



## The Origin of Volleyball and its Place in World Sports

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**Abstract:** *The history of volleyball and its rules are covered. The reasons for its inclusion in the list of world sports games, the member states of the Volleyball Federation and the changes that have taken place in these countries are described.*

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Volleyball is a volleyball game, volleyball is a knockout game and volleyball is a team sport. One team consists of 6 people and 2 teams play. Players try to hit the ball with their hands and lower it into the opponent's court. The ball must be passed to the opponents in three shots. The tournament is played in 3 or 5 rounds. Volleyball originated in the United States. The International Federation was founded in 1947. It has more than 180 member countries. It has been included in the Olympic program since 1964, and the world championships have been held since 1949. Volleyball has been played in Uzbekistan since 1920. The Republic of Uzbekistan became a member of the International Volleyball Federation in 1991 and the Asian Volleyball Confederation in 1992. More than 700,000 people are regularly involved in this sport in Uzbekistan. It is an integral part of the physical education curriculum in schools. Volleyball was founded in 1895 in Holiok, Massachusetts, by Pastor William Morgan, the physical education leader of the Young Christian Union. He developed the rules of the new game of volleyball in a simple, low-cost way. He first named the game Mintonett. In 1896, Dr. Alfred Halsted, principal of Springfield College, called the game "volleyball." "Volleyball" is an English word that means "flying ball" in Uzbek. Some of the rules of the game introduced in 1897 were as follows: 1. The boundaries of the field were 7.6 x 15.1 m 2. The dimensions of the net were 0.65 x 8.2 m and the height was 198 cm 3. The weight of the ball is 340 g, circumference 63.5 - 68.5 cm 4. The history of the emergence and development of volleyball in the former Soviet Union Volleyball began to spread in the former Volga region (Kazan, Nizhny Novgorod) in 1920-1921. From 1922, volleyball was included in Vseobuch (General Military Training). In Moscow, volleyball is regularly practiced by artists and theatergoers. Founded in 1923, Dynamo began promoting volleyball along with other sports. In the same years, volleyball appeared in the Far East - in Khabarovsk and Vladivostok. And from 1925 it began to develop in Ukraine. The decision of July 13, 1925 was of great importance for the further development of physical culture and sports in the USSR. He stressed the need to develop physical culture and sports, which are one of the most effective ways to educate the public. The decision of the Central Committee will have a strong impact on the development of volleyball. Soviet volleyball players set themselves a number of tasks, such as popularizing volleyball in the country, strengthening educational work, improving techniques and tactics, improving the physical fitness of players in all respects. Volleyball began to spread everywhere. In this regard, it is necessary to develop a single set of rules for competitions. In January 1925, the Moscow Physical Education

Council approved the first official rules of volleyball. An intercity match between Moscow and Kharkiv volleyball players was held in Kharkov. During these years, volleyball became popular not only in Moscow, but also in Ukraine, the North Caucasus, the Caucasus, the Far East and the Middle Volga region. One of the most important events in SSJI volleyball was the Union Championship in August 1928 during the first All-Union Spartakiad. It will be attended by men and women from Moscow, the USSR, the North Caucasus, the Caucasus Federation and the Far East. The competitions were held in the order of departure. The winners were the Moscow women's team and the Ukrainian men's team. The meetings of volleyball players in the first All-Union Spartakiad provided an opportunity to interpret certain points of the rules of the competition in a single order. During this period, the players began to widely use the methods of kicking the ball, deceptive shots, paid attention to the technique of transmission, the importance of defense increased, the game became faster and more intense, resulting in increased mobility of players. In 1931, at the initiative of BLKEI, our country was influenced by the All-Union Complex "Ready for Labor and Defense", which is the basis of physical education. The event not only improved the general and special physical fitness of volleyball players, but also involved young people in volleyball training. The competitions held on the grounds of many cultural and recreational parks played an important role in the mass development and promotion of volleyball. Spectators gather around 20 squares in Moscow's Central Park of Culture and Leisure. The games were a good school not only for Muscovites, but also for foreign guests.

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