



THE ADVANTAGE OF DEVELOPING THE SKILLS IN ACCORDANCE WITH TECHNICAL METHODS (in the example of volleyball)

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Tayanch so'zlar: sakrash, sakrash chidamliligi, sakrash qobiliyati, texnik va taktik usullar, portlash kuchi, sakrash fazalari.

Ключевые слова: прыжки, прыжковая выносливость, прыгучесть, технико-тактические приемы, взрывная сила, фазы прыжка.

Key words: jumping, jumping endurance, jumping ability, technical and tactical methods, explosive power, jumping phases.

Jumping is part of vital movement skills and plays an important role in a person's lifestyle. Jumping skills are formed in children during various action games. The fact that this skill is necessary for life is explained by cases of emergency situations that may arise (jumping from a ditch to avoid an animal attack or jumping to a high place, etc.). If the logical essence and practical importance of the skill of jumping are interpreted more deeply and widely, then jumping is not only a vitally necessary action that is performed in the course of a person's life, in military service or in emergency situations, but also in a number of sports (sports games, athletics, gymnastics, etc.) is a crucial movement skill. This skill depends on the nature of the technical methods used in each jumping sport, even in one sport, for example, in volleyball - shots, hitting zones, blocking, passing the ball, serving the ball and so on. According to the students of the tactical situation, the coordination, biomechanical and aerodynamic aspects differ sharply.

It is explained by the structural structure of jumping skills, or the phases of «flying» in a vertical or diagonal-arc direction from a base position to a non-base position on the basis of running and jumping with one or two legs, and landing again on the base position. The longer it takes to «take off» from the starting position and land back to the starting position, the greater the height or length



of the jump. Most coaches attribute jump height or jump length to the explosive power of the legs. However, they do not pay attention to the inertial-reactive force factor that causes such results of the jump due to the aerodynamic movement of the body, trunk and arms, or in other words, the dynamic-active arcing movement of the body, trunk and arms. It is this inertial-reactive force, along with the explosive power of the legs, that provides the height or length of the jump.

It is known that the ability to jump high or long is considered a feat. Jumping means the ability to jump to the maximum height or length due to the active arc-like inertial movement of the body and arms, from a place or running, bending the legs at an optimal angle, that is, lowering the overall center of gravity of the body, and jumping with one or two legs. The ability to repeat this jumping ability many times while maintaining a coordinated «copy» for a long time is called jumping endurance.

Jumping skills, agility and jumping endurance have been studied in many studies as the fundamental factors that ensure the effectiveness of most game techniques (hitting, blocking, passing, serving) performed in volleyball. found their solution, the methods and means of their formation are disclosed in appropriate textbooks and training manuals. At the same time, these qualities of movement have not been studied on the basis of a differentiated approach based on the features of the volleyball player's game specialization (role), hitting methods, zones, technical and tactical methods such as blocking and throwing the ball.

Each mentioned game skill (technical-tactical skill) in turn consists of several methods, depending on the zone of their execution, jump coordination, biomechanics and aerodynamics differ sharply from each other. In particular, the phases, aerodynamics and coordination of the 4-zone shot are expressed in the following copy: the second tempo player takes the initial preparation position around the intersection of the attack and side lines; after determining the direction of the ball, the height and the distance, the distance of the ball from the net and the antenna, he runs sharply for 2-3 steps and stumbles in 4 steps, the knees are optimally bent and the center of gravity is down is lowered and then, along with breaking, «jumps (flies) by sharply moving the body and arms left behind in an arc-like direction upwards»; at the maximum point of the jump, the body and the kicking hand are partially bent back, and the ball is hit by moving them sharply forward (relative to the ball); the next phase ends with landing and maintaining balance.

Hitting from 3 zones is performed by the first pace striker. In this case, the interval and time of running (1-2 steps), walking, jumping and other phases are reduced; during the jump, the legs are partially bent from the knee joint, sharply



written with explosive force, and the jump phase is performed (during the jump, the amplitude of the sudden movement of the body and arms from the back up is small compared to that of the second tempo player); at the maximum point of the jump, the back bending of the body and the kicking arm is equal to a very small amplitude, but the movement performed for the kick is very sharp in inertial-reactive terms; in the final phase, landing and balancing skills are performed.

