

PLAYERS DEVELOPING VOLLEYBALL GAME TECHNIQUES TASKS SET FORTH

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Abstract: *This article provides brief information about the tasks of the players in mastering the technique of the volleyball game.*

Key words: *sport, technique, volleyball, game, method, tactics, process.*

Technical training is the process of teaching and deeper mastering of technical movements in sports. The main task of this is to learn the volleyball technique perfectly, to master the biomechanical laws of movement, and to be able to apply all this perfectly in the practice of the game.

In order to achieve high sports performance, a volleyball player must be technically prepared in every way and know how to use these technical methods in the team from a tactical point of view. For this, it is necessary to follow the following.

1. Must be well versed in technical methods and able to perform them. The player's technical mastery and all-round preparation are visible when performing these methods.
2. The player should have mastered each technical method at a high level and be able to use these technical methods in concrete tactical actions of the team during the game. This is the only way that the player has mastered the technical methods perfectly and his performance is noticeable.
3. If the player is able to use technical methods in various game situations in a tactical way / in a way that is beneficial to the team / and can get out of difficult situations with his own skills, then the player's actions will be uniform. . A player's mastery of technical methods increases when he is able to perform technical elements independently and when he learns these elements in sequence.

Training in game techniques and deeper, more perfect mastering is a long-term process, which includes 3 stages: - initial training, - deeper and more perfected mastering, - achieving high sports peaks.

The primary training stage - the main importance of this stage is that the foundation for technical mastery is laid at this stage. This stage is considered to be the first time to show the ability to perform the basic movements and the main task of the stage is to teach the perfect performance of technical methods by removing unnecessary muscle contractions when learning a technical movement. At the same time, it includes learning the basic technical methods of the volleyball game and performing them during the game.

First, one technical method is studied separately, and then together with another.

The principle of this teaching is that; it is studied from simple to complex.

Training begins with the technique of movement / running, jumping and hakoza/.

Later, the technique of possession of the ball will be taught in simple ways. Mainly, more attention is paid to acquiring the following elements. - the correctness of the initial state, - the correct state in which the work is performed, - the action of the technical method in phased and compacted motion structure.

When performing each technical method, all participating parts of the player's body should work in the necessary rhythm in coordination with each other.

In the next trainings, the conditions become more difficult, gradually it becomes a necessary process to perform all the methods taught in the game process. This refinement is done as follows; - changing the initial state, - performing a technical method as a result of the initial movement, - expanding the area of movement.

The stage of deeper and more perfect mastering - the main task of this stage is to study all options of volleyball techniques in a deeper and more perfect way and to inculcate them in the mind of the player. For this purpose, it is necessary to do the following. 1. Increasing the accuracy index in performing technical methods. 2. Optimizing the movement structure when performing technical methods / determination of amplitude, tempo and rhythm, coordination of movement of links/.

At this stage, acquisition of methods is carried out in difficult conditions; - performing a technical method together with another technical method, - performing a technical method in difficult conditions, - increasing the demand for its effectiveness and quality when performing a technical method, - performing a method with reduced time in a game situation . - factors for reducing the tempo of the game.

In-depth mastering of game techniques should be taught close to the competition. Therefore, these technical actions are carried out at maximum speed, clearly, in unfavorable conditions, in relation to the opponent's resistance, in cases of fatigue, in psychologically difficult cases, according to a predetermined goal. In order to master the technique of the game, it is necessary to carry out various methods in sequence, in modified situations. For this, it will be necessary to hold educational and friendly meetings.

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