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THE IMPORTANCE OF PASSING AND PASSING THE BALL AND MOVEMENT TECHNIQUES IN VOLLEYBALL

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Abstract

The article analyzes the fact that in a volleyball game, players must move with the ball in a short time. Therefore, in order to play with the ball in a particular game situation, a player must be highly prepared. For this purpose, it is emphasized that it is necessary to take different positions to perform different movement methods.

Keywords: Volleyball, player, shot, coordination ability, UOM (common center of gravity), height.

Аннотация:

В статье анализируется тот факт, что в волейбольной игре игрокам необходимо перемещаться с мячом за короткое время. Следовательно, для игры с мячом в конкретной игровой ситуации игрок должен быть хорошо подготовлен. Для этого подчеркивается необходимость принятия различных позиций для выполнения различных способов передвижения.

Ключевые слова: волейбол, игрок, удар, координационные способности, общий центр тяжести, рост.

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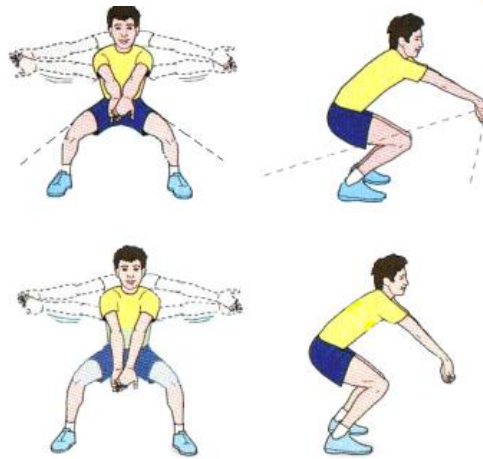
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When delivering an attack blow and blocking - high, when receiving a ball that has been put into play - medium, when receiving an attack blow or a ball that has bounced below the barrier - low. In this case, the position of the UOM (total center of gravity) depends on the nature of the next movement. It is also worth noting that the player's height and his coordination abilities have a significant impact on the UOM. Therefore, an effective standing position should be such that the UOM can be quickly removed from the support line and provide the necessary movement and activity.



Positions are static (the player is motionless) or dynamic (while waiting to receive the ball by transferring the main support from one foot to the other, deliver an attack blow or block) depending on the nature of the subsequent movements. In these positions, the hands are at the waist, the fingers are facing the palms, and the body is slightly bent forward. The body should be in a free position.

Movement. The player moves across the field to perform a certain technical technique. Depending on the technique and the situation of the game, he performs various movements by stepping (forward, backward, sideways), skipping, jumping, running, falling. The movements performed by stepping and running are somewhat soft (due to the slowness of the UOM vibration). Stepping to the side is often used when blocking a short distance, receiving an attack blow, or receiving a ball that has changed direction from a block. The movement always

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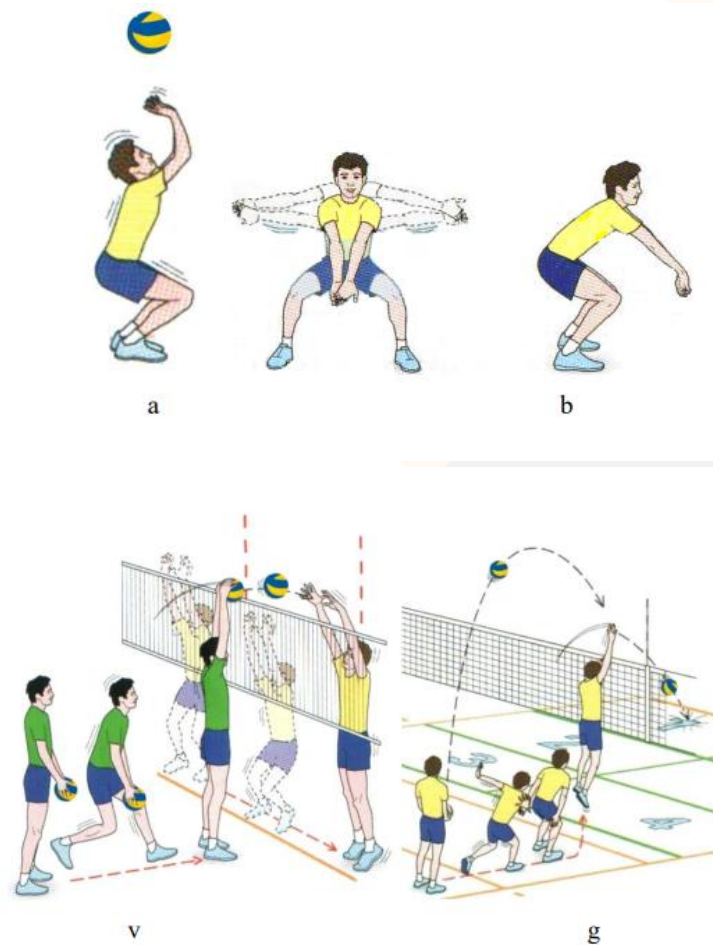


