



VOLLEYBALL GAME RULES, ATTACK AND DEFENSE TECHNIQUES

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Annotation: *The participation of athletes in competitions requires them to perfectly execute the movement skills specific to their sport. Mastering these movements and achieving victory in competitions is the result of many years of dedicated sports training. The more refined an athlete's technical execution of skills is, the higher the chance of success in competition. Volleyball, by its nature, content, and characteristics, differs from other sports. It is played on a relatively small, rectangular court measuring 18x9 meters, divided evenly in the middle. Modern volleyball is rich in various playing techniques and tactical combinations, and it is played at a very high speed and intensity. Therefore, the specific features of volleyball require players to have highly developed technical skills. The broader and more resilient the technical mastery is in competition play, the greater the chance of achieving victory.*

Key words: *Attack and defense, FIVB, HEI (Higher Education Institution), 3 or 5-set match, bent knees, one foot forward.*

Introduction Volleyball (from the English: volleyball volley – “to hit” and ball – “ball”) is a ball sport played by two teams of 6 people each on a court with a net in the middle[1]. It is played on a 9x18 m court divided in the middle by a net (2.43 m high for men's competition and 2.24 m high for women's competition). The number of cells in the volleyball net is 1,000 (100 wide and 10 high), with each cell measuring 10 cm on all four sides. A team consists of 6 people, and 2 teams play. Players try to hit the ball with their hands and land it on the opponent's court. The ball must be transferred to the opponent's side in three hits. The competition is played in 3 or 5 sets. Volleyball originated in the United States (1895). The International

Federation (FIVB; founded in 1947) has more than 180 member countries. It has been included in the Olympic Games since 1964, and world championships have been held since 1949. Game technique is a specialized movement or set of movements performed simultaneously, sequentially and in a specific purposeful order. Game technique should be designed to perform the movement accurately, quickly, easily, in accordance with the situation, with minimal effort and with high efficiency. The term "technique" is a Greek word (technos), which is used in a very broad sense and in the Uzbek language means the concept of "art". Starting from 776 BC, every 4 years in the village of Olympus, located at the foot of the Olympus Mountains in Greece, participants in the pan-Greek festive competitions held in honor of God Zeus demonstrated their art (technique) in the sports of racing, wrestling, and pentathlon in a 2-wheeled chariot. Interestingly, one of the conditions of this competition was that each participant had to shape his figure, muscles, and demonstrate other qualities related to this sport before the competition. Volleyball game technique consists of a set of movement methods necessary for conducting the game. Movement techniques are evaluated by performing purposeful, effective actions in various situations. The execution of each technical method in the game consists of an interconnected system of movements. Movement techniques are the dynamic and kinematic properties of movement that are necessary and sufficient to solve movement tasks in a certain way (a certain consistency of forces, coordination between certain parts of the body, etc.). Classification of game techniques is their division into certain groups and sections depending on their form, content, the purpose of the methods used, the interrelationship of movements, and the kinematic and dynamic structure of movements. Volleyball techniques are divided into two large sections: attack and defense techniques. In turn, the above sections are also divided into several groups according to the form and content of technical methods. Each group has its own methods of performing technical movements.

Attack technique: Positions. In volleyball, players must move with the ball in a short time. Therefore, a player must be highly prepared to play with the ball in

a particular game situation. For this purpose, it is necessary to take different positions to perform different movement methods. When delivering an attack shot and blocking - high, when receiving a ball that has been put into play - medium, when receiving an attack shot or a ball that has bounced off the barrier - low (Figure 1) positions are taken. In this case, the position of the UOM (total center of gravity) depends on the nature of the next movement. It is also worth noting that the player's height and his coordination abilities have a significant impact on the UOM. Therefore, an effective standing position should be such that the UOM can be quickly removed from the base and provide the necessary movement and activity. The stances are static (the player is motionless) or dynamic (while waiting to receive the ball, deliver an attack kick, or block by shifting the main support from one foot to the other), depending on the nature of the subsequent movements. In these stances, the arms are at the waist, the fingers are facing the palms, and the body is slightly bent forward. The body should be in a relaxed position.

Movement. The player moves across the field to perform a specific technical technique. Depending on the technique and the game situation, he performs various movements by stepping (forward, backward, sideways), jumping, jumping, running, falling. The movements performed by stepping and running are somewhat softer (due to the slowness of the UOM oscillation). Stepping sideways is often used when setting a barrier by covering a small distance, receiving an attack blow, or receiving a ball that has changed its direction from the barrier. The movement always begins with the foot closest to the desired direction of movement. Movements performed by jumping, jumping, running are used to perform quick response movements. The movements considered are often also used in a general unit.

Defense techniques Defense is an action against attacking moves. Attack moves are eliminated using defense techniques. Receiving the ball. It is performed when the ball is put into play, after an attack hit and when it bounces off the barrier. In modern volleyball, there are the following methods and options for receiving the ball: with

two hands from below (very rarely with one hand); with two hands from above; with the hips and rolling back with one hand from below; with one hand from below, falling forward with the chest and abdomen. The quality of receiving the ball put into play determines how effective the attacking moves will be. The most common and effective form of receiving the ball put into play is receiving the ball from below with two hands. Figure 13 shows the position of a player receiving the ball from below with two hands. Legs are bent, one leg is in front, palms are together and lowered down. When receiving the ball, the elbows cannot be bent. The hands are moved forward and upward. It is not necessary to make a strong opposing movement towards the ball. In this case, the hands are brought closer to the ball and inserted under it. The necessary direction is given to the ball by bending the legs. The most important thing when receiving the ball from below is to be able to correctly assess the direction of the ball, its speed and observe the connecting player. If the player cannot occupy the necessary position, but the ball is heading to the right, the receiver of the ball extends his arms straight forward and turns his right hand up, and if it is heading to the left, the left hand is extended up. Receiving the ball from below with two hands is also considered the main method of receiving an attacking blow. Poor reception of the ball or attack shot (passing on a low trajectory, not delivering to the connecting player) will make the ball pass given by the connecting player for the attack ineffective. Therefore, during training, it is necessary to pay great attention to receiving balls coming from different speeds, directions and forces from below with two hands.

Conclusion. In different periods of volleyball development, the methods, requirements, form, and content of performing technical movements change and improve. The main reasons for the change in technical methods are changes in the rules of the game, improvement of tactical movements, and an increase in the level of physical fitness of players. The growth of the dynamics of the game in attack and defense, the increase in the potential of movements, and the expansion of the arsenal of combinations in attack and defense also serve as an impetus for updating or

restructuring technical methods. However, it cannot be said that the methods used in the game technique do not have more effective possibilities. The functional and physical capabilities of qualified athletes create an opportunity to introduce new, advanced methods into the game technique and implement them.

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