



The Emergence of Volleyball Sports and Discovering Students of the Sports of this Sport

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Abstract: This article describes the emergence, development, impact on the health of the sport of volleyball, the development of basic physical qualities of the body increase in functional capacity, range of motor skills and performance borderline, health promotion, recovery process activation, to the external and internal negative effects of the organism has been shown to increase endurance.

Keywords: health promotion, agility, flying ball, volleyball federation, complex attack

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Our favorite volleyball game was created in 1895 by Pastor William Morgan, the physical education leader of the Young Christian Union in Holiok, Massachusetts, USA. V. Morgan developed the rules of the game of volleyball in a simple, low-cost way.

In 1896, Dr. Alfred Halsted, director of the College in Springfield, was called the game "volleyball." "Volleyball" is an English word that means "flying ball" in Uzbek.

Volleyball was played in Canada in 1900, Cuba in 1908, Puerto Rico in 1909, Peru in 1910, Brazil, Uruguay, Mexico in 1917, England in 1914, France in 1917, and Asian countries such as Japan, China, and the Philippines in 1900-1913. emerged and developed in other countries. The process of developing world volleyball. Management of volleyball development is carried out through the International Volleyball Federation (IMF - FIVB) and zonal conferences. There are zonal volleyball conferences in Europe, Asia, Africa, North and Central America, the Caribbean, South America. The FIVB's communications and operations are officially conducted in English, French, Russian and Spanish. The FIVB has its own charter. From time to time it publishes an official BULLETIN covering the main events in the field of volleyball, publishes various guidelines, documents, regulations, recommendations.

HISTORY OF VOLLEYBALL DEVELOPMENT IN UZBEKISTAN

Volleyball is one of the most popular sports in terms of the number of participants. Volleyball is the second largest sport in the world after football, as announced at the last World Congress in Atlanta, USA in July 1996. Pastor William Morgan, a physical education teacher at a college in Holocaust, Massachusetts, USA, who first "invented" the game in 1895, may not have imagined at the time that volleyball would become so popular. Volleyball as a sport in Uzbekistan dates back to the 1920s and quickly became popular. Volleyball is especially popular in Tashkent city, Tashkent region, valley regions, cities and villages. Volleyball is a type of sport that differs from them in its nature and content. The volleyball game is played on a relatively small 18 x 9 meter rectangular court divided into two equal halves. Transmission technique. Passing the ball is one of the basic game skills in volleyball and is the only tool that allows you to perform all the technical and tactical

activities related to this game. The transmission belongs to the offensive technique and it is possible to score points by performing it directly with tactical skill in a given situation. There are several types of transmission. In the basic position, two-handed top-down transmission, two-handed bottom-up transmission, one-handed top-down and bottom-up transmission, two-handed or one-handed top-down transmission. The transmission can be performed vertically, horizontally or diagonally in high or low long or short directions. Defensive technique, ball reception technique. The technique of receiving the ball is a skill that a player uses to prevent the ball from falling to the ground as a rule on his court. Acceptance of the ball is carried out in different ways and in a specific technical order. Receiving with both hands from below is one of the main means of protection in modern volleyball. is done in the form of a lock. Jumping is used to create complex attack combinations, when the ball is passed high or to reduce the flight time of the ball. In this case, the arms 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 the transmission of a short ball is due to the active work of the fingers. Physical training is a type of training aimed at developing the body of a volleyball player, improving his physical quality and creating a solid foundation for effective play. Modern volleyball is a type of sport that requires a great deal of strength, speed, agility, endurance and flexibility from the participants. The essence of the game is that the player's movement in different directions and changing situations is very fast, clear and in a short time during the game - a lot of obstacles, blows and Performing high-speed jumps, falls, running, stopping, turning, bending, and other movements at p input requires great physical strength, extreme agility, strong endurance, and mental harmony. Therefore, the effect of this load (load) requires that the exercising organism is functionally perfectly formed.

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