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begins with the foot closest to the desired direction of movement. It is used to perform quick response movements from movements such as jumping, jumping, and running. The movements considered are often used in a common unit.

Initial positions. Initial positions determine the preparatory phase for performing one or another technical technique. The implementation of the initial positions should provide favorable conditions and movement for performing the expected movement. Regardless of the technical technique, the initial positions differ in some staticity: before passing the ball, when receiving the ball from below, blocking, and delivering an attack blow.



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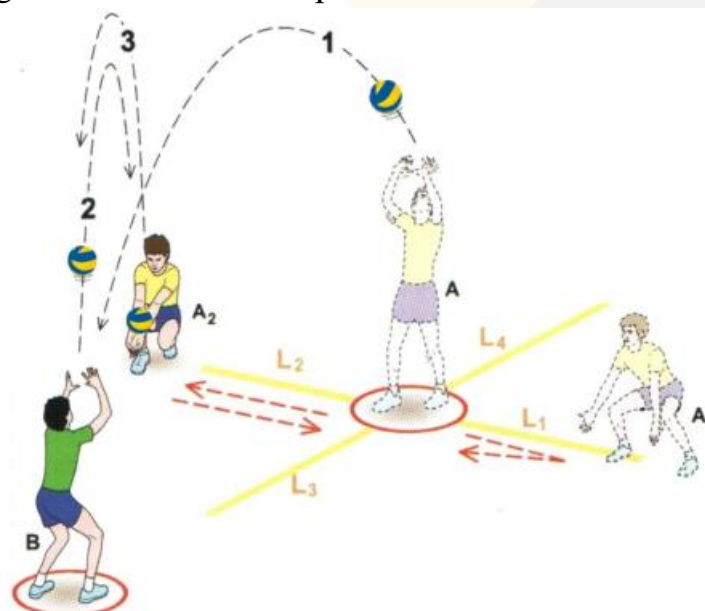


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Passing is a technical method that creates favorable conditions for organizing and implementing an attack. The ball can be passed: from a standing position with two hands, jumping with two hands, jumping with one hand, falling back with two hands. The latter method is rarely used in volleyball, when an acute situation arises.

By direction, passes (relative to the passer) are as follows: forward, over himself, back. By length: long - above the zones; short - from zone to zone; shortened - within the zone. By height: high - above 2 m, medium - up to 2 m, low - up to 1 m. Depending on the above indicators, the ball is given slow, fast and high acceleration. The ball can be passed close to the net - up to 0.5 m and long - more than 0.5 m. The technique of passing the ball consists of the initial position, the movement of the arm opposite the ball, the cushioning and the direction of the ball. After moving from the initial position towards the ball, the volleyball player is in a vertical position, the degree of bending of the legs depends on the height of the ball's trajectory and the speed of its flight, the palms of the feet are parallel or one foot (opposite the main arm) is slightly ahead. The arms are extended forward, the fingers form an oval shape.



