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## Volleyball and Its History

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**Abstract**— Volleyball is a popular game in many countries around the world. Volleyball was first played in the United States of America. In 1895, William Morgan, a teacher of physical education at a college in Heliok, Massachusetts, offered students a new entertaining game, the main idea of which was that the players hit the ball with their hands, making it fly over the net. The game was called "volleyball", which in English means a flying ball. In 1897, the sports rules of this game were developed, which were repeatedly changed and supplemented. A simple game that does not require expensive equipment spread very quickly in Japan, China, the Philippines, and later in Europe.

**Key words:** volleyball, game, ball, net, training, health, physical development.

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### INTRODUCTION

The concept of the development of physical education and sports in the Uzbekistan indicates that the importance of physical education of schoolchildren is due to the needs of our state in preparing a healthy, diversified, able-bodied younger generation to fully perform the function of a citizen of our society. In the daily life of schoolchildren, the importance of physical education is due to:

- firstly, the intensification and increasing intellectualization of educational work, caused by an increase in the scientific and theoretical level of the content of educational subjects, the widespread introduction of active teaching methods; □

- secondly, by increasing the employment of children outside school hours by activities that limit the manifestation of the motor function: educational activities in the classroom, classes in circles; □

- thirdly, the use of a computer in everyday life and educational activities. According to many authors, involvement in sports from childhood gives a person physical hardening, brings up dexterity, clarity and speed of reaction, increases activity, develops him morally, aesthetically, which is necessary for a healthy, full-fledged person. Full-fledged physical development of children is possible only with the complex use of physical education: natural factors, hygienic measures and physical exercises.

Volleyball is one of the most popular games in Uzbekistan. The massive, truly popular nature of volleyball explains its high emotionality and accessibility, based on the simplicity of the rules of the game and the complexity of the equipment. A special advantage of volleyball as a means of physical education is its specific quality - the possibility of self-dosing of the load, i.e., the correspondence between the preparedness of the player and the load that he receives. This makes volleyball a game accessible to people of all ages. Playing volleyball is a very effective means of strengthening health and physical development. All movements in volleyball are natural in nature, based on running, jumping, throwing. Modern biomedical and sociological studies show that systematic volleyball lessons cause significant multifunctional changes in the activity of analyzers, the musculoskeletal system and internal organs and systems.

Volleyball - a sport, a team sports game, during which two teams compete on a special platform, divided by a grid, trying to send the ball to side of the opponent so that he lands on the opponent's court,

or a player of the defending team makes a mistake. Volleyball is a non-contact, combinational sport, where each player has a strict specialization on the court. The most important qualities for volleyball players are jumping ability for the ability to rise high above the net, reaction, coordination, physical strength for the effective production of attacking blows. Volleyball has been an Olympic sport since 1964 [V. L. Sviridov, 2016]. Volleyball is one of the most popular games in Uzbekistan and a popular game in many countries around the world. Volleyball was first played in the United States of America. In 1895, William Morgan, a college physical education teacher from the city of Heliok (Massachusetts), offered students a new entertaining game, the main idea of which was for the players to hit the ball with their hands, making it fly over the net. The game was called "volleyball", which in English means a flying ball. Since its inception, volleyball has experienced rapid development. This is reflected both in the growing number of volleyball players and in the growing number of member countries of the International Volleyball Federation. In terms of its prevalence, this game occupies a leading position in the world sports arena. Volleyball has become more than just a sport. Volleyball is developing as a game for recreation, playing volleyball has become a means of organizing leisure, maintaining health and restoring working capacity. The massive, truly popular nature of volleyball explains its high emotionality and accessibility, based on the simplicity of the rules of the game and the complexity of the equipment. Volleyball is very popular among young people. This game has incorporated the best qualities: both simplicity, and entertainment, and accessibility, and emotionality, and, most importantly, the ability to captivate and fall in love with any person, regardless of his age and profession. Volleyball is a game of the brave, temperamental, resolute, physically developed, with instant reaction and ingenuity. And the one who played volleyball from an early age, as a rule, is distinguished by a beautiful physique, agility, endurance and strength. But all this is achieved by persistent training. Mastering a large number of game techniques requires perseverance and courage. The very same game in a team brings up a sense of camaraderie, mutual assistance - undoubtedly very valuable qualities of a person [O. V. Belyaev, Yu. V. Jeleznyak, 2010].

