

METHODOLOGY OF FORMATION OF ATTACK TECHNIQUES OF TEENAGER VOLLEYBALL PLAYERS

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ABSTRACT

*Winning a volleyball game depends on the level of technical preparation of each player and the skill of the team in general. All the methods required for the game and the methods of their implementation will increase in the process of technical training, the methods will be implemented in a consolidated manner, while improving the individual abilities of the athlete and the functions required for the team*

*This article discusses the technique of forming the attacking technique of teenage volleyball players. Volleyball game techniques and tactics*

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**Introduction:**

Like other sports in secondary schools, volleyball is included in the program as given. The main tasks of students in volleyball lessons are: to provide children with theoretical knowledge, skills development along with physical development; development of movement qualities - is to teach speed, strength, jumping, energy, movement technique.

The teacher must be fully aware of the sport, not forgetting the main tasks, ie the main purpose of the lesson. It is also necessary to prepare students for the level of refereeing during the transfer of the game of volleyball in the classroom, in which case students should conduct arbitration in two-sided training exercise games.

The volleyball game can also be used in moving games in the introductory section, these moving games help students improve and strengthen their skills and abilities, hitting the ball hard, passing it to the opponent's side, passing it to each other, kicking back. At the same time in this game the speed of movement and attention increases. Active play allows students to perform the task well and quickly in the interests of their team, to put the interests of the team above their personal interests, to cultivate the qualities of solidarity.

The main types of actions performed in a moving game: Transmissions. Moving games suitable for volleyball sports, such as "Picking and throwing the ball", "Volleyball relay", "Leaving the ball". The program materials on volleyball include the exercises, technical and tactical methods and theoretical and practical rules of the game required for teaching. It is not enough to have a few nets and a field to successfully conduct a volleyball lesson. Of course, the stuffing ball, the hanging balls, the shock absorber ball, the wide bench to block the ball should be with a tennis net badge. As many students as possible should be involved in performing the exercises. To do this, the students should be divided into two groups and perform different tasks in an additional way: with a volleyball in front of

one net, and with a volleyball in front of the wall. All groups perform all tasks in sequence [1].

This principle applies to both sides of the game, so everyone in the class should be equally busy. Exercise performs the following interrelated tasks.

Education of general and special physical abilities: increase of functional state of an organism, expansion of technical arsenal: thorough mastering of tactical actions: spiritual will; active improvement of psychological training and game skills.

These tasks can be opened directly during physical games, tactical, theoretical and psychological, integrated training and exercises.

It will focus on creating the functional base that volleyball players need to achieve high sports results. In this case, the main role is played by improving the health of athletes, the proper and proportional development of the body, the improvement of physical qualities[2].

One of the main tasks of training is to strengthen health. It develops the athlete's ability to resist the effects of infectious diseases, colds, injuries and many other adverse changes in the body. It is important for the training of athletes to be successful, for the development of physical qualities.

Technical preparation. The skill of each player and the team in general depends on the level of technical preparation of the players. All the methods required for the game and the methods of their implementation will increase in the process of technical training, the methods will be implemented in a consolidated manner, while improving the individual abilities of the athlete and the functions required for the team[3].

Tactical training. In addition to physical and technical training, the ability to use their abilities correctly and skillfully, i.e. tactics is of great importance in defeating the opposing team.

Tactics in many cases; knowledge and use of technique, the ability to correctly confirm their strength during the game, to anticipate the conditions of the competition, to interpret the rules, to correctly assess the actions of partners and opponents, and so on. Being able to organize wrestling properly is an art that is regularly studied. That is why in the process of training, students acquire a complex knowledge of strategy and tactics, acquire a lot of skills and abilities.

Psychological preparation. Psychological training is aimed at cultivating a high level of willpower in players. The whole educational process serves to cultivate these qualities. Special psychological training requires the athlete to develop mental abilities, curiosity, to be able to critically assess the situation, to be able to correctly analyze their behavior. These qualities are necessary to acquire an appropriate set of specialized knowledge and skills[4].

The coach should pay special attention to cultivating the emotional characteristics of the psyche, which can have a positive or negative effect on the athlete, especially when preparing for the race. Volleyball games are as complex as any other sport because players need to be technically and tactically prepared to play well, and as a result of training 9-12 hours a week, they learn the secrets, rules, and ability to quickly attack and return to defense.

