



## IMPROVING THE TECHNIQUE OF ATTACKING MOVEMENTS IN SPORTS GAMES (FOR THE EXAMPLE OF VOLLEYBALL)

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In this article, the process of developing offensive movements of 13-14-year-old volleyball players is studied. During the research, a set of exercises aimed at increasing the efficiency of the participants' attack techniques was developed and these exercises were used in the participants of the experimental group. The developed set of exercises had a positive effect on the effectiveness of the attack movements of the trainees in the experimental group. The results of the research serve to improve the technical and tactical training of young volleyball players and to organize training effectively.

Key words: training, attack technique, combination, correlational analysis, volleyball

**INTRODUCTION** Among sports, volleyball stands out for its uniqueness, entertainment, and fun. Therefore, it is necessary to improve the training of young volleyball players at a high level in order to educate them in accordance with the requirements of the time and to soon join the ranks of world-class teams. Special importance should be paid to high technical and tactical preparation even at the initial stage of training young volleyball players in attacking techniques.

If we look at the above table, the results shown in the 5th direction from the 10 participants who passed the test did not give the results we expected. Therefore, we recommended this group to use the exercises we recommend.

The methods are improved with the description of a particular game ampoule. The previously learned game methods improve the ampoule of games in the team, physical fitness, and the method of individual mastering of materials.

Attacking kicks requires athletic training, well-developed qualities of strength, quickness, agility and flexibility. The main exercises include exercises aimed at strengthening the locomotor system, primarily ankles, knees, shoulders, feet and hands, finger joints, and increasing the speed of muscle contraction. General development exercises are performed without objects or with objects (ball, dumbbells, elastic elastic objects, etc.)

It is advisable to properly teach the following phases in parts when teaching the attack movement. These are the following:

- running;
- jump;
- hitting the ball;
- landing on the ground.

In turn, these phases are divided into several microphases. In the run-up phase, the attacker solves two main tasks: to achieve a higher jump and to correctly determine the speed and direction of the ball. First, the attacker is taught to perform three-step movements. In this case, the player, determining the distance, takes the first left foot (left foot if he hits the ball with the right hand, the right foot if he hits the ball with the left hand), a simple step, the second



step is slightly wider than the first step. The third step is a small step, the toes are turned slightly.

In the jumping phase, the attacker takes a big step from the heel to the tip of the foot, in the last step, the distance between the legs is slightly shorter than before, and the hands are moved to the back. The legs are bent at the knee, and the body is bent at the hip joint. Then the hands are thrown forward and up, the legs are separated from the support, the body is slightly bent back and brought to a vertical position. It is necessary to pay attention that the palm of the striking hand does not go behind the head and the elbow is slightly above the shoulder.

In the striking phase, the right (or left) arm is straightened at the elbow joint and extended up and forward. When punching, it is performed by successive and sharp contractions of the muscles of the abdomen, chest, shoulders and arms. In this case, the palm of the kicker's hand hits the ball back and forth. The impact force is determined by solving the tactical task. At the initial training stage, it is necessary to pay attention not to the strength of the attack, but to its timing and direction.

When landing, the attacker lands on his toes and the knee bends a little, because in this case, injuries to the musculoskeletal system are prevented and comfortable conditions are created for the next movement.

It is not enough to complete a team attack with just the right attack shots. That's why in modern volleyball, attacking shots made by changing the direction of the ball are more important.

The conditions for effectively solving the movement tasks of the attackers are determined by the criterion of the flight speed after the interaction of the ball's impact. The choice of such an optimal criterion is justified, because the speed of the ball flight after the shot is often decisive for winning points. This applies not only to the use of force, but also to other types of hitting: stopping the hand and making deceptive movements are used by skilled volleyball players today. Therefore, it is very important to realize the conditions of effectiveness of actions in solving the task of ensuring the appropriateness of actions.

Two major tasks are solved when teaching how to perform an attack:

1. Strengthening the musculoskeletal system, developing the dynamic strength of arms and legs;
2. To be able to perform coordination actions at the necessary level to respond to a moving object (ball) without support.

Exercises that develop these movements are:

1. Jumping up from the ground with a wave motion of the hands;
2. Jumping up on some equipment (bench, bench), jumping down in the same position;
3. Jumping over ropes of different heights;
4. Various jumps: one-legged and two-legged jumps over gymnastic benches;
5. Jumping left, right, forward, backward;
6. Jumping to different heights;
7. Jumping while sitting still;
8. Jumping in place, pulling the knees to the chest;
9. Jumping objects of different heights;
10. Long jump while sitting;
11. Jumps with rope;
12. Rubbing hands and feet with special rubbers;
13. Perform various bending exercises;
14. Stretching exercises performed against the partner's resistance;
15. Vibrations and circular movements in gymnastic rings;
16. Jump while standing, then run fast;
17. Correct execution of attack phases in relation to the ball hanging up;





18. Imitating the attack action with a tennis ball by running and jumping;
19. Jump down from a height of 40-50 cm;

20. Simulating the impact movement in one place (moving the impact hand forward and up);

It is recommended to make effective use of the above-mentioned exercises and equipment in the training sessions. It is necessary to choose the most effective exercises and effectively use the exercises designed by the coach when teaching effective execution of the attack technique.

According to the comparative analysis of the results of the study, it was found that the indicators of the performance of attacking technical movements of young volleyball players significantly increased after the research compared to the indicators before the research. It is no exaggeration to emphasize the effectiveness of the training microcycles and the set of exercises recommended by us in the development of attackers' offensive actions.

According to current points of view, training exercises for developing the accuracy of attack movements in volleyball are performed using two main methods, that is, methods with continuous and interval descriptions. Both of these methods can be used simultaneously and alternately.

Thus, the attack in the game consists of the analysis of the basis of the successful implementation of the action, the coordination of the active movements of the hand and the body. Undoubtedly, the results obtained during the pedagogical control of competition activities serve as the main tool in the training process, especially in the stage of development of individual technical movements of athletes

**CONCLUSION** In conclusion, it should be noted that in teaching young volleyball players the technique of attacking movements, it is necessary to ensure the use of a set of special exercises in the training process. Implementation of these processes in a targeted manner based on systematic approaches is highly effective. It has been proven that the inclusion of model exercises in volleyball training is the main factor in mastering the technique of attacking movements.

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