

TECHNICAL AND TACTICAL TRAINING OF VOLLEYBALL PLAYERS AND CHARACTERISTICS OF ATHLETES AND ITS SIGNIFICANCE

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ANNOTATION: This article covers the stages of technical and tactical training of athletes in the sport of volleyball, the importance and effectiveness of this training. The physical and psychological characteristics inherent in volleyball players, the methods of their formation and their place in the game are analyzed.

KEYWORDS: volleyball, technique, tactics, athlete training, coordination, reaction, team play.

INTRODUCTION

Volleyball is a sport that requires high speed, precise coordination, teamwork and tactics. To succeed in this game, not only physical strength is important, but also technical and Tactical Training, quick thinking, correct decision-making.

The individual skill of the athlete directly affects the overall effectiveness of the team. Therefore, in the training of volleyball players, an integrated approach is necessary — a combination of technical, tactical, physical and psychological aspects.

MAIN PART

1. Technical training of volleyball players

Technical training forms the individuality and skill of the volleyball player in working with the ball. The main technical elements include:

Top and bottom passes-to deliver the ball to the partner with accuracy.

Reception (either by applause or in a superstructure) is the main stage for launching an attack.

Receiving and lifting the ball (important for libero and passers).

Blocking (Block) is an effective defense against an opponent's attack.

Offensive shots are the forceful drop of the ball into the opponent's field.

Service (service) is a strategic method for starting a game and torturing an opponent.

Technical elements maintain an advantage over a highly occupied athlete opponent.

2. Tactical training

A tactic is a strategy that a team takes against an opponent during a game. It contains the following elements:

Location (positional play) is the task of each player on the field.

Defensive and offensive tactics-coordination from receiving the ball to interception and offense.

Action on 2x2, 3x3, 6x6 circuits.

Smart services (Service) and deception actions in the attack — to distract the opponent.

Tactical thinking helps to make the right decisions in the game, assess the situation and act quickly.

3. Athletic qualities typical of volleyball players

The importance of these qualities:

Coaches take note of these qualities when choosing and placing an athlete.

It is these qualities that athletes focus on developing when working on themselves.

Team play is effective in the harmony of these qualities.

The following physical and mental qualities are important for volleyball players:

№	Virtue	Importance
1	Agility	Dominance in reaction and counter-action
2	Coordination	Keeping himself right on the field and adapting to teamwork
3	Jumping ability	Plays an important role in attacks and obstacles
4	Attention and thinking	Necessary when making tactical decisions
5	Communalism	Acting together, mutual trust
6	Stress resistance	Making the right decision under game pressure

4. The importance of preparatory stages

In the preparation of volleyball players:

Step-by-step approach (initial preparation-special preparation-competition preparation);

Individual approach (specific aspects of each athlete);

Psychological preparation (motivation, self-confidence, stress relief) is considered important.

Regular and scientifically based training gives its result: athletes come to a state of technical perfection, in team harmony and ready for competitions.

CONCLUSION

Volleyball is a sport that requires a high level of technical and tactical knowledge, physical and mental training. The individual qualities, technical skills and team harmony of the athlete are the key to victory. Therefore, athletes in sports schools and teams should be trained on a carefully planned, integrated approach.

RECOMMENDATIONS

1. Make an individual preparation plan for each volleyball player.

2. Technical elements (service, reception, attack) must be strengthened through regular repetition.

3. Tactical game exercises-focus on increasing team harmony.

4. Trainers should also work on the psychology of athletes.

5. Use video analysis and digital technologies in the training process.

SUGGESTIONS

1. Step-by-step planning of technical training for each athlete, step-by-step training on individual technical skills (service, reception, transmission, attack, block) should be compiled, and the level of complexity should be gradually increased.

2. Practicing tactical games in real-world game situations by performing team tactical schemes (offensive and defensive combinations in a 6 × 6 position) at realistic game pressure in training increases athletes' readiness for the game.

3. Development of psychological stability of athletes in order to increase balance, stress resistance and teamwork, work with a sports psychologist, motivational training and mental training programs for competitions should be introduced.

4. In order to constantly improve the skills of coaches, to constantly learn the modern volleyball methodology, international trends, techniques and innovations in tactics, it is necessary to organize training and training courses for trainers.

5. Video analysis and the use of technological tools training and competitions should be

recorded and technical and tactical errors should be analyzed along with athletes. This approach helps athletes to develop independently, observing themselves.

6.Special attention to the development of jumping ability and agility is one of the main physical qualities of volleyball players — vertical jumping, in order to increase this indicator, special preparatory training should be introduced.

7.Promoting a healthy lifestyle among athletes, it is essential to focus on proper nutrition, sleep patterns and recovery procedures, with an emphasis on health along with physical fitness.

8.Building a competitive team spirit by strengthening the sense of trust, mutual support and responsibility between players will positively affect the outcome of creating a positive atmosphere within the team.

INTERESTING FACTS

Fact 1: according to the International Volleyball Federation (FIVB), the jump height of professional volleyball players averages 60-90 CM, and in some cases exceeds 1 meter.

Fact 2: during an average volleyball game, one athlete jumps up to 200 times, which means a large load on the knees and ankle joints.

Fact 3: at the 2024 Olympic Games, volleyball players recorded a record level of service (service) speed — 132 km/h (among men).

Fact 4: in volleyball players, the reaction and movement response time is on average 0.3–0.4 seconds, which is one of the highest speed indicators among athletes.

Fact 5: according to FIVB requirements, the size of the professional volleyball court is 18 × 9 meters, the net height is set at 2.43 m for men and 2.24 m for women.

Fact 6: according to the research of psychologists, the social activity of young people engaged in team sports will be 30-40% higher, especially in games that require communication, such as volleyball.

Fact 7: The First National Volleyball Championship in Uzbekistan was held in 1956, and this sport has more than 60 years of history in the Republic.

Fact 8: with the help of special exercises for volleyball players — plyometric exercises (jumping and reaction exercises), the height of the jump can increase by 15-20%.

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