



DEVELOPMENT OF VOLLEYBALL SPORT AND ITS IMPORTANCE FOR ATHLETES

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ABSTRACT

Volleyball (English: volley volley - "hit" and ball - "ball") is a ball sport played by two teams of 6 players on a court with a net in the middle. It is played on a 9x18 m court divided in the middle by a net (2.43 m high for men's competition and 2.24 m high for women's competition). A volleyball net has 1,000 cells (