



IMPORTANCE OF TECHNIQUE AND TACTICS OF VOLLEYBALL GAME

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Ключевые слова: волейбол, тактика, команда, тренировка, соревнование, спорт, соревнование, техника, игра, комбинация, скорость, поле.

Key words: volleyball, tactics, team, training, competition, sport, competition, technique, play, combination, speed, the field.

РЕЗЮМЕ:

Ushbu maqolada voleybol sportining oʻyin texnikasi, mashgʻulotlar turi, voleybolda taktikaning ahamiyati va uning bugungi kundagi oʻrni haqida fikrlar tadqim etiladi.

РЕЗЮМЕ:

В этой статье мы рассмотрим игровую технику волейбола, типы тренировок, значение тактики волейбола и её место в современном мире.

SUMMARY:

In this article, we will consider the playing technique of volleyball, types of training, the importance of volleyball tactics and its place in the modern world.

Volleyball differs from other sports by its essence, meaning and characteristics. Modern volleyball is extremely rich in different game skills and tactical combinations, and is played at a great intensity and speed. The above-mentioned characteristics of volleyball require highly developed technical skills from the players. In competitive games, the more extensive and perfectly formed technical skills are in relation to external influences, the greater the chance of winning. A game technique is a specialized action or set of actions that are performed simultaneously in a sequence and in a specific purposeful order. The technique of the game should be designed to perform movements precisely, quickly, easily, in accordance with the situation, with low effort and with high efficiency.



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 techniques are dynamic and kinematic features of movement that are necessary and sufficient for solving movement tasks in a certain way.

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. Technical details are different for different athletes, which depends on their morphological and functional capabilities.

When performing technical actions, certain phases of actions differ in terms of time. Usually, three phases of actions can be identified: preparatory, main and final phases.

During different periods of volleyball development, the methods, requirements, form, and content of technical movements change and improve. The main reason for the change in technical methods is the change in the rules of the game, the improvement of tactical actions, and the growth of the level of physical fitness of the players. The growth of game dynamics in attack and defense, the increase in the potential of actions, the expansion of the arsenal of combinations in attack and defense also motivates the renewal or reconstruction of technical methods. Nevertheless, it cannot be said that there are no more effective methods used in the game technique. The functional and physical capabilities of skilled athletes provide an opportunity to introduce and implement new, advanced methods of game technique.

Classification of game techniques is to divide them into certain groups and departments based on their form, content, purpose of the used methods, interdependence of actions, kinematic and dynamic structure of actions. Volleyball techniques are divided into two major sections: offensive and defensive techniques. In turn, the above sections are divided into several groups according to the form and content of technical methods. Each group has its own methods of performing technical actions. Since volleyball is a very dynamic game, a volleyball player must master various technical methods, be able to choose them depending on the game situation and perform them quickly and accurately. This determines the technical skills of the player. Signs of high technical skill are represented by the following: 1- accurate and effective



execution of movement methods; 2- the stability of actions in the presence of disturbing factors (fatigue, negative effects of external conditions); 3- choosing response actions depending on the actions of the opponent, reconstructing them and being able to control the parts of the action; 4- Reliability of execution of methods.

Game tactics in volleyball refers to the art of winning a certain team over another team with the help of individual, group and team actions.

The main task of tactics is to determine and use the means, methods and forms of the game, which are used for victory, depending on the current situation in relation to a specific opponent team. A tactical combination is a movement activity of several players aimed at creating favorable conditions for one player to attack. Game discipline is the subordination of each player's activity to the team's activity, implementation of tactical instructions planned for the upcoming game, adherence to game rules and universal human qualities, etc. The following concepts are used in game tactics:

The term first tempo refers to the player who initiates the attacking combination first, attacking with a nearly "low" and quick ball. The division of attackers "by pace" is accepted on a conditional basis, therefore, attackers are required to implement all attack methods and tactical combinations.

A link player must be able to correctly evaluate the progress of the game and be able to effectively organize an attack from different game situations. For this reason, broad-minded, calm players who understand the game to its subtleties, who can quickly understand the team's opinion and organize combinations suitable for the essence of the game, are chosen to perform this function.

Based on the team's ability to effectively organize the game, it can be organized according to the following principle: 4+2 (four forwards and two link players) and 5+1 (five forwards and one link player). The last option is very widely used in modern volleyball.

There are individual group and team forms of tactics. The methods of tactics consist of game systems and combinations. The tools of tactics include game skills and all their types. The tactical direction, tactical form, methods and tools intended for specific competitions should be subject to a pre-planned strategic program. All tactical actions must be based on the capabilities of tactical knowledge, thinking, correct assessment of the situation, appropriate decision-making, physical ability, technical skill and will.

From the point of view of cybernetics, tactical action refers to self-adjusting and controlling activity related to finding the most effective decision in a complex situation and acting accordingly. Tactical action consists of a



psychophysiological process associated with such activities as reworking the situation appropriately and reaching a decision that satisfies the motivation.

The ability to foresee (reflect) the situation of cerebral hemispheres occupies a special place in the effectiveness of tactical action. This ability makes it possible to make the right decision in relation to competitive situations and to increase the effectiveness of tactical action. Of course, the improvement of such skills depends on the athlete's playing experience. That's why it is very important to choose and effectively use exercises related to the development of the ability to understand a situation that has not yet occurred, prepare a decision specific to it, and reflect an approximate plan of action in memory during training. This highly developed capability is an important foundation in the implementation of tactical and strategic planning.

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