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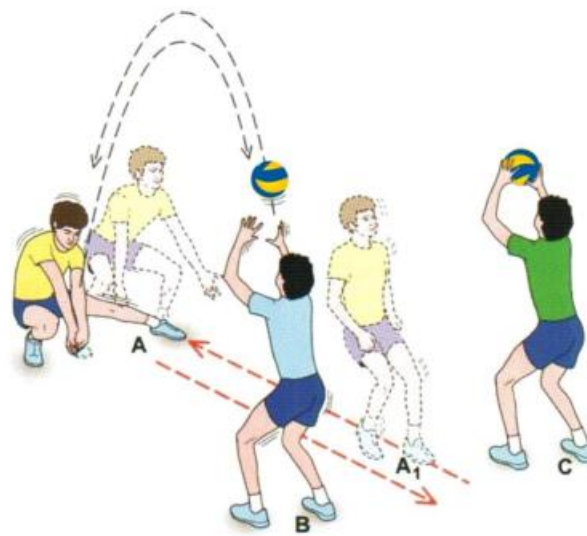
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The hands collide with the ball above the face. In this case, the thumb takes the main load, and the index fingers are the main ones for striking. The middle finger, to a lesser extent, the ring finger and the ring finger mainly serve to hold the ball from the side. When directing the ball, the tension of the muscles of the arms, legs and torso is explained by the mutual integration. In this case, the UOM of the body moves slightly up and forward, and the weight of the body falls on the tips of both feet. The arms are fully straightened at the end of the ball transfer.



When organizing complex attack combinations, when the ball is passed high or in order to reduce the flight time of the ball, the jumping pass method is used. In this case, the hands are raised slightly above the head and the ball is passed from the top of the jump due to the active work of the hands. In the same case, in the short pass, the main movement is performed due to the active work of the fingers.

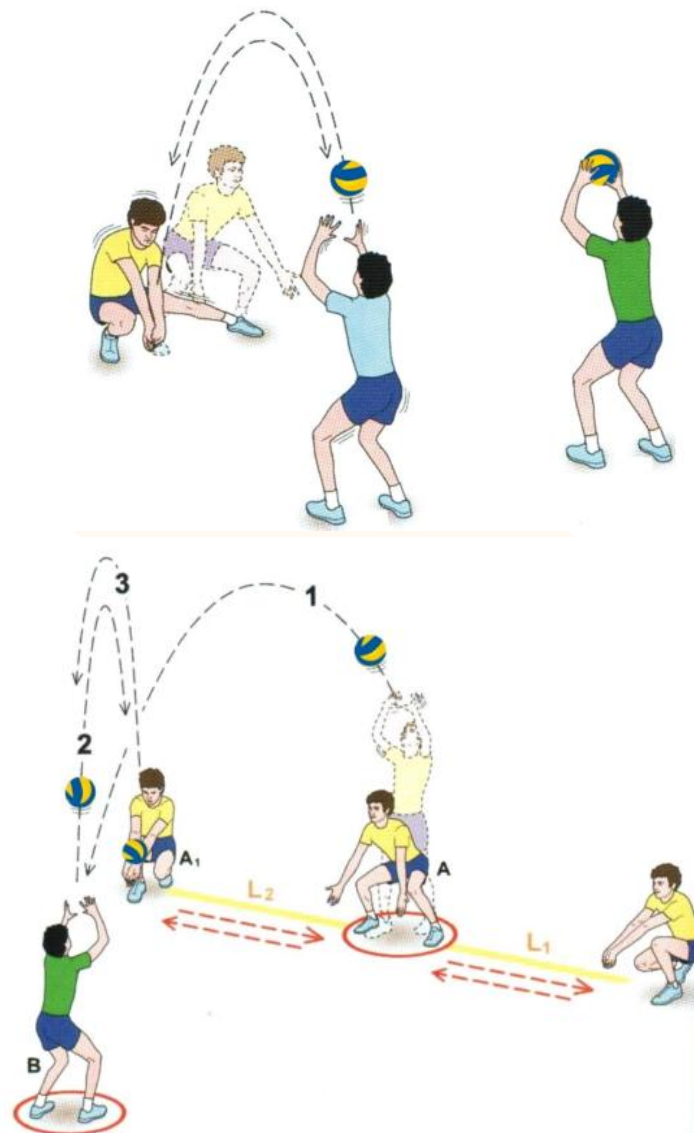
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The pass is a technical technique used to put the ball into play. The main goal of this technique is to make it as difficult as possible for the opposing team to pass the ball. Therefore, this technique is considered a means of attack technique. The pass consists of an initial position and three consecutive phases: preparatory (throwing the ball, swinging the arm), main (hitting) and final (lowering the arm

