



The Role of Mass Sports Games (Volleyball) In Increasing Physical Activity of Students

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Article History	Abstract
Received: 06 June 2023 Revised: 05 Sept 2023 Accepted: 30 Nov 2023	<i>In this article, in order to increase the physical activity of students, about the volleyball sport of mass sports games, the position of the volleyball player, changing positions during the game, passing the ball from below, passing the ball from above, passing the ball from above, passing the ball, shooting the ball, it is stated about putting up a barrier.</i>
CC License CC-BY-NC-SA 4.0	Keywords: physical education, volleyball, volleyball game development stage, positions of a volleyball player, changing places during the game, passing the ball from below, passing the ball from above, passing the ball from above, passing the ball, throwing the ball, blocking to put

1. Introduction

Since ancient times, people have realized that the basis of a healthy lifestyle is regular physical education. They witnessed that people who were active, enthusiastic, and energetic during their lifetime lived long and diseases did not overcome them. Therefore, from long history until today, physical education and sports have become an integral part of people's lives.

Today, in our country, more attention and opportunities are given to physical education and sports than ever before. Efforts are being made to popularize physical education and sports among all strata of the population, and a strong legislative base is being formed.

Physical education is defined in the Law of the Republic of Uzbekistan "On Physical Education and Sports" as follows: "physical education is a culture of physical and intellectual development of a person through physical training, physical development and physical training, improvement of his abilities and movement activity, healthy lifestyle skills. the part consisting of a set of values, norms and knowledge created and used by the society for the purpose of formation, social adaptation". Based on this definition, it can be said that physical education and sports serve to educate people mentally, spiritually, and physically healthy. As a result of regular physical training and sports, a person gains willpower, develops resilience, and strengthens self-confidence. These qualities are the main qualities for any person who wants to find his place in society.

All educational institutions in the world have physical education classes and it has already become a continuous part of education. The main goal of the science "Physical education and sports" is to develop in students physical improvement, in-depth knowledge and practical skills, health, psychomotor, dexterity and skills that lead to high-quality professional action, in the field of educational, professional and household activities necessary for organizing a healthy lifestyle. It consists of arming with knowledge that will lead to solving the problems, gaining self-knowledge and physical improvement.

Today, special attention is paid to the development of mass sports in our country. A lot of work is done on the development of children's and youth sports and family sports in different regions of our country. It is widely promoted that sports and physical training are a guarantee of health.

The issue of mass sports development was specially addressed at video selector No. 36 held on September 4, 2019 under the leadership of the President of the Republic of Uzbekistan Sh.M. Mirziyoev. The issue of effective use of sports facilities in educational institutions, as well as strengthening of measures to regularly involve teachers, students and youth in physical education and mass sports was discussed in detail. A lot of plans have been made regarding the issues raised at this event. In particular, for the development of mass sports in higher education institutions, a traditional

republican spartakiade is held among professors and teachers of higher education institutions under the slogan "Sport is a guarantee of health". Sports such as mini-football, volleyball, badminton, chess and table tennis are held in Spartakia.

In this article, we tried to provide detailed information about volleyball, a popular sport.

Volleyball was created in 1895 by Pastor William Morgan, who was the head of physical education at the Christian Union in Heloi, Massachusetts, United States of America. He designed the rules of the new game of volleyball with a simple, inexpensive way to organize it.

In 1895, Dr. Alfred Kalsted, the director of Springfield College, named this 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.

The boundaries of the field are 7.6 x 15.1 m.

The dimensions of the type are 0.61 x 8.2 x 1.98 in height.

The weight of the ball is 340 gr.

Circumference - 63.5-68.5 cm.

The number of players is not limited, etc.

The years 1895-1920 are the stage of development of the volleyball game.

The emergence and development of the game in other countries is as follows: 1900-y-Canada, 1906-y-Cuba, 1909-y-Puerto Rico, 1910-y Peru, 1917-y-Brazil, Uruguay, Mexico, Asia. 1900-1913, England in 1914, France in 1917.

In the former union, in 1920-21, it began to spread in the Middle Volga, Kazan, and Nizhny Novgorod regions. Since 1922, volleyball has been included in the general military training.

There is no information about when, where and under what circumstances volleyball was created in Uzbekistan. But according to some assumptions, the game of volleyball began to appear in Kokan, Tashkent and Fergana in 1921-24. According to K. Lebedov, a sports veteran of that time, in 1924-25, many young people could be seen passing the ball to each other in a circle. Later, the players were divided equally and played by pulling a string in the middle without a limit. However, the international volleyball competitions accepted in this period are much improved, the field is 9x18, the ball can be played only 3 times, the players' composition consists of 6 people, the height of the net is 2.43 m (for men), the first to finish when the score reaches 15 points, and let's say It was close to the modern volleyball game.

