

USE OF FOLK MOVEMENT GAMES IN THE SELECTION OF VOLLEYBALL SPORTS SECTION IN SECONDARY SCHOOLS

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ANNOTATION

This article discusses the expansion of sports in schools in Uzbekistan, the support of students' interest in sports and volleyball techniques, as well as tools to engage children in the game of volleyball.

Keywords: special attention, especially, sports, history of volleyball, school clubs, sports competitions, resolutions and decrees.

INTRODUCTION

Today, special attention is paid to the development of children's sports in all schools of Uzbekistan. Clubs are organized on the basis of various sports. Interest in volleyball is especially high among young people. All schools are actively involved in competitions organized throughout the country. In order to develop sports, decisions are being made in this area. Including:

In order to develop and promote Olympic, Paralympic and national sports in the country, as well as to organize meaningful leisure time for children in schools, the Ministry of Public Education and sports federations and associations signed 7 important memorandums. Now, in 2018-2020, the Ministry of Public Education has established cooperation with the Football Association, judo and basketball federations in schools of the country.

Now: boxing; rhythmic gymnastics; handball; volleyball; table tennis; struggle;

Strong partnerships will be established with sports federations and associations such as rugby.

Based on the memorandum: Volleyball, handball, rugby, wrestling, table tennis federations will be attached to 205 schools with qualified coaches and sports sections will be organized. The physical education teachers of these schools will be retrained and retrained. In addition, boxing and rhythmic gymnastics federations - 50 schools will be equipped with qualified coaches and sports sections will be organized. Volleyball - 410 volleyballs, 205 volleyball nets and training manuals; in handball - 1025 handballs, 10 handball gates, 205 handball nets and training manuals; 205 wrestling mats and training manuals on wrestling; 820 rugby balls and training manuals will be allocated for the sport of rugby.

We will also talk about the history of the sport of volleyball. Volleyball is a Russian folk game. Such deception occurred in the 30s of the last century (at that time in Germany were published the rules of competitions called "Volleyball - Russian folk game"), because the sport was very strong in Russia, where volleyball appeared in 1923. famous But, in fact, the inventor of this game was William J. Morgan, who lives in Holograust (Massachusetts (USA)), where he worked as a physical education teacher at the College of the Young Christian Association. It was he who, on February 9, 1895, hung a 198 cm high net (some sources claim it was a tennis net, and some claim it was an ordinary fishing net) and threw a basketball. had come out with his mother. on it (according to some researchers, a basketball ball camera was originally used for

this game). ball or bullish bubble). Originally, the game was called "mintonette" (English mintonette) and received its current name in 1896 - proposed by Professor Alfred T. Halsted. In 1949, the first world championship among men's teams was held in Prague, and in 1952, the fair sex team competed for the title.

Volleyball has been an Olympic sport since 1964. In 1990, the World Volleyball League (World League) was formed. The first volleyball federation was formed in America. No, the first organization of its kind in the world was founded in 1922 (the first U.S. championship in sports) in Czechoslovakia. And a few years later, volleyball federations emerged in the United States, Bulgaria, the USSR, and Japan. The first international volleyball organization was founded in 1947. Yes, the International Volleyball Federation, or FIVB for short (FR. Federation Internationale de Volleybal, FIVB), was founded in mid-April 1947 in Paris. Belgium, the Netherlands, Portugal, Hungary, Poland, Romania, Czechoslovakia, Yugoslavia, France, Italy, Brazil, Egypt, the United States, and Uruguay became its first official members. Today, it is the largest organization in the world, uniting 220 national volleyball federations. However, in 1936, a congress of the International Handball Federation was held in Stockholm, at which the Polish delegation proposed the establishment of a volleyball technical committee within the federation. As a result, the first international commission on this sport was formed, which included 5 countries in the United States, 13 countries in Europe and 4 countries in Asia. The rules of volleyball appeared in 1897. Indeed it is.

However, many important changes have taken place since then. For example, since 1917 the draw has been limited to 15 points and the net has been set at a height of 243 cm (compared to 198 cm in the first rule), since 1918 a limit on the number of players (six) has been introduced, three touches. The rule was introduced in 1922. The modern dimensions of the court were approved in 1925 (the game was originally played on an area of 7.6 x 15.1 m), the tactics of collective action (group block, insurance, etc.) were formed in the 30s of last century. , and serving in the jump has become one of the favorite (and very effective) methods of volleyball players since 1984 - it was then at the XXIII Olympics in Los Angeles (USA) that it was first performed by Brazilian national team players. . The tie-break system for scoring goals was introduced in 1988 (initially only for the 5th game, and later in the remaining games). Since 1925, volleyball games around the world have been held according to the same rules. This is not the case. Until the 1960s, the game was played in Asian countries according to the rules, according to which there were 12 players on the field, not 6, and there was no practice of substitution. And the site itself was a non-standard size - 11x22 meters.

Classical volleyball, originally called "mintonette" (mintonette), was invented in 1895 by William J. Morgan. It is noteworthy that this happened only 4 years after the invention of basketball. Morgan is a graduate of Springfield and Young Christians Association (YMCA) College. In 1892, he spoke with basketball inventor James Naismith. Strange, James in white. Three years after that encounter, William Morgan invented his own game by mixing elements of basketball, baseball, tennis, and handball. The first volleyball net was taken from tennis and was 197 cm (6'6 ") high. A basketball room was used as a ball. Later, at the YMCA Young Christians Conference, the game was renamed "volleyball," and in 1897 the first official rules appeared:

Site dimensions: 7.6 x 15.1 m (25 x 50 feet)

The height of the net is 198 cm (6.5 feet),

The circumference of the ball is 63.5-68.5 cm (25-27 inches),

The weight of the ball is 340 g.

