



## Developing Tactical Training of Student Volleyball Players

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**Abstract:** *In this article, volleyball belongs to the types of sports games and differs from them in its essence and content. It is shown that it is the only vehicle that allows to carry out all technical and tactical activities.*

**Keywords:** *agility, "live wall", vertical, horizontal. technical method*

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Transmission technique. Passing is one of the most important skills in volleyball and perform all technical and tactical activities related to this game

is the only tool that allows you to increase. 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 base position, two-handed top-down, two-handed bottom-up, one-handed top-down and bottom-up, two-handed or one-handed top-jump. 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 movement skill that uses the player to land the ball on the ground in accordance with the rules. The technique of receiving the ball with both hands from below, ie high lowering of the center of gravity of the body, the size of the angle of bending of the knees, the small bending of the body forward or vertical, the game of falling. the situation will depend on the speed of the ball or the force of the attack kick introduced into the game and other conditions.

Blocking technique Blocking is the creation of a "live wall" to block the direction of a ball that has been passed or struck by an opposing player. The blocker first places his feet shoulder-width apart. The legs are slightly bent at the knees, the arms are bent at the shoulders, and the claws are spread out. After moving the ball in the direction of the direction, the legs are slightly bent at the knees, and the active movement of the arms is jumped and the width of the ball is blocked. Preliminary cases. Preliminary conditions determine the phase of preparation for the implementation of this or that technique. Execution of the initial position should provide a comfortable environment and movement for the expected action. Regardless of the technique used, the initial conditions are somewhat static: low before passing the ball, receiving the ball, blocking and attacking. The player takes the initial position for only a few seconds.

Movement. A platform for a player to perform a specific technique

moves along. Depending on the method and the situation of the game, you can take different steps (forward, backward, sideways), jump, jump, run, fall. Stepping and running movements are more gentle (due to the slower vibration of the UOM). Stepping to the side is often used when obstructing

a small distance, receiving an attacking shot, or receiving a ball that has changed direction from the obstacle. The movement always starts with the foot closest to the desired direction of movement. Used for quick response movements from jumping, jumping, and running.

The actions considered are often used in conjunction with the general unit, or the ability to perform any action for a long time with high efficiency, endurance is the ability of the body to work for a long time without fatigue.

Endurance training is the core of the training process

is one of the functions. It is a sport with a high level of quality development

effective development of skills, active implementation of long-term technical and tactical skills in the competition.

Depending on the age and training of the endurance athletes

will have to be brought up according to their qualifications. This includes movement and sports games, relay races, exercises with different weights, cross-country running. General endurance can be developed through long-distance running, swimming, and cycling. Volleyball special endurance training is based on long-term volleyball and other sports, movement games, repeated runs in different directions, and various exercises in case of fatigue.

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