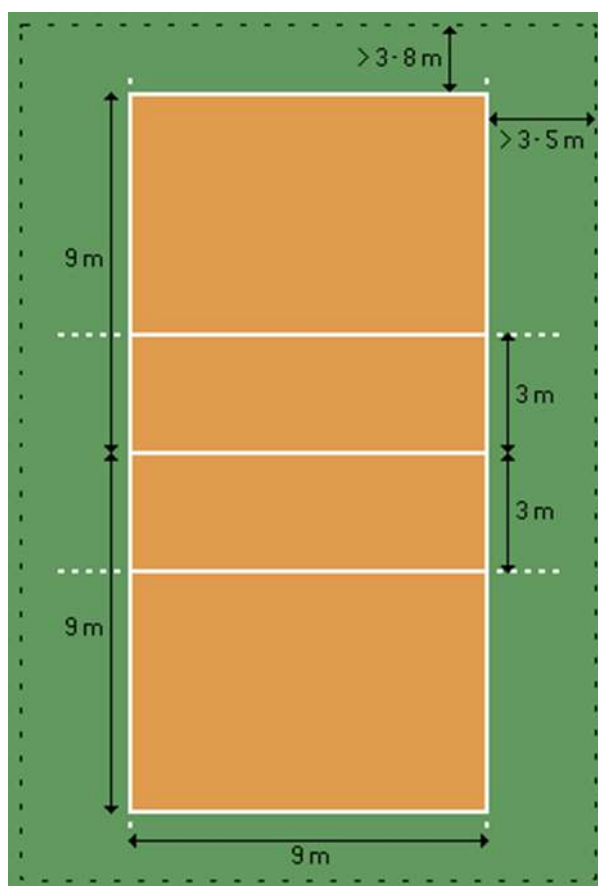
According to Perevoznikov's admirers, in 1926, a school teacher named Chernyshevsky in Tashkent sent the competition rules from Moscow. He was the first to bring the type and rules of volleyball to Uzbekistan. On April 26, 1927, the first official competition of this school was organized.

In one of the summer months of 1927, 9 teams participated in the Tashkent City Volleyball Championship. The team of Chernyshevsky school was the winner. In 1928, an autumn volleyball competition was held in Tashkent, and 10 men's and 4 women's teams were formed. This team is coached by V.A. Vorontsov was. In 1933, the second Spartakiad of Uzbekistan was held. Among men, "Dynamo" and Uz Trance teams took first place in the women's competition.

In 1938, starting from December, the traditional competition scheduled for the Constitution Day began to be held for the first time. The zonal competitions of the USSR championship held in 1939, organized in Tashkent, were a great basis, in these zonal competitions "Nauka" (Tbilisi), "Spartak" Stalinabad), "Uchitel" (Chkalov), "Lokomotiv" (Baku), "Uchitel" (Tashkent) teams participated, in which our men's team took 3rd place, our women's team took 4th place.

Until now, after Uzbekistan became independent, we started holding our own championship. "Avtomobilchi" from Kokan, "Kenap" from Samarkand, "Skif" from Tashkent, "Andijan". "Fergana", "Victoria" (Novoi), "MXSK" (Chirchik) teams are participating. "Avtomobilchi" (Ko'kon) 2 times, "Kenap" (Samarkand) 2 times, "Mxka" (Chirchik) 1 time became the champions of Uzbekistan among men. Among women, "Skif" won 4 times, "Avtomobilchi" 1 time.

Area and size



Grid cells - 10x10 cm.

The height of the grid

Men - 243 cm

Women - 224 cm

The weight of the ball is 260-270 gr

The circumference of the ball is 66-1 cm

The diameter of the ball is 21-0.3 cm

The length of the net is 9.5 m, the width is 1 m

Antenna height — 1.80 cm.

6 player substitutions are allowed per party. The main player can return to the game by replacing 1 time. The game consists of 5 parties. In each party, the score of the game is up to 25, if it remains 25-25, the game continues until the difference of 2 points. The deciding party must be won by a timebreak with a difference of 2 points.

Tour height for volleyball players of different ages

Age groups		The height of the type
11-12	Boys	2 m 20 cm.
	Girls	2 m 00 cm
13-14	Boys	2 m 30 cm
	Girls	2 m 10 cm
15-16	Boys	2 m 40 cm
	Girls	2 m 20 cm
17-18 ва юкори	Boys	2 m 43 cm
	Girls	2 m 24 cm

A volleyball section can be formed in each physical education team. This issue will be discussed at the meeting of the physical education team, then at the general meeting of volleyball players, the section bureau will be appointed and this bureau will work in cooperation with the trainers. When planning a multi-year training, it is necessary to clearly define the number of training, competition and rest days. It is necessary to take into account the comprehensiveness of the planning and preparation of the training for the orderly progress of the competition and training, the intensity of the training, visibility, participation in the competition, and the achievement of the specified result. Only regular and regular training can give a positive result without harming a volleyball player's health. No amount of preparation can make up for missed practice.

The next plan is to improve the sportsmanship of the players and the team, the basic regulations should be provided, and with its help, the identified issues will be resolved. The annual plan is drawn up taking into account the competitions held in one year. When developing the 1-year plan of the training section, the following main circumstances should be taken into account.

Continuous and year-long training.

Determining the stages of the training year and the contents and tasks of its departments.

