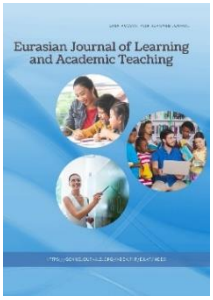

Technical Actions in Volleyball Protection

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ABSTRACT

This article presents technical devices that allow the study of time parameters specific to the game of volleyball. The positions of the players of the defending team developed by the authors are given.

Keywords: Volleyball, defense, attack, efficiency, superiority, technical devices, measurement technique, flight phase duration.

From the mid-20th century to the present, volleyball has been played by both men and women female, there is a progressive trend of offensive superiority over defense in volleyball tournament, defenders are not able to resist strong and intelligent offensive actions of rival teams. The observed advantage applies to all offensive actions:

– The quality and power of the players it serves significantly outweighs the quality of its reception. The efficiency of service acceptance, even by specialized players, is libero, no more than 64.8%. [1]

- The effectiveness of receiving the opponent's offensive blows in master teams does not exceed 38.5% in men's volleyball 30 ÷ 37% in men and depends on the skill level of competing teams (author's study).

Nevertheless, in practical volleyball, from children to high-level volleyball, coaches continue to seriously develop the attacking potential of teams, based on the principle of "attack - the best defense."

However, no one doubts that an effective attack is possible only in the reception of high quality of the opponent's service. Successful high-combination counter-attacks can be carried out only with a reliable game in defense, a quality reflection of the opponent's attacks.

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In this regard, the formation of special knowledge, skills and competencies in the organization of players is of particular importance in the field of defensive actions.[5]

There is a similar disproportion between scientific and educational work in favor of attack. Most sports professionals prefer to

study offensive movements, provide methodological and practical advice on how to improve them, and consider this to be the key to team success. And this also applies to the study of volleyball techniques and tactics. In addition, the approach to solving the problem of defensive potential of teams should be based on a more comprehensive and objective information, including the use of technical means and methods of mathematical modeling of defensive actions of players. [2]

In this article we offer you technical devices that allow you to work efficiently Learn the parameters of time that are rational to organize protective actions in the field. In our opinion, information about the speed of the ball is more important for the coach (this is provided in many special programs, literary sources), but during the phase performance is given about the duration of the flight phase of the ball and attack blows to different zones of the volleyball court. It is also useful to take into account the time of movement for short segments, rather than the time that athletes show ("chelnos running" "spruce") when conducting special volleyball tests. (0.5 to 4 m) in different ways. A comprehensive analysis of the above time indicators has enabled volleyball professionals to develop optimal tactical content in defensive play, identify real areas of players 'responsibility for receiving blows, and thus improve performance.Ultimately, improving defensive efforts has a positive impact not only about the fun and appeal of volleyball as a sport, but also about the growth of sports skills of teams of different levels.

Methodology

Measurement of volleyball players' movement time for short segments was performed in a laboratory pedagogical experiment setting. In September 2021, 20 highly qualified female athletes participated in the study on the basis of Nukus State University. The test subjects were given a certain distance (0.5 m, 1 m, 1.5 m, 2.0 m, 2.5 m, 3, from the starting position (volleyball player's training stand) according to the conditional sound and audible signal. 0 m, 3.5 m, 4.0 m, 4.5 m, 5.0 m) and tap the hanging ball. on a special stand at a height of 0.5 m from the floor. Research methods used in volleyball are typical of defensive movements (forward running, running). forward-right, forward-left running, backward running, right side step, side step left step). Three attempts were suggested, with the best of the three attempts recorded during the move. Statistical processing of the survey materials was then performed and the arithmetic mean values of the travel time were determined. Measurement of the duration of the ball flight phase was carried out under the conditions of a natural pedagogical experiment during the pedagogical observations of the competition.

The duration of the ball-throwing phase was determined by the time interval between the two strikes: 1 stroke - touching the ball while performing an attacking shot, 2 strokes - touching the ball with the hands of the volleyball player receiving the field or ball. The time the ball was in the air was determined while the attackers were performing. Blows from zones 2, 3, 4 to different zones of the volleyball court. It is conditionally divided into 81 squares, each with 1 m^2, for volleyball.

conditional squares of the volleyball field where the arithmetic mean values of the flight phase duration of the ball during attacks from different zones to different zones were calculated as a result of statistical processing of the measurement results.

Conclusions

The study led to the following conclusions:

• Low productivity in modern volleyball receiving offensive blows from an opponent;

• Use an acoustic millisecond clock to study time parameters specific to playing volleyball;

• Time of movement of the volleyball player in different short segments ways;

• Determining the duration of the flight phase of the ball performed by the opponent attack shots from different attack zones to different parts of the volleyball court;

• it has been proven that it is not advisable to take any action during a direct attack; the preparation for the return of the opponent's attacking blow must be made during his preparation.

In summary, we provide a number of practical recommendations for improving the effectiveness of the defensive efforts of both individual players and the team as a whole:

• Develop reasonable procedures for players who deliver offensive blows in normal play situations and introduce them into the training and competition process;

• Determining the real areas of responsibility of volleyball players to receive the opponent's attacking shots, taking into account the duration of the flight phase of the ball, the speed capabilities of the players and their anthropometric data;

To train volleyball players in optimal preparation movements in a timely manner and to use reasonable tactical and technical methods during a direct attack in order to return the offensive blow in the development of offensive movements.

receiving a flying ball after being hit by an opponent.

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