Phases and aerodynamic (inertial-reactive) movements of the body and arms are relatively short when striking in zone 2.

The coordination of movements of the body, body and hands also changes when hitting the ball passed to the 4, 3 and 2 zones by turning it towards the sidelines.

It is known that since 1998, due to a fundamental change in the rules of the competition, the number of attacking shots from defensive zones has increased from 9.6% to 35%. Copy of such attacks from defensive zones, jumping phases and their coordination content have a completely different character. In particular, when hitting from the defensive zones, running, crossing, bending of the legs from the knees and quick writing, arching movements of the body, body and hands are more intense. The jump is performed not in a vertical direction, but in a diagonal-arc-shaped direction. It is customary for the tackle to start behind the line of scrimmage and the landing phase to end between midfield and the line of scrimmage. Due to the fact that the ability to return offensive shots from defensive zones in a completely new coordinated copy with a group barrier is extremely limited, the effectiveness of such shots is increasing.

Another noteworthy aspect of the topic under discussion is the aggressive running technique performed to jump vertically (in the 2,3 zones) or diagonally-arc direction (in the defensive zones), even to receive the ball directed by the opponent. The technique of quick lateral movements (lateral runs) along the right or left sides also has elements of jumping and crossing to a certain extent. M.A. Godik says that running technique includes several phases; the athlete first jumps with one leg (for example, with the left leg), moves one arm (right arm) forward with a partial bend at the elbow joint, and swings the other arm (left arm) back sharply instead, it moves from the support position to the «flying» phase according to aerodynamic laws (unsupported position), then lands on the other leg (the right leg) and this cycle is repeated as many times as necessary. The greater the explosive power of the legs, the longer the «flying» phase, and therefore the longer the point of landing and landing (with the other leg). The faster these phases and the take-off-landing cycle are repeated, the shorter the set distance can be covered.



Lateral running typical of volleyball (jumping or crawling with half-bent legs) is performed by jumping or crawling with sharp up-and-down movements of arms bent at chest height.

When running up for a jump, the break-take-off-landing phases differ from each other in terms of intervals: the first step is larger, the second is smaller, the third or the landing (before the phase of the jump) depends on the hitting method and the hitting zone. will depend.

Visual observation of volleyball training, analysis of scientific and educational literature shows that the types, phases, jumping zones, body, body , the mutual coordination characteristics of the head, legs and arms are not deeply important. However, it is noticeable that the technical and tactical method (hitting from different zones, blocking, passing the ball, throwing the ball) does not correspond to the purpose and tactics of the jump coordination. That's why even a volleyball player with excellent skill will not be effective in attacking or blocking. Therefore, in today's competitive volleyball practice, especially in the initial stages of training, it is necessary to pay attention to the extremely relevant issues discussed above, the phases of jumping, coordination, aerodynamics (body , body, head and hand movement) and thereby developing and implementing sets of exercises designed to develop agility and jumping endurance is of great importance.

It should be noted separately that the formation of jumping methods, agility and endurance of jumping from an early age, adapting to the type of technical and tactical skills performed by jumping and its characteristics, with the help of specialized exercises, will lead to a beneficial result. Phases of jumping - initial preparatory state, running (2-4 steps), starting to jump and bending the legs at the optimal angle from the knee joint, jumping with the help of active movements of the body and hands, jumping («flying»), kicker one of the most important conditions of the training process is to move the arm back and imitate a sharp swinging attack, landing and balancing in an organic sequence. In this process, the use of the recommended templates in a didactic manner creates an opportunity to form jumping and jumping endurance in accordance with the content of technical methods.

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РЕЗЮМЕ

Ушбу мақолада техник усулларга мувофиқ машғулларни ривожлантиришнинг афзалликлари волейбол мисолида ўрганилган.

РЕЗЮМЕ

В данной статье на примере волейбола изучены преимущества развития тренировок по техническим методам.

SUMMARY

This article uses the example of volleyball to study the benefits of developing training using technical methods.