It is necessary to determine the level of training and the number of competitions depending on the qualification of the employee. Determining the method and means of theoretical, tactical, technical and physical training of the employee in improving the task of sports mastery.

Volleyball is a complex sport that requires great pedagogical skills from coaches.

When organizing sectional volleyball training, the coach first of all starts his work by forming the initial groups, and there are certain conditions that must be met, which include taking into account the physical and mental abilities of young players and writing, paying attention to anatomical and physiological structures.

The feedback from all the above sections suggests that we pay attention to the following conclusions when organizing and conducting sectional training with young volleyball players.

It is advisable to open volleyball sports sections in every production enterprise, educational and educational institution.

When organizing a group of volleyball players, it is necessary to take into account their physical and mental abilities, to organize training groups with attention to their anatomical and physiological characteristics.

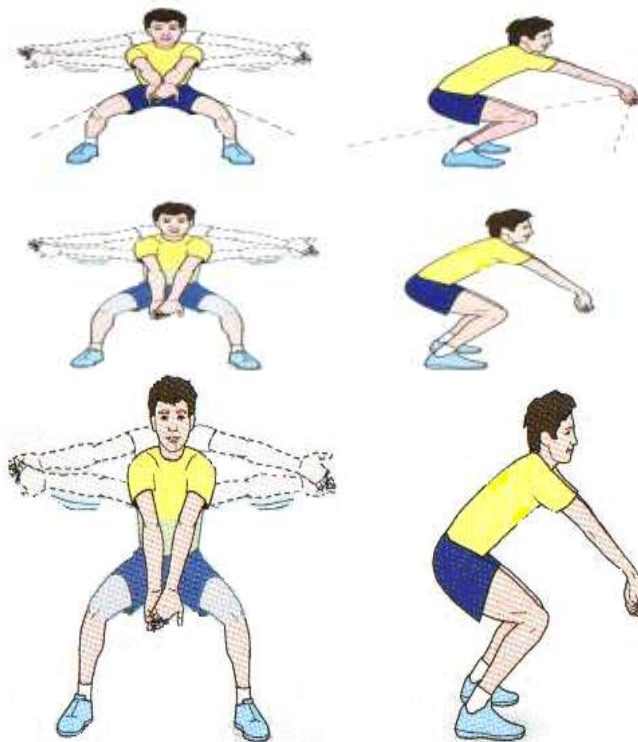
It is desirable that the annual volume of the total training sessions conducted in the newly established initial training groups of volleyball players should be around 160-200 hours, and that 50% of these hours should be allocated to general special physical training, and the remaining 50% should be allocated to technical and tactical training.

In teaching volleyball players game technique and tactics, it is necessary to pay great attention to game style and competition style in addition to explanatory and instructional methods.

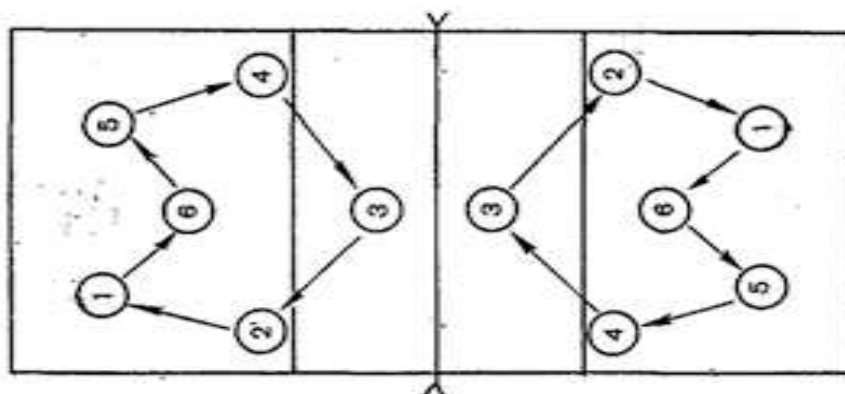
The main tools for training volleyball players are general development exercises, special preparation exercises, leading exercises and competitive exercises, and it is advisable to use action games that include elements of volleyball technique in the composition.

In the training of volleyball players, the main focus of sports training should be on general physical training along with technical and tactical training.

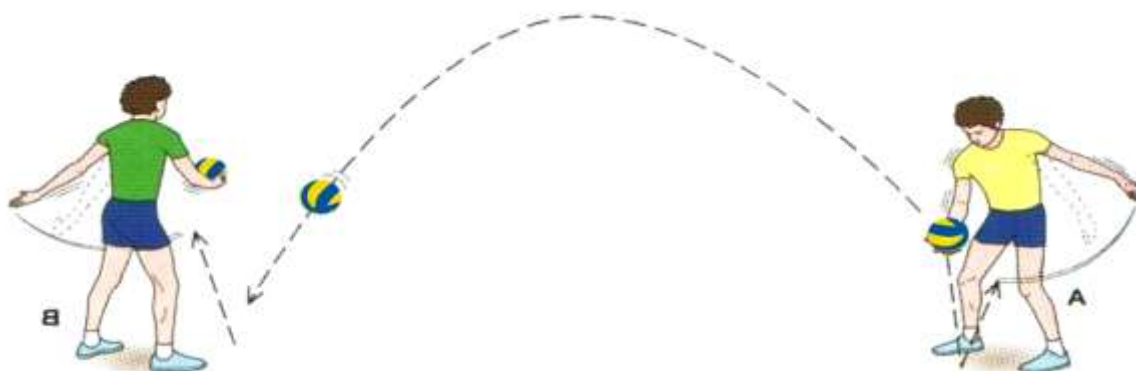
A Set Of Exercises To Perform In Training



