

## DISTINCTIVE FEATURES OF THE PREPARATION OF YOUNG VOLLEYBALL PLAYERS

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**Annotation:** this article provides detailed information about the sport of volleyball, its origin, history, in which state it appeared, in addition, its role in the field of sports today, its importance, physical qualities in practice.

**Keywords:** volleyball; modern classical volleyball; indektual potential; competition; types of games.

**Аннотация:** в данной статье представлена подробная информация о виде спорта волейбол, его происхождении, истории, в каком государстве он появился, кроме того, о его роли в области спорта сегодня, его значении, физических качествах на практике.

**Ключевые слова:** волейбол; современный классический волейбол; интеллектуальный потенциал; конкуренция; виды игр.

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Volleyball (English: volleyball - hitting the ball) is a sports ball game played by two teams of 6 people on a court with a net in the middle. The game is played on a 9x18 m square divided in the middle by a grid (height 2.43 m for men's competitions and 2.24 m for women's). There are 1000 cells in a volleyball net (100 wide and 10 high), and each cell has four sides of 10 cm. One team consists of 6 people, and 2 teams play. Players hit the ball with their hands and try to throw it onto the opponent's field. The ball must be passed to the opponent's side with three strikes. Competitions are held in 3 or 5 games. Volleyball originated in the USA in 1895. More than 180 countries are members of the International Federation (FIVB; founded in 1947). It has been included in the Olympic Games program since 1964, and the World Championships have been held since 1949. Modern classical volleyball has acquired

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a new meaning due to its natural development and drastic changes in competition rules since the end of the 20th century and the beginning of the 21st century. A fundamental change in the rules of the game is determined not only by the competition of teams claiming to win, but also depends on market relations to a certain extent. It is known that when conducting major prestigious competitions (World, Asian Championships, Olympics, Asian Games and other high-ranking international competitions, Cup competitions), many television and radio companies, journalists require special accreditation for telecasting and reporting on these competitions. they must satisfy.

If the recorded competitions have low game intensity, points are often obtained due to "strong" shots, the continuous process is often interrupted, and there are many stops, then interest in the competition is low. it starts, the accreditation market is limited, the audience circle begins to narrow. Such cases continued until 1996-98. Because according to the old rules, "strong" attackers located in defensive zones "earned" points as a result of losing points by jumping from zones 4 or 2 without pressing the offensive and lateral lines. If the ball hits the foot and waist, the game is stopped. If the ball runs out of bounds, time runs out, it is forbidden to play with another ball, if the throw is "lost", no points are awarded to the opposing team, if the throw hits the target, the game is stopped, etc. Such situations often caused the game to "stop".

Due to many principled changes in today's volleyball rules, such "stops" were eliminated. In particular, the game was played with 3 balls (one ball in the Game, 2 balls in the Reserve). Lines with a cross section of 1.75 m from the intersection of the center of attack with the sideline are limited to the outside of the field. It is allowed to play the ball with any part of the body. The game was introduced to be played in a "tie-break" style, meaning that points were awarded to the opposing team even if the ball was "lost". The "power" of the "first" ball receiving or passing rule is very loose, and is "correct" if the inserted ball hits the net.

Such a change in the rules of the competition dramatically increased the intensity of the game, increased the activity of the players and increased the interest of the audience. Modern volleyball is characterized by a very sharp change in direction and play activity in emergency situations. The wider and more perfectly formed technical skills compared to external influences in competitive games, the higher the chances of winning.

A game technique is a set of special moves or actions that are performed simultaneously in sequence and in a specific target order. The game technique should be accurate, fast, light, suitable for the situation, designed for high-performance work

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with little effort.

Volleyball game technique consists of a set of movement methods necessary to play the game. Movement technique is evaluated by appropriate, effective movement in various situations. The performance of each technique in the game consists of a system of movements that are connected to each other. Movement technique is the dynamic and kinematic properties of movement that are necessary and sufficient for solving movement tasks in a certain way (certain consistency of forces, coordination between certain parts of the body, etc.).

The main part of the technique is the most important and decisive part of the main mechanism in a certain movement. Performing the main part of the technique is expressed by the use of a large amount of effort in a relatively short period of time. The details of the technique are secondary features that do not disturb the main mechanism of movement. The details of the technique are different for different athletes, and it depends on the morphological and functional capabilities of the muscles.

The importance of the preparatory phase consists in creating favorable conditions for the execution of the action in the prime phase. These conditions are created by running, jumping, performing a rotational movement (when placing an obstacle, entering the ball into the game, giving an attack kick). Actions in the main phase are directly focused on solving the tasks of the main action. From a biodynamic point of view, the most important thing in this phase is the effective use of the driving forces in the appropriate situation, in the appropriate direction.

Movements in the closing phase fade or brake sharply in order to maintain the balance of the torso. Due to the fact that volleyball is a very dynamic game, the volleyball player must master various technical methods, be able to select the ball based on the game situation and perform it quickly, accurately. This determines the technical skills of the player.

In different periods of volleyball development, the methods, Requirements, form, content of technical mobility are changed and improved. The main reason for the change in technical method naming is the change in o'byin rules, the improvement of tactical mobility, the growing level of physical fitness of players.

The increase in the dynamics of the game in attack and defense, the increase in the potential of action, the expansion of the arsenal of combinations in attack and defense will also give an impetus to the update or restructuring of the technical method. The technique of Game methods is performed by functional organs (legs, arms, heart, breathing, muscles, joints, etc.) on the basis of performance, game tactics are based on the intellectual potential of the athlete (consciousness,

attention, memory, perception, will, etc.) depends on.

In volleyball, the game tactic is said to be the art of a particular team achieving victory using individual, group and Team actions over a second team. The main task of tactics is to be able to determine and remain the means, methods and forms of the game applied to the victory, depending on the current situation in relation to a particular opposing team. A tactical combination is a movement activity of several players aimed at creating favorable conditions for a player to attack.

The discipline of the game is the subordination of the activities of each player to the activities of the team, the implementation of the planned tactical instruction in the boiajak game, the observance of the rules of the game and the universal nature, etc. In game tactics, the following concepts are used: the term first temp refers to the player who starts the attack combination first boiib, who practically organizes an attack with a "low" and rapidly transmitted ball. The detachment of the attacker" on the tempo " was adopted on a conditional basis, so the attackers are required to carry out all the offensive usuuari and tactical combinations. The connecting player must be able to correctly assess the progress of the game and effectively organize the attack from different boigan game situations.

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