



# VOLLEYBALL TECHNIQUES

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## ABSTRACT

*When training volleyball players, great attention paid to developing their speed of reaction, orientation, strength and speed of muscle contraction involved in performing techniques, and jumping ability. Particularly useful exercises with stuffed balls weighing 1.5–2 kg: throwing them from the chest with his hands and catching; throwing from behind the head with two hands from a place, in a jump, in a jump with a turn, on range, through the grid; one-handed throws with a strong final brush movement, etc. In this article the abovementioned factors are discussed.*

**KEYWORDS:** ball, court, opponent team, issues, indoor volleyball, outdoor volleyball.

## INTRODUCTION

Variations of the game volleyball have been in circulation since around 1895. The game has evolved since then and it was in 1964 where the sport entered its first Olympic games. The sport now has a global following with nations from around the world professionally competing. The pinnacle of the sport comes in the Olympic Games where the best players are often on show.

The object of volleyball is to hit the volleyball over the net (by only using your hands) running through the centre of the court whilst trying to get it to bounce in your opponent's half. The opposing team have to try and prevent the ball from bouncing before returning the ball. Games are played out in best of 3 or 5 sets and the team with most sets at the end of the game wins.

## MATERIALS AND METHODS

The basic rule is to prevent the received ball from hitting the ground so that it can be thrown back to the other team with up to 3 touches from the team. A foul happens if one person from the team touches the ball more than twice (double-hit) while it's on their side of the net. Also, a team scores a point by throwing the ball across the net to the other team's side such that it hits the ground directly or the player fails to send it back over the net.

The basic volleyball rules includes the followings:

- There are 6 players on the floor at any one time - 3 in the front row and 3 in the back row.
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring).

- Player may not hit the ball twice in succession. (A block is not considered a hit.)
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- Matches are made up of sets; the number depends on level of play. 3-set matches are 2 sets to 25 points and a third set to 15. Each set must be won by two points. The winner is the first team to win 2 sets. 5-set matches are 4 sets to 25 points and fifth set to 15. The team must win by 2 unless tournament rules dictate otherwise. The winner is the first team to win three sets.



## **BASIC VOLLEYBALL RULE VIOLATIONS. RULE VIOLATIONS THAT RESULT IN A POINT FOR THE OPPONENT**

- When serving, the player steps on or across the service line as while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if both your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
- When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation.
- Serving out of rotation/order.
- Back-row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block.
- Back-row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.

The volleyball lesson includes running on 20, 30 60 m; running with a change of direction; various relay races; outdoor games with fast movements and quick response.

## **RESULT AND DISCUSSION**

Two-way volleyball is only useful for training when students mastered the skills of supplying, receiving and passing the ball. It is from this that classes begin. Basic elements of volleyball techniques involve followings. The volleyball technique consists of racks, movements, gears, strikes, blocking and innings. The starting position that a player takes in the rack is basis for performing all game actions with the ball. A feature of the volleyball technique is that there is a certain relationship between game techniques. To pass the ball, you must enter it into the game with a serve to perform an attack hit, accurate transmission is needed etc. Racks and movements. The basic elements of racks

and movements are stable position on bent legs and conservation balance in the rack. This makes it possible to move around, step, run, jump or lunge in any direction. Training exercises Take the position of the rack with the left foot forward. Lunge left, right, step forward, backward. Hands in front of the chest are bent at the elbows and are ready to perform actions with the ball. In the rack, perform running movements in one, the other direction, forward, backward at a distance of 3-5 m. Simulate the ball transfer after stopping. In the rack, perform movement irregularly and lunges. Simulate passing the ball after stopping. Top gear The basic elements of the upper pass of the ball - the position of the hands in front of the face, when the hands form the shape of the ball on eye or forehead level, as well as the sequence of movements at passing the ball. The movement begins with extension of the legs and ends with the accompaniment of the ball with the hands. A prerequisite for top gear is the player's access to the ball due to timely movement so that the ball is above the player.

Scoring. Scoring in volleyball is pretty simple, but it also has changed over time. Most matches are divided up into sets. A typical match may be a best of 5 sets where the first team to win 5 sets wins the match. In each set, the first team to 25 points wins as long as they are 2 points ahead. A point is scored on every rally, regardless of which team serves.

It used to be that only the volleyball team serving could score a point on a won rally. Also, sets were typically played to 15 points. This was changed in 1999.

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