

## MODERN FUNDAMENTALS OF DEVELOPING SPEED OF MOVEMENT ACROSS THE COURT AND ACCURACY OF BALL PASSING OF TEENAGE VOLLEYBALL PLAYERS

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### Annotation

The article presents ways to achieve the effectiveness of young volleyball players with the help of special exercises to increase the speed of movement on the field and the accuracy of passing the ball.

**Keywords.** Volleyball training, receiving the ball, passing the ball, moving around the field, techniques, method of passing the ball in a jump.

### O'SMIR VOLEYBOLCHILARTINING MAYDON BO'YLAB HARAKATLANISH TEZKORLIGI VA TO'P UZATISH ANIQLIGINI SHAKLLANTIRISHNING ZAMONAVIY ASOSLARI

### Annotatsiya

Maqolada o'smir voleybolchilartining maydon bo'ylab harakatlanish tezkorligi va to'p uzatish aniqligini oshirish uchun maxsus mashqlardan foydalanish orqali samaradorlik erishish yo'llari keltirib o'tilgan.

**Kalit so'zlar.** Voleybol mashg'ulotlari, to'pni qabul qilish, to'p uzatish, maydon bo'ylab harakatlanish, texnik usullar, sakrab to'p uzatish usuli.

### Аннотация

В статье представлены способы достижения результативности юных волейболистов с помощью специальных упражнений для повышения скорости передвижения по полю и точности передачи мяча.

**Ключевые слова.** Тренировка по волейболу, прием мяча, передача мяча, перемещение по полю, технические приемы, способ передачи мяча в прыжке.

### Introduction

From the day Uzbekistan gained its independence, until today, physical education and sports, like all branches of our country's development, have been developing in a completely new direction. Thousands of sports facilities conforming to international standards have been built in all regions of our republic, even in remote rural areas. At the current stage of society's development, educating a well-rounded person is one of the most important tasks that cannot be delayed. Physical education, which educates the young generation in a healthy and well-rounded way, has great responsibilities. Nationalization of physical culture aimed at the development of physical qualities of the young

generation, which makes it possible to educate the young generation to be physically strong, and in this case, it creates the need to reconsider the ways and methods of collecting, applying to life and school, and developing the forgotten national games of our people.

### **The Main Part**

In order to increase the physical fitness of school-aged children and their desire for physical education and sports, it is necessary to improve the form, tools and methods of school physical education.

The rapid updating of indicators in current world sports requires the search for new, more effective means, methods and forms of training young athletes.

In a volleyball game, players must move with the ball in a short time. Therefore, a player needs to be highly prepared to play with the ball in this or that game. For this purpose, it is necessary to occupy different states to perform different methods of action. Takes an offensive shot and blocking - high, receiving a put-in ball - medium, receiving an offensive shot or a low rebound from the fence. In this case, the position of the UOM (general center of gravity) depends on the nature of the next movement. It should also be noted that the height of the player and his coordination ability have a significant impact on UOM. Therefore, the position of effective standing should be such that the UOM can be quickly removed from the support limit and provide the necessary movement and activity. A player moves across the field to perform a specific technique. Depending on the method and the situation of the game, he performs various actions by stepping (forward, backward, sideways), jumping, running, falling. Stepping and running movements are somewhat soft (due to slow UOM vibration). Stepping to the side is often used when blocking with a small distance, receiving an offensive shot, or receiving a rebound from the fence. Movement always starts with the foot closest to the desired direction of movement. It is used in the implementation of quick response actions, such as splashing, jumping, and running. In most cases, the considered actions are also used in the general unit.

1. The use of exercises for teaching the ball to be passed with two hands from the bottom has a good effect.

- a) The player throws the ball above himself with both hands and receives the ball with both hands.
- b) The player reaches the ball that hit the floor with both hands and takes the initial position to receive the ball from below, receiving the ball.
- c) Standing in front of the wall and receiving the ball that bounced off the wall. Hitting the ball towards the wall and receiving the returned ball. The distance from the wall is approximate and depending on reception, stand close or far from the wall.

After learning the technique of receiving the ball from below, you can learn to receive the ball by rolling or falling on your chest.

- a) Imitation of receiving the ball from below while standing in a shirsheni looking at each other.
- b) The distance between the workers is 3-4 m. After that, one player throws the ball to his partner. His partner receives the ball from below with two hands and returns it to his partner. This can make the exercise difficult. For example, when throwing, you can throw speed, height, left or right.
- c) This is the initial state. One player hits the ball on the floor. The jumping ball is received by the partner from the bottom with two hands and again passes the ball to the partner from the bottom with 2 hands. When organizing complex attack combinations, when the ball is passed high or in order to reduce the flight time of the ball, the jump pass method is used. In this case, the hands are raised slightly above the

head and the ball is passed from the high point of the jump due to the active work of the hands. In the same case, the main movement in passing a short ball is performed due to the active work of the fingers.

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