General and special physical training The concept of physical training. Objectives of general physical training: development of physical qualities (speed, agility, strength, endurance, flexibility), improvement of motor skills, preparation of participants for the test "Alpomish" and "Barchinoy". General means of physical training: gymnastics and athletics, sports and movement games, swimming, etc. Voleybol o'yini texnikasi va taktikasi asosi An Introduction to Volleyball Techniques. Basic techniques of volleyball: standing, moving, putting the ball into play, passing the ball, attacking, blocking. Understanding game tactics. One-on-one on defense, offense on offense, group action on defense and offense.

Practical lesson. Teach volleyball techniques. Standing position. Typical of a volleyball game, various shifts, receiving the ball into play. Accept the initial state to complete the second transfer. Sliding. Take right, left, forward, backward, sideways steps, jump two steps, do different ways of moving together, stop after moving. Passing the ball. Passing the ball with both hands from above. Get under the ball. The combination of legs, arms, torso and movement when passing the ball. Passing the ball over the head while standing and moving. Passing the ball to the opposite side of the line. Passing the ball in pairs. Passing the ball in front of the fence and wall, passing the ball from zone 6 to zone 3, from zone 3 to zone 4 or from zone 6 to zone 3, from zone 3 to zone 2. "Ball in the air", "Ball to the captain" action games, relays with the ball. Passing the ball from below (introduction), arms and legs, body position. Ball training. Putting the ball into play.

Putting the ball into the game from below: straight and sideways (from the side). Putting the ball into play from above. Standing, throwing the ball, torso, legs, arms. Receiving the ball from above and with both hands from below. Giving offense. Direct impact in zones 4 and 2. Jumping over the net (height 140-200 cm) and throwing the ball with both hands. Running and throwing a tennis ball over the net from a standing position, running, jumping, waving and adding.

Hitting a ball mounted on a rubber shock absorber. Hitting a ball thrown by a partner over the net. Put a barrier. In zones 3, 2, 4 (net height 2 m-2.20 cm) one-man barrier preparation and auxiliary exercises. Touching the ball with the palms of the hands by sliding it in front of the net, stopping and jumping on the ball (padding or volleyball) placed on the upper edge of the net. Barrier to a light rubber ball placed on the net. Learning Volleyball Tactics One-on-one tactical action in attack. Know how to take the starting position to make a move, choose the method of returning the ball over the net, direct the ball over the net to a certain area of the opponent's field, alternating the ball into the game from below and above.

One-on-one tactical defense, the ability to determine the direction of flight of the ball as much as possible and to get the ball in time, to use the ball from above and below in accordance with the conditions of the game, in attack to work as a group. After the ball is put into play, it is received and the first pass is passed to zone 3, zone 3 to zone 4 or zone 2 to strike. The first transfer of the ball from zone 5,4,6 to zone 3 and the second transfer to zone 2 is carried out from zone 2 over the net. The ball is passed from zone 6 to zone 2, from zone 2 to zone 3, and from zone 3 over the net[4].

In conclusion, it is now widely understood that sports play an important role in the comprehensive upbringing of young children. It should be noted that a person who has been involved in sports from a young age, even in old age, 70-75% of his life is spent in sports. Sports have a special place in the development of each person. While sports have a place among young people, sports pedagogy is part of the educational process. The main task of the educational process of student-athlete is to educate everyone to find their place in sports, to feel that sport is a part of it. A person who is involved in sports is different in that he or she is resilient. When an athlete is involved in a team, the goals and objectives set by the team take precedence over the athlete's personal goals, and he or she fully adheres to the ideas set by the team. It is worth noting that sports help a person to develop a positive attitude. Athletes who dedicate their lives to sports have an aesthetic interest in life, a rational attitude to what is happening in an environment, a meaningful communication in all aspects, and an impact on the audience.

In general, sports education plays a special role in the comprehensive development and upbringing of the individual. In many sports, growing students also drop out of sports due to difficulties. But an athlete who cultivates physical, pedagogical, and psychological qualities, such as

will and confidence, who regularly engage in sports, will, of course, make it to the top of sports competitions. The sports process is complex, in which athletes work long and hard to demonstrate their sports skills and abilities in an instant during a sporting event. But at this point, the athlete's strength, will, knowledge, achievements and results will be visible to the public. Sport is capable of educating any person, it requires a lot of willpower from each person to reach the top of the sport. At the same time, the athlete gradually masters the secrets of sports. There are many qualities in sports, and athletes who have been involved in them for a long and long time develop such qualities in sports.

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