. In order to master the skills of playing volleyball, it is first important to study the technique.

In the recent past, serving the ball in volleyball was a means of putting the ball into play. Now this is a different concept. The serve in volleyball is one of the offensive means that makes it difficult for opponents to attack, which can also bring the team a point.

Any sport, and volleyball is no exception, had to be technically correct. It is very important. Fewer such errors will give the team coach the opportunity to properly organize the game, while the players themselves will be able to carry out any tactical instruction from the coach, be it serving into the desired zone, passing the ball lower, higher, faster or further from the net, an attacking shot on the move or along the line. The correct technical execution of the elements allows the player to enjoy what is done immediately, on time and accurately, and for the fans it gives true pleasure to contemplate how easily the players control the ball. And when great masters play, it always seems that there is nothing simpler than performing a beautiful attacking shot on a triple block or, without sparing yourself, throwing yourself under the ball and leaving it in the game. Of course, such moments in the game as a strong attack, good ball reception, accurate top serve are very important. However, the game itself originates precisely from the presentation, since this is its initial element. Good command of the serving technique with parallel competent technique will allow the team to win the game, the game, will bring the team additional points, and as a result, the whole team will shine on the championship podium.

Presentation of the main material of the article. The serve is the only element in volleyball where the player is behind the court, alone with the ball, 8 seconds are given for preparation, and the effectiveness of the element depends on the morale of the volleyball player and his skill.

Imagine you are standing with a ball in your hands on the end line of a volleyball court and looking towards the side where your opponent is standing. There are several receiving players in front of you, your task is to “maximum” win a point right away, or make it difficult to receive, which would also help your team. If you serve very simply, your opponent will easily receive the ball and launch a powerful counterattack. But when you lose serve, you don’t just lose a point, you lose your morale and strong-willed spirit and that of your teammates.

An experienced coach requires the serving player to perform a more complex serve, sometimes indicating the number of the zone in which he must serve. And if it’s the end of a game or game and you’re still getting in the way of excitement, then your salvation is an automatic, honed serving technique. In our opinion, the serve is one of the most basic and important elements in volleyball - it is a weapon that can be used in achieving the team's common goal - victory!

As L. V. Aginako points out in his article on teaching the technical components of volleyball, from a technical point of view, it is important to consider volleyball comprehensively, that is, to study the special techniques and methods necessary for volleyball players in order for the game to be successful.

In addition, the author points out that sports technique is understood as a whole system of movements, elements of movements that are aimed at solving problems posed during the game. A kind of wrestling in sports is considered as a technique, thanks to which players gain the opportunity, subject to the rules, to successfully solve certain technical problems facing them. In order to achieve the goal, especially when changing the positions of the players during the gameplay, players must professionally master a variety of technical techniques. The highest results can be achieved through excellent coordination and efficiency.

What do you mean by submission? Serve refers to the action of players, or a player, aimed at moving the ball from behind the end line through the net to the opposite side. When serving, the ball is directed towards the opponent with a certain calculated speed and direction of movement.

Today, volleyball considers the following types of serves: power, planning, accuracy and with rotation. What do they have in common? They are all served on top. Classification by the sign of submission is carried out according to the main distinctive features that are used by practitioners in the process of work.

Which serve this or that player will perform is an individual question, which is resolved by assessing his physical data and capabilities, height and strength. From a technical point of view, a power serve in a jump is practically no different from an attacking shot from passes taken away from the net or shots from the baseline. The peculiarity of the technique is that you need to throw the ball up and slightly forward so that you can make a short run-up and push off to jump, swing, tilting your body back. And during the flight, hit the ball in such a way that it flies as quickly as possible, while spinning and causing inconvenience to the enemy. This type of serve is typically used in the men's game. This is a rather labor-intensive element from a physical point of view, which requires a certain degree of endurance, strength expenditure and, most importantly, ideal technical execution from the player.

References

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