Positions of a volleyball player



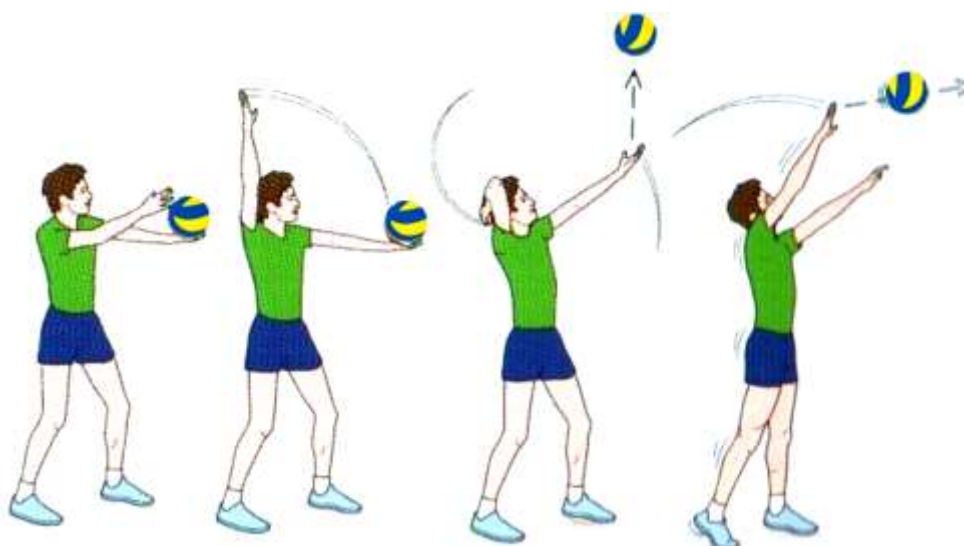
Changing places during the game



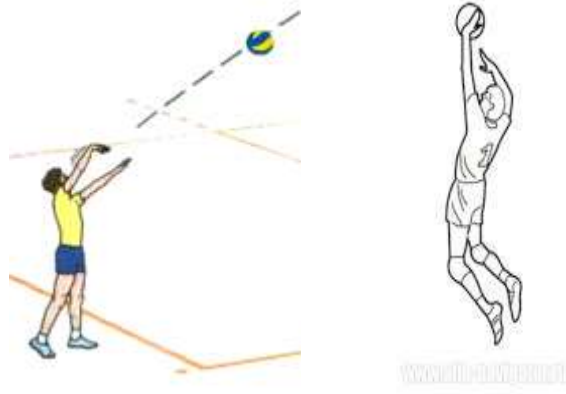
Low pass.



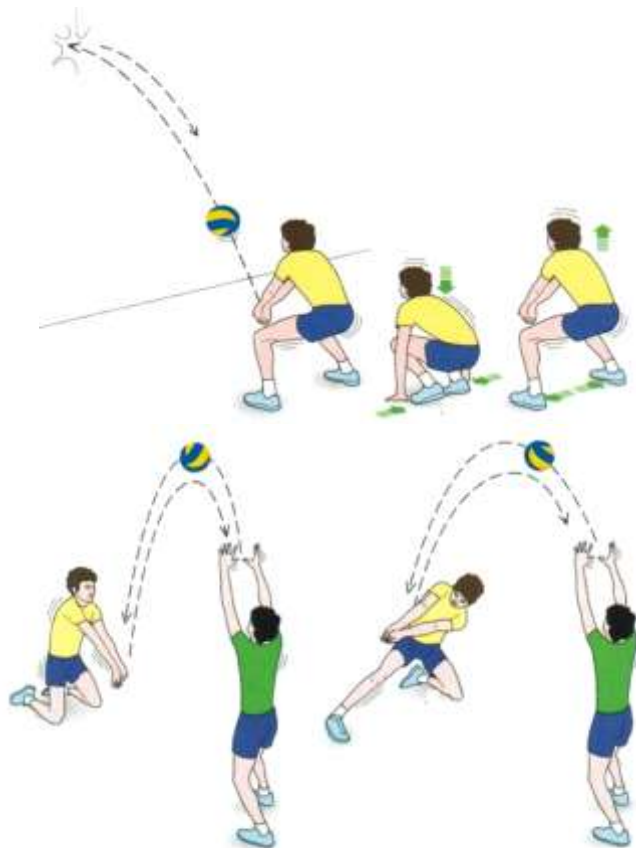
Straight ball from the top.