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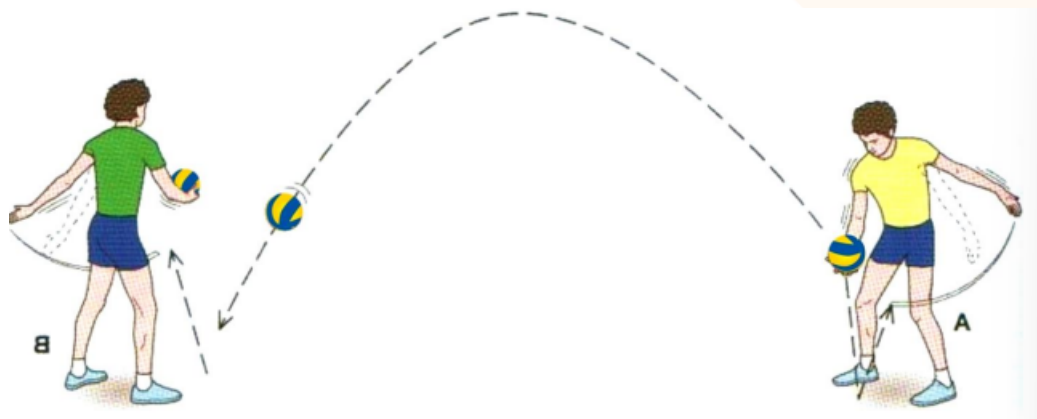
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and subsequent movement). In volleyball, there are direct pass methods from below, direct from above, from above from the side and jumping direct pass. When performing these methods, the ball is hit in different sequences. First, the methods of giving the ball a circular motion, and then the pass without a circular motion (due to its somewhat more complex nature) are taught or repeated. Direct pass from below. The player stands in a forward position, with his legs bent at the knees and one leg (opposite the kicking arm) extended forward.



When passing the ball backwards (standing with your back to the goal), the player goes under the ball. In this case, the back of the hand is raised to the back of the head. The pass is performed by bending the arms at the elbows, the body moves back and up, while the movement is due to the bending of the thoracic and lumbar parts of the spine. A jump back pass is performed in the same way as a backward pass in a standing position. The most difficult way to pass the ball is a jump one-handed pass. This method is performed in difficult conditions when the ball is on the net. In this case, the arm is bent at the elbows and brought forward. The palms are facing forward, the fingers are bent and tense. The pass is performed by bending the elbow joint. The ball is held at the waist with the arm slightly bent at the elbow. The ball is thrown at a distance of 20-30 cm from the body. When striking, the hand is sharply moved back. The blow is performed from bottom to

