

THE TERMS OF VOLLEYBALL SPORTS AND THE NEED TO TEACH STUDENTS THEIR ESSENCE

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Abstract: This paper explores key theoretical and methodological aspects related to the training of volleyball players and clarifies important terms frequently used in both the theory and practice of volleyball. Despite the sport's popularity in the country, the lack of international success highlights systemic issues in the current training processes. The study emphasizes the need to develop specific skills during preparatory stages and underscores the importance of mastering terminology to enhance learning and teaching in volleyball education. Concepts such as technique, tactics, and core elements of gameplay are discussed in detail, aiming to improve both theoretical understanding and practical application.

Keywords: volleyball sport, physical education and Sports, ace, attack, libero, middle blocker, mintonette, net, training process, technique, skill, method, term, student, tactics.

While volleyball is a popular sport in our country, the fact that it does not make our athletes high in international sports competitions indicates that there are enough mistakes and shortcomings in the system of training volleyball athletes. Because it is impossible to achieve the goal set by young volleyball players as long as they do not develop special working skills in the preparatory processes. This is considered one of the pressing problems in the system of training highly qualified athletes in the sport of volleyball.

Knowing the essence of concepts and terms that are often repeated in the science of volleyball theory and methodology " (including in volleyball practice), realizing their logical meaning makes it possible to more thoroughly master the topics and materials of this textbook.

Below is revealed the essence of a number of concepts and terms.

The technique is derived from the Greek word "tehnus" meaning "art" in Uzbek. In sports practice and, in particular, volleyball, the "technique" represents movement skills, the form of structure of the playing methods, the content and the order of execution. A specific move (method of play – shot, Ball transfer, ball input, etc.k.) the more and longer the technique is refined using special exercises, the more beautiful, beautiful, light, bioenergetically economical, effective, accurate, and executed at the "art" level.

Taktika is a Greek word derived from "takticus" meaning "to sort" in Uzbek.

Volleyball Rules

Here are the fundamental, must-know rules of a volleyball game:

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players 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, or 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.

Ace:

A serve that results directly in a point, either when the ball hits the floor on the receiving team's side of the court untouched, or when it is touched but unable to be kept in play by the receiving team.

Antennae:

Thin poles attached to the net cables placed above the sideline. A ball touching the antennae or their extensions is out of bounds. Balls passing within the antennae are still in play.

Assist:

When a player sets, passes or digs the ball directly to a teammate who attacks the ball and gets a kill.

Attack:

The action of attempting to hit the ball onto the opponent's side of the court. Types of attacks include a spike, tip, roll shot and dump.

Attacker:

Also "hitter" and "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play.

Attack Block:

The defensive team's attempt to block a spiked ball. See BLOCK

Attack Error:

An attack botched in one of 5 ways: Ball lands out of bounds; ball goes into net; attacker commits center line or net violation, or attacker illegally contacts ball. Getting blocked can also be considered an attack error.

Attack Line:

A line 3 meters (10 feet) away from, and parallel to, the net. Separates the front-row players from the back row players. A back row player cannot legally attack the ball above the net unless he takes off from behind the attack line.

Back Row Attack:

When a back row player takes off from behind the attack line (10-foot/3-meter) line and attacks the ball. Various terms for back row attacks include "A," "B," "C," "D," "Pipe" and "Bic".

Back Row Player:

(back court player) Left Back (LB); Middle Back (MB); Right Back (RB) – according to the serving order. (Serving order positions 5, 6 and 1.)

Backlines:

See ENDLINES.

Dig:

Passing a spiked or rapidly hit ball and low to ground. Defensive play. Slang for retrieving an attacked ball close to the floor. Statistically scored on a 3.0 point system.

Rewritten volleyball rules in academic prose: A standard volleyball game is played with six players per team on the court at a time, arranged in two rows of three: a front row and a back row. The game follows a rally-point scoring system, in which a point is awarded on every serve to the team that wins the rally. Players are prohibited from contacting the ball twice in succession, except when the first contact is a block, which does not count as a hit. During play, the ball may rebound off the net and still remain in play. A ball that lands on a boundary line is considered in, while a ball is deemed out if it contacts the antennae, the area outside the court boundaries, external parts of the net system, the referee's stand or pole, or the ceiling above a non-playable zone. It is permissible to strike the ball with any part of the body, provided that the ball is not caught, held, or thrown. Blocking or attacking a serve from within the 10-

foot (3-meter) line is not allowed. Following a serve, front-row players are permitted to change positions near the net. Volleyball matches are composed of sets, with the number of sets depending on the level of competition—typically best-of-three or best-of-five formats. An attack with a planned fake, usually including 2 or more hitter.

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