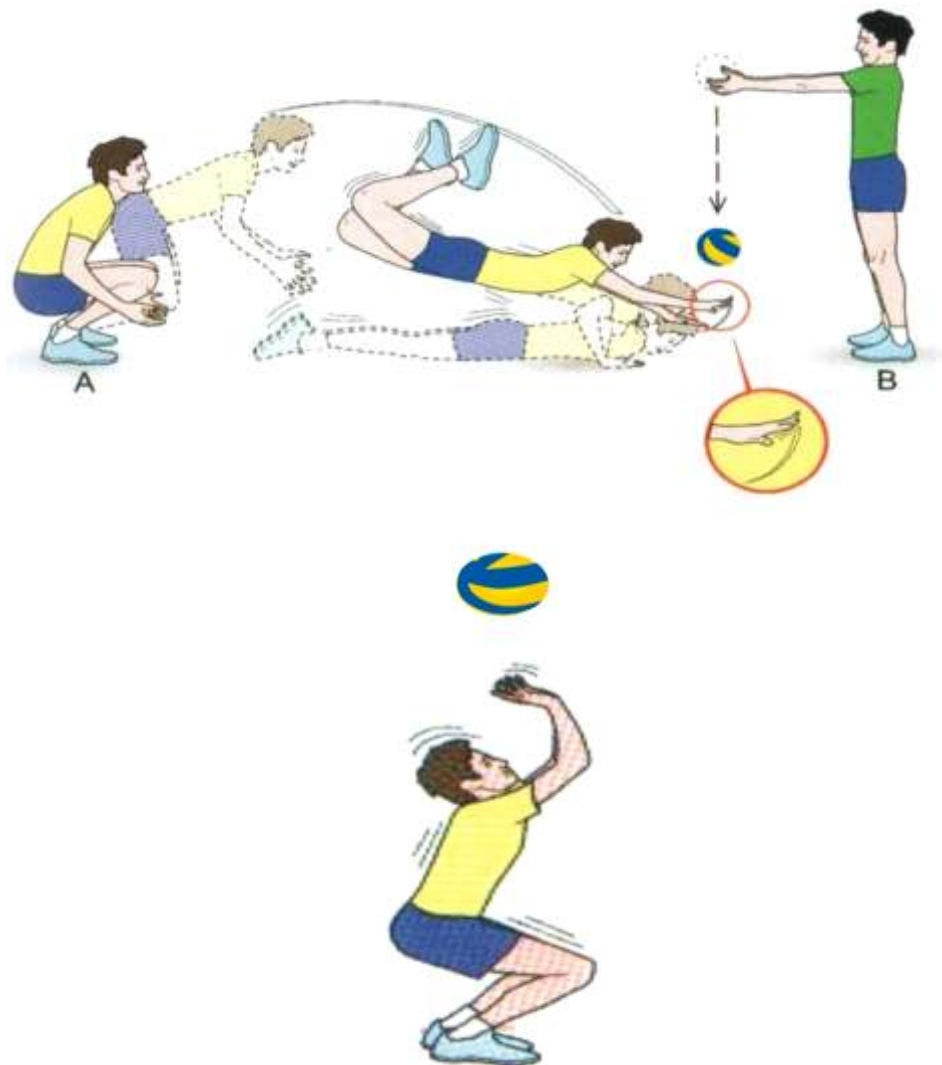


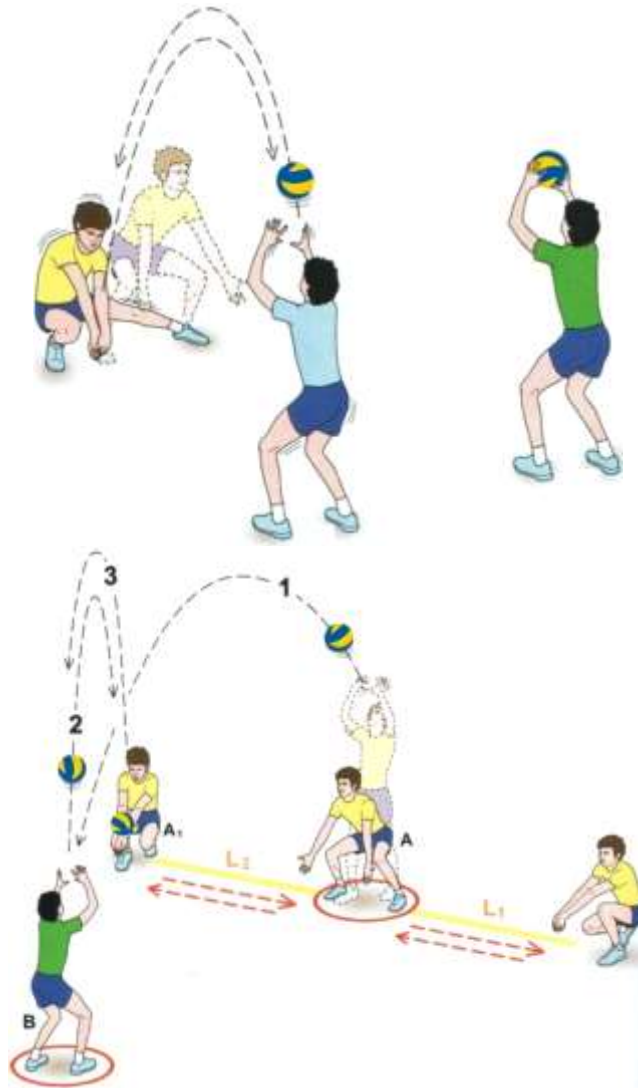
Throw in the ball from above.