At that time, the number of players on the field was unlimited, just like the number of touches on the ball. Points are calculated only for their service. An unsuccessful tone can be repeated. Game up to 21 points.

The game evolved in the next century. The transition and attack strike was first demonstrated in 1916 in the Philippines. The standard rules were found to be unsuitable for the tournament, and in 1928 the USVBA (American Volleyball Association) was formed.

Two years later, in 1930, the first game of beach volleyball was moved from two to two. Although professionally this sport appeared much later. The first beach volleyball association originated in California (1965) and a team of professional players was formed in 1983 under the auspices of AVP (American Volleyball Specialists). Over time, the tactics of the game also improved. There was a "take-pass-hit" gang. was so strong for professional players that three players had to be blocked. "False shots," discounts on the ball, and "short shots" - from low passes. In 1949, the first men's world championships were held. Since 1952 - the first world championship in women's volleyball.

At the first World Cup, the USSR team took first place, and that year the women's team took first place at the European Championships. Since then, our athletes are still among the best in the world arenas. As early as 1964, volleyball would have been included in the program of the Olympic Games in Tokyo. In these competitions, USSR volleyball players and Japanese volleyball players won gold medals. During the Olympic Games, Russian volleyball players and volleyball players became Olympic champions 7 times. The number of international competitions and tournaments is growing every year. Since 1965, the following sequence has been established: a volleyball tournament at the Olympic Games, the following year - the World Cup, then the World Cup, then the European Championship and again the Olympic Games.

What is volleyball? Its definition is very simple. The article discusses this great game. There are so many different types of games in modern sports. However, some of them are very popular, such as football or basketball, and some are known only to a narrow circle of fans. Volleyball is a sport of the first category. The fact is that this game is popular all over the world, it is known on all continents. It depends on some factors. First, the simplicity of these rules means that the player does not have to spend a lot of money on volleyball. Another positive factor is the reduced risk of injuries compared to the same football or volleyball? What are the rules of this game? You can find the answers to these questions in this article.

The volleyball court has a rectangular shape, with a standard size of nine meters to eighteen meters. Immediately after the playground, a free zone begins, which has the following dimensions: a maximum distance of five meters on both sides and a maximum of eight meters on the front. The height of the playground should be at least twelve and a half meters. The free zone has a replacement area, a bench for the suspended players and a place for the ball. The whole site is divided by lines. It is divided in half: each team has its own part. There is a zone for the attack.

Fastening the grid also has its own nuances. First, it hung in the middle of the site, just along the dividing line. Its upper edge should be 2 meters 43 centimeters high in men's races and 2

meters 24 centimeters high in women, and the height of the net for boys and children will vary with age. The net is one meter wide and nine and a half long. Mounted on shelves at a distance of one meter from the playground. Volleyball is played with a ball with a maximum circumference of 60 centimeters and weighing no more than 2.8 kilograms.

Command structure

A volleyball team can consist of twelve people, six of whom can participate in the game process at a time. The rest should be on the bench. Every player has a place in the team. What role does it play in volleyball? It's the player's role, his position on the field. The team can be led by two people - a coach and a captain. The coach leads the team in the global sense of the word, but the captain can check the strength of the net and the location of the game participants, placing the players in designated areas. In addition, there is an assistant coach who has no right to interfere in the game process.

Determining the winner in volleyball. Each team aims to score as many points as possible. They are awarded for hitting the ball into the opponent's court or for mistakes made by the opponent. The second is as follows: outside - when the ball enters the free zone behind the opponent's court, when the ball hits the net while serving or hitting. Volleyball? This is the game time frame that makes up the game. To win the set, you must score twenty-five points, and the difference between them must be two points. That is, if the score on the set is 25-23, the first team wins. If the set ends with an equal score, for example, 24-24, then something called setball begins, i.e. the game continues until one of the teams is separated by two points. The team that gets three sets wins. Maybe everyone has heard the term "setball"? What is setball in volleyball? If the points for the sets are equal, the time of the ball, i.e. the final winning point, comes.

A lot has changed in the history of volleyball, so the game came to us as we know it now. As mentioned above, first of all, the original name of the game has changed. Admit it, it's hard to imagine Karch Kiralini (American volleyball player, 3-time Olympic champion in classic and beach volleyball) playing mintonet on the beach! The number of players was also changed: initially the team could have enough players, that is, nine people, to fit half of the 10x5 meter area. However, after the news, their number dropped to 6 people per team. The first games at Morgan's gym were played with a rubber bubble ball. But in 1896 the Spalding sports company released the first official, and by 1900 the standard shape and weight of the ball were almost the same as the dimensions used today. The network is much taller than modern games, making it more difficult, and since then the history of development has changed significantly. Today, the net height is 2.43 m, and a little more than 2.24 m for women. According to the initial rules of volleyball, the team had to score 21 points to win, which in 1917 was reduced to 15 points. Also, in 1922, the number of touches allowed was limited to three.

As for the form of any team, it should be the same for all players, except libero. What is a libero in volleyball? Let's find out.

As mentioned above, in schools, students are involved in volleyball clubs. This is very important for them to be healthy and spend their free time meaningfully. All classes are equally involved in school clubs.

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