

## THE IMPORTANCE AND SPECIFICITY OF VOLLEYBALL SPORTS EQUIPMENT

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### **Abstract**

Volleyball is one of the most popular sports in all educational institutions today. One of the popular sports is volleyball. This article discusses the importance and uniqueness of volleyball.

**Keywords:** - Training, volleyball tactics, special physical qualities, physical training, functional capacity, tactics, volleyball rules

### **Introduction:-**

Today, volleyball is one of the most popular sports in all educational institutions of the country. President of the Volleyball Federation of Uzbekistan, Chairman of the Uzavtotrans Corporation, Professor L. Akhmedov, as well as all members of the federation, are exemplary. In modern volleyball, effective play and high results are achieved only through well-formed physical training. The special physical qualities that ensure the effectiveness of volleyball players are determined by two factors at all stages of training:

1. Fast-strength training.
2. Mixed factor of preparation.

The main goal of physical training is to make the athlete versatile

Development, increase its functional capabilities and health

Strengthening. Specific sections of volleyball physical training, ie the level of mobilization of the

body's functional level

Physical qualities that are directly related to strength, agility, endurance, flexibility, jumping, sports speed and throwing power, game agility, game endurance and increase athletic fitness.

In general, the process of physical training should be adapted to the influence of large physical loads on the body of the athlete, which is characteristic of the game of volleyball. In it, the main means of functional and athletic training are exercise. The first official volleyball game was produced in 1997 under the direction of Dr. A. Holsted of the United States. Some of the omissions of these rules are as follows.

- Area size - 7.6x16.1 m.
- The height of the net is 198 cm.
- The ball weighs 340 grams.

In volleyball, the ball is brought into the game with one foot in a 1x1-meter rectangle on the right side of the field, and so on.

Volleyball is becoming more and more popular and the game of participants

As the skill builds, so do the rules of the game improved. Training of special endurance, characteristic of volleyball players, is based on long-term volleyball and other sports games, movement games, repeated runs in different directions, performing various exercises in case of fatigue. is done. In volleyball, the speed at which a player moves is primarily a matter of movement suitability for the functioning of the coordinating central nervous system

should. The speed of a volleyball player is at a precise reaction speed, as well as at a rapid jolt with the ball, without the ball. Speed

re-acceleration in running, cycling and so on

the speed is slow, even, so that it reaches a different maximum

it is necessary to increase the amplitude of the movement.

## CONCLUSION

In conclusion, it should be noted that the volleyball player must fully master the elements of the technique of the sport in which he used the means of physical training. One of the main tasks of

physical training is to ensure the full physical development of volleyball players. The process aims to develop basic physical qualities and improve life skills. General physical training is the basis of a volleyball player's special training.

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