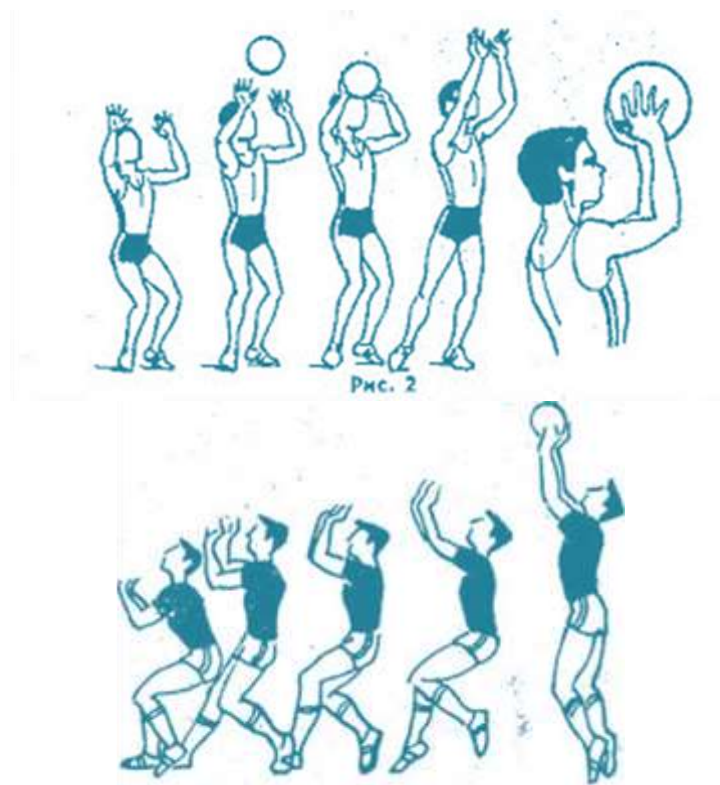
Throw in a jump ball.

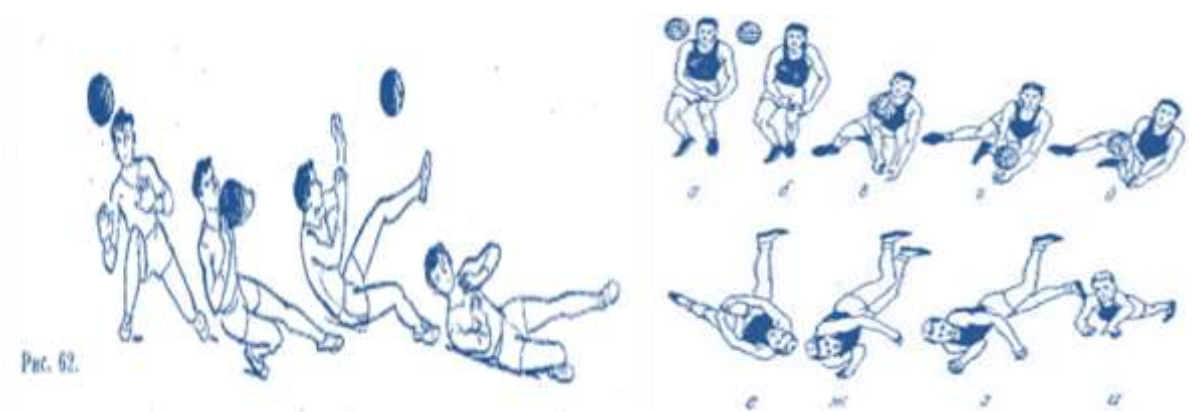
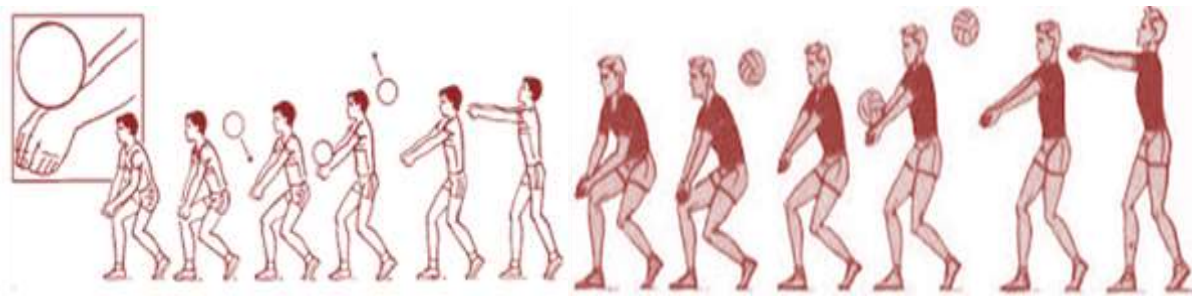