Volleyball in accordance with the State Standard in the subject "Physical Education" is included in the curriculum of the fifth grade. This is quite justified, methodically thought out, well-constructed physical education lessons based on the material of this sports game are very effective. Firstly, they contribute to the versatile physical preparation of students. Secondly, they create a solid foundation for mastering the basic techniques of playing volleyball. And thirdly, they take place in an atmosphere of special emotional upsurge. Conducting volleyball lessons should be based on the principle of an integrated approach. Classes by orientation should be combined, so that they include the material of two or three types of training (physical, technical, tactical), in various combinations. Such classes allow solving the main problem of mastering the technique of playing techniques (initial training in game techniques) with the optimal level of development of the physical abilities necessary for this. All subsequent classes are built on the basis of the previous ones with the obligatory repetition of previously studied actions and with the inclusion of new techniques. Each teacher of physical education is clear about the main task, which is to ensure that students successfully master the basics of playing volleyball skills. You need to learn how to quickly move around the site, stop and change direction, learn the transmission from above with two hands, the bottom serve and the reception from below with two hands. Having studied these techniques well in the lessons in the fifth grade, you can confidently play according to the rules of mini-volleyball. All this will become the basis for the successful study of program material in the next grades 6-11. Students must learn certain rules of conduct in the classroom when learning the techniques of playing volleyball. Exercises with a volleyball must be preceded by exercises in the

introductory part of the lesson. It is necessary to introduce students to the skills of self-insurance during jumps, falls, which are many in volleyball. Students must ensure that when jumping the ball does not fall under their feet, in case of danger, be sure to give a signal to others. Students should not be in a hurry to perform game techniques that they have not yet learned. The teacher pays special attention to students so that they follow the correct position of their hands when passing from above with both hands, do not put their thumbs forward - this can lead to injuries. Fifth-graders must master the basic elements of the game of volleyball - these are the ways of moving in volleyball, rational starting positions for performing game techniques - the so-called volleyball player's stances, study the top transfer of the ball with two hands, master games that prepare for volleyball [V. P. Gu-ba, 2019]. The stances and movements are not that difficult for children to learn. Movements and stances are part of the playing technique of a young volleyball player; the success of various actions with the ball depends on their perfection. The stand is the position of the volleyball player's readiness to perform the reception of the game, for example, the transfer. Movements are performed in the form of walking, running, jumps, lunges. But before performing one or another technique of the game, the volleyball player must take a certain stance or position, which ensures the possibility of timely execution of the necessary movement. In the fifth grade, students should be taught how to stop on a signal while walking and running.

In volleyball, such serves are used as: lower straight and side, upper straight and side, upper straight in the jump. The main attention of the teacher in teaching the game of volleyball should be directed to the technical training of students. At the beginning of training, the player must imitate the movement model as accurately as possible. This model is usually the teacher. It is not recommended to make drills more difficult until the player has completed the requirements in the previous drill. The choice of exercises and their order should stimulate the growth of technical skill, and not just maintain the existing level of skills. The gradualness in increasing the difficulty of the tasks assigned to the players should be both in terms of motor and in terms of perception. The effectiveness of volleyball classes largely depends on proper planning. The central place here is occupied by the content of technical and tactical training of volleyball players. For the correct construction of all educational work, the sequence of studying program material according to the principle "from simple to complex" is of paramount importance. When planning work, the teacher must take into account the existing conditions, in particular the state of the material and technical base of the school, as well as the level of physical fitness of students. Based on this, he determines the permissible load when performing exercises in the classroom when studying technical and tactical material. Also, educational tasks are set for the teacher in volleyball classes. Educational work is carried out according to the plans of physical culture classes, but mainly it is carried out directly in the process of classes at the lesson. The whole process of educational work should ensure a high level of mastering the technique of playing volleyball, developing physical qualities (strength, speed, endurance, dexterity), educating strong-willed character traits, strengthening the health of those involved and, on this basis, achieving high sportsmanship. The state standard for the subject "Physical Education" obliges teachers to take into account the anatomical, physiological and psychological characteristics of children and adolescents of the corresponding age when planning and conducting classes. Without deep knowledge of the anatomical, physiological and mental characteristics of students and the ability to apply them in specific conditions of the educational process, it is impossible to successfully solve issues related to increasing the physical fitness of students [B. A. Ashmarin, 2010].

Thus, we can conclude that volleyball at physical education lessons in the fifth grade can give students pleasure, serve as a means of reasonable rest, promote the development of physical abilities,

strength and speed, endurance, and promote the formation of physical qualities and skills. It is only necessary to skillfully select physical exercises and tasks so that they arouse interest among schoolchildren, and, consequently, arouse interest in physical education - this is the main goal that the teacher strives for in connection with the task of increasing the level of the process of teaching physical culture.

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