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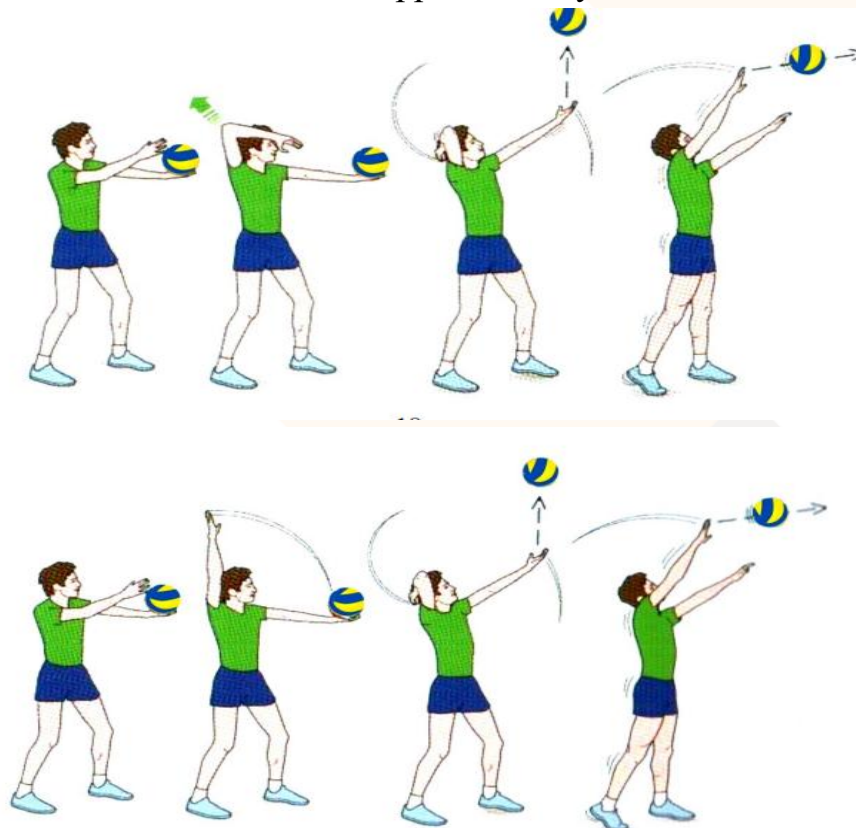
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top - straight. The player simultaneously straightens the back leg and transfers the weight of the body to the front leg. After the blow, the hand movement is completed by "following" the ball. The accuracy of a direct throw from below is determined by three main factors: by the direction of the hand movement (swing) - it should move sharply back; by the height of the throw - it should not be high; by hitting the ball - it should be done approximately at the waist level.



The ball is held at chest level, one foot is placed forward (opposite to the kicking arm). The ball is thrown forward 1 m, the player moves his arm up and back, and the kicking arm - the shoulder - moves back and forth. The kick is performed with a straight arm, slightly forward. This method can be performed in two versions: with a circular motion of the ball and without a circular motion. The method of

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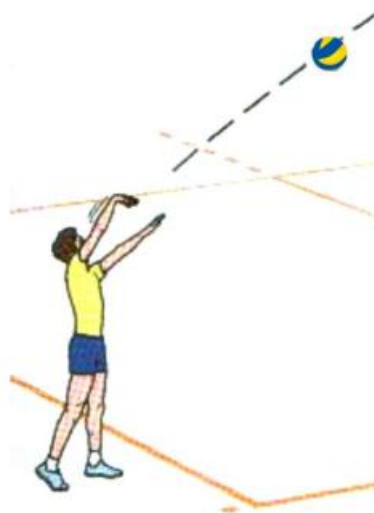


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throwing the ball without a circular motion of the ball is considered a somewhat more complex method. In this method, it is necessary to strictly adhere to the implementation of the following elements. These are: hitting the ball in the middle of the ball; relatively low throwing of the ball (up to 0.5 m); relatively short movement of the kicking arm back; strong (fast) and "deceptive" (slow) kicks. The attack shot can be performed in 2 ways: straight (standing straight in relation to the net) and sideways (in relation to the net).

Overhead side pass. In the overhead side pass, the player stands sideways to the net with his legs bent at the knees. The ball is thrown over the shoulder at a height of up to 1 m. When hitting with the right hand, it moves from bottom to back, while the shoulder is lowered and the weight of the body is transferred to the right leg. The striking arm is moved from back to top in an arc, and the blow is made. The body turns to the left and the weight is transferred to the left leg. This movement serves to increase the power of the blow.



Jump shot. The jump shot is currently widely used. Since the basis of this method is similar to taking an offensive shot from the back (defensive) zone, its essence will be explained below.

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