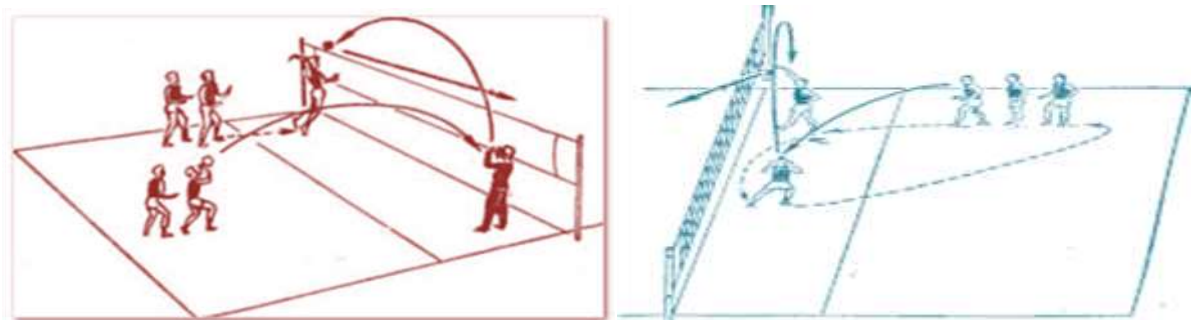
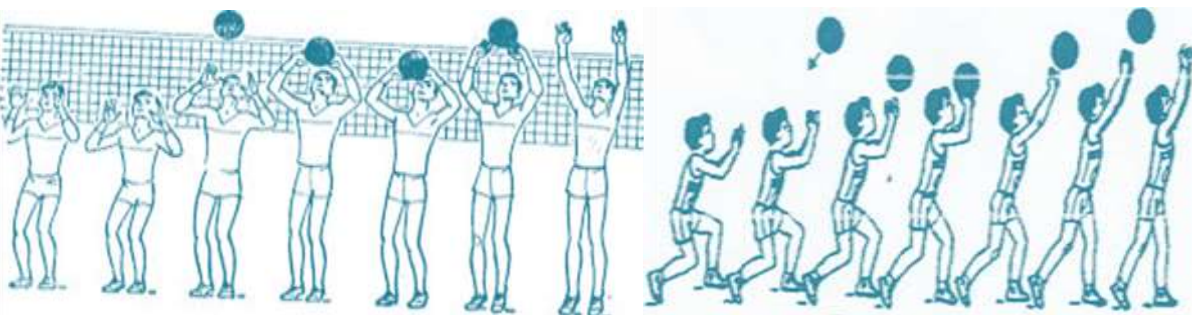


