

# IMPROVING TECHNICAL TRAINING OF VOLLEYBALL PLAYERS

*Berdimuratova Altinay Konisbay qizi*

*3rd year undergraduate student, Nukus State Pedagogical Institute named after Ajinyaz  
(Nukus, Republic of Karakalpakstan)*

## Abstract:

The article discusses improving the technical training of a volleyball player.

**Keywords:** *Volleyball, physical education, training of volleyball players, techniques, playing techniques.*

Numerous studies in the field of volleyball training mainly consider issues of technique and tactics of the game, but little attention is paid to the specifics of training young athletes. The main focus of special physical exercises based on volleyball is the ability to solve the problems of physical education by means of this sport, teaching the basics of technique and tactics of the game, creating the need for systematic volleyball lessons, and improving existing knowledge and skills.

The search for effective methods and means of training in volleyball for school physical education lessons and in the preparation of young athletes has been carried out for many years.

An analysis of scientific and methodological literature suggests that the main attention is paid to the issues of physical and technical training in the training of volleyball players of different levels and qualifications.

It is necessary to separately analyze the role of preparatory and lead-in exercises in the special physical training of volleyball players. In modern literature on sports, great importance is given to the issues of teaching techniques for playing volleyball, this is due to the fact that the technique of physical exercise is the most effective way to perform a motor act. The possibilities of introductory and preparatory exercises are aimed at mastering the structure of technical techniques. These include simulation exercises (without a ball), and the main task of the preparatory exercises is the development of special physical abilities necessary in volleyball.

These exercises contribute not only to the development of qualities necessary for mastering technique in volleyball, but also to the formation of tactical skills. In particular, the development of the speed of complex and simple types of reaction, the ability to respond rationally, variably and economically to a game situation, etc. The use of such means in the educational process creates the prerequisites for the formation of more durable and sustainable motor skills, and also accelerates the process of learning technical techniques volleyball

It is not always possible to use a complex coordination motor action in an integral structure. For this, there are introduction exercises, the task of which is to simplify a complex technique for beginners. Use introductory exercises at all stages of training. When forming skills at the initial stage of training for adjusting technique, as well as for improving individual parts, phases, elements. The possibilities of tools that contribute to the improvement of technical training are so diverse that they go beyond the boundaries of only technical training.

The systematic development of physical qualities contributes to the successful mastery of playing techniques and tactical interactions. Performing the necessary playing techniques is possible only if you have perfect mastery of their technique. A specific feature of volleyball is that no technique can be performed in isolation, as it is connected with other techniques performed by teammates or an opponent.

The technique of playing volleyball is divided into two parts: the technique of playing in attack and the technique of playing in defense. Attack techniques include: serving, passing, attacking strike. Defensive techniques include receiving the ball and blocking. Movements in volleyball are identical, both in attack and defense, but with some specificity, consisting in a lower or higher position of the player's stance.

### **References**

1. Kirillova O.V. Obuchenie texnike peredachi myacha v voleybole // Sport v shkole. -2008. - № 8. - S. 18-19.
2. Xolodov J.K. Teoriya i metodika fizicheskogo vospitaniya i sporta. - M.: LSLBEML, 2010. - 450 s.
3. Chexov O.N. Osnovi voleybola. - M.: Prosveshenie, 2006. - 305s.