

FEATURES OF SERVING THE BALL IN VOLLEYBALL

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Abstract:

This article presents the features of serving the ball in volleyball.

Keywords: *Volleyball, game, serving, athlete preparation, gym.*

Any sport, and volleyball is no exception, must be technically correct. This is very important. A smaller number of such errors will give the team coach the opportunity to properly organize the game, while the players themselves will be able to fulfill any tactical instruction of the coach, whether it is serving in the right zone, passing the ball lower, higher, faster or further from the net, an attacking hit along the course or along the line. Correct technical execution of elements allows the player to enjoy what he did immediately, on time and accurately, and the fans get real pleasure from watching how easily the players control the ball. And when great masters play, it always seems that there is nothing easier than to perform a beautiful attacking hit on a triple block or, without sparing yourself, throw yourself in a fall under the ball and leave it in the game.

A very important role in the game is the accuracy of the ball's flight during a power hit, since the ball must get into the opponent's territory without crossing it. In order to achieve the set goal, it is advisable to reduce the force of the strike. Increasing the force of the strike provokes an error in the serve, but volleyball players often take risks, which is caused by the game situation, since a weak serve creates difficulties in defense during the game. The upper direct gliding serve is performed with an emphasis not on force, but on the accuracy of achieving the set goal. In this case, the strike is made at the central point of the ball's surface. The peculiarity of such a strike is that the ball flies without rotation, at the end of the flight it loses its initial speed, due to which its trajectory changes, the change of which occurs before the ball meets the hands of the player who was ready to receive it. Such a serve often brings an extra point to the serving team, due to the fact that the opponents are simply caught off guard by the ball, which changes its trajectory during the flight. The top straight serve poses the main task for the serving player - to determine the distance after which the ball will change its trajectory. Also in this case, it is very important to prevent the ball from spinning, and therefore the blow should be short, abrupt, powerful and land clearly in the center of the ball. Each volleyball player determines for himself the distance from the baseline from which he will perform this serve. As a rule, the serve is performed from a distance of at least 3 meters from the end line with a strong blow to the ball.

A planning serve in a jump is also possible; it is performed with a low toss of the ball, a short run-up and a jump in which the hand is retracted to a minimum distance. The kick is made at the center of the ball. This type of serve is typically used in women's volleyball.

When performing accurate serves, the execution technique is not so important as solving the team's tactical problems. There are always players on the opponent's side who are weaker in their technique than others. These pitches are aimed at them. Also, servers try to find unprotected areas of the court, serve to an emerging setter or a short serve flying directly under the net to a front line player. This is why precision serves are also called tactical or targeted.

Serving with spin requires strength, flexibility, and elasticity in the pectoral muscles. Athletes who are tall and have well-developed, strong shoulder girdles succeed best. The player stands at a distance that is comfortable for him individually from the baseline, with his leg extended forward and his striking hand opposite, he tosses the ball. At the same time, the torso leans back, the right arm bent at the elbow joint (if the player is right-handed) is pulled back behind the head, and the center of gravity is transferred to the right leg. Upon impact, the torso moves forward, the right arm sharply extends forward and upward, and the weight of the body is transferred to the left leg. The striking hand is placed on the ball slightly from above, the blow is performed with a straightened and tense hand. When performed correctly, this type of serve causes the ball to spin at high speed, which makes it much more difficult for the opponent to receive it.

Perhaps you want to practice a serve that is unique to you; it will differ from the classic one described in many technique textbooks. You will choose your favorite zone on the baseline, you will hit the ball so that no one can match your shot, and this kind of serve will be associated only with your name. Remember, there is a team behind you, and with your serve you can turn the tide of the game, make your teammates perk up, and in order not to think about mistakes, work thoughtfully, persistently and persistently.

Undoubtedly, only comprehensive training of an athlete can lead to positive results in the task at hand. We always take physical training as the basis of training. Beginners are first taught such an element as serving. At the same time, the technical training of those who only came to the hall is assessed. If we talk about improvement groups, the most important thing is to use technical techniques depending on the game conditions; we are talking about tactical training. In the training process of improvement groups, in order to effectively increase the level of skill, it is necessary to devote at least thirty percent of the time to serving. Including various exercises for accuracy, attention, and speed. We must not forget about psychological preparation; it sets itself the goal of educating a strong-willed personality who can overcome difficulties.

In order to achieve the highest results, the player's preparation is divided into parts, which are physical, technical, tactical and psychological. Each of the above parts is individual and not interchangeable. The exclusion of any part will affect the rest. The set of tasks reflects the overall goal, which is to raise a strong athlete who masters the skill of playing volleyball and is a highly developed personality with great intellectual potential and high moral standards.

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