Methods of receiving the ball

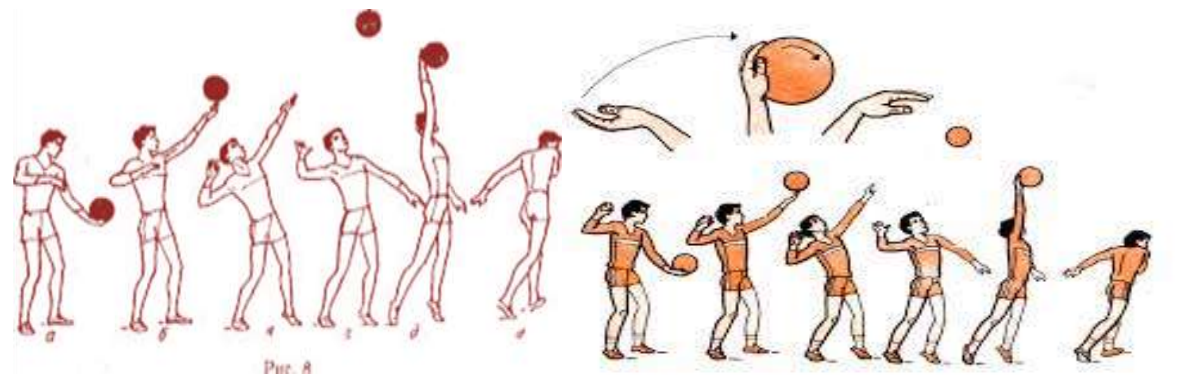


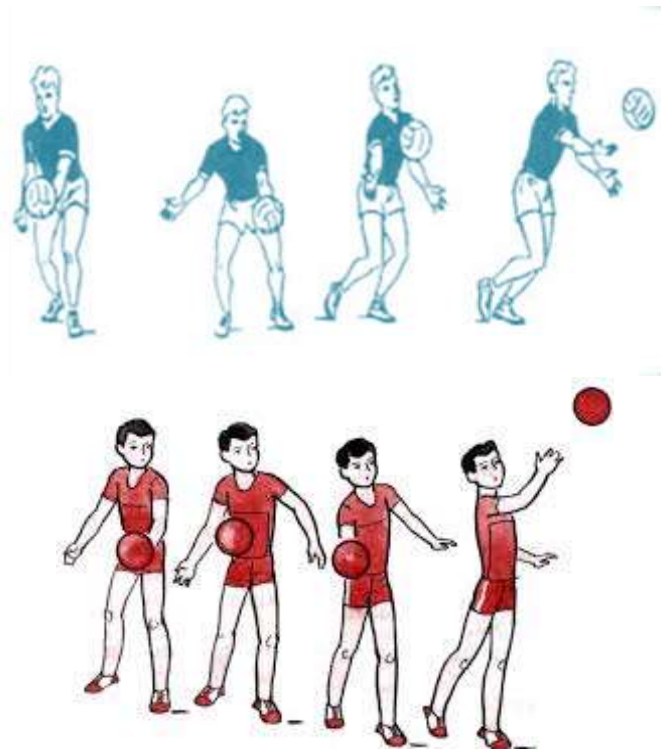


2. Passing the ball

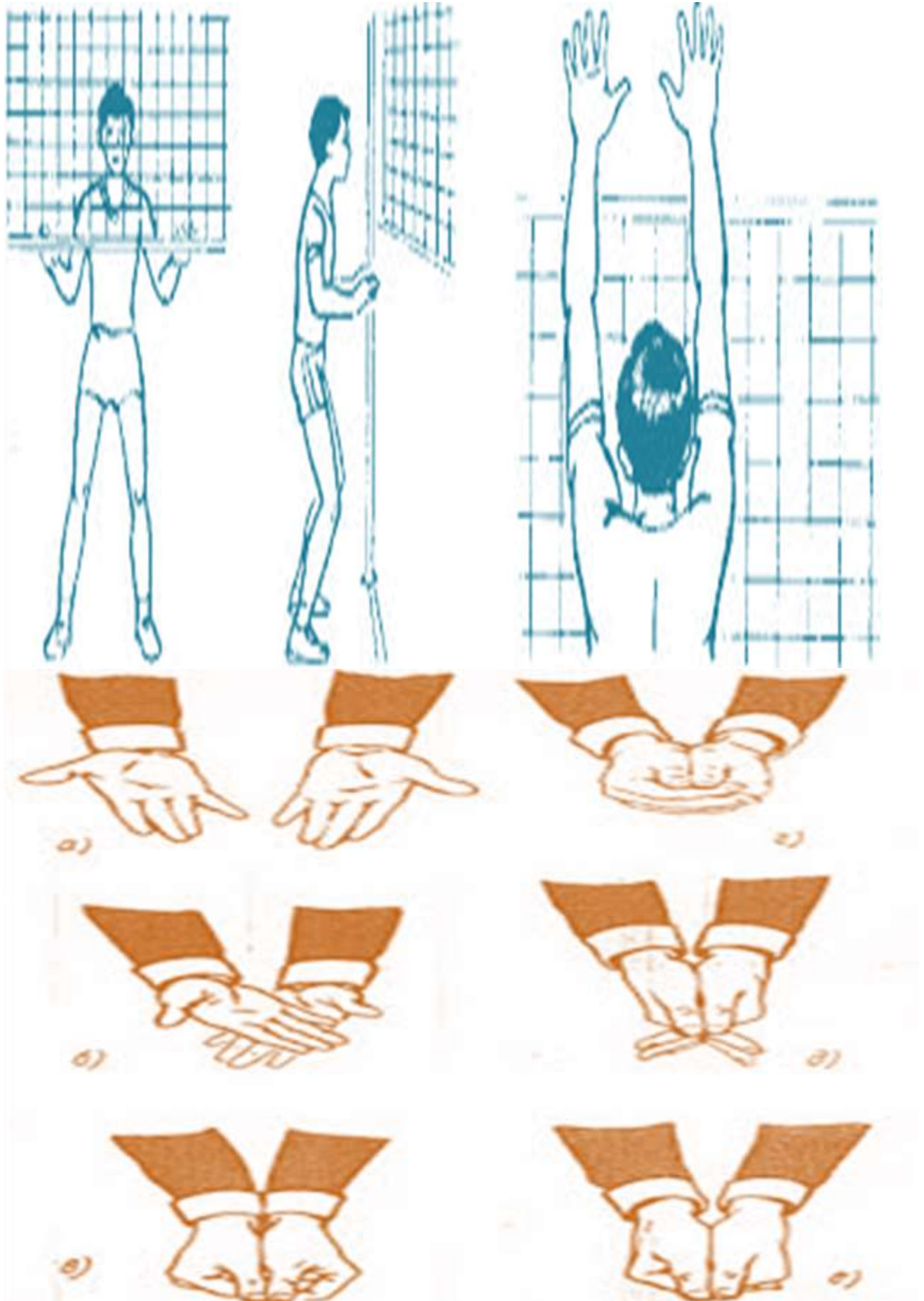


3. Throwing the ball





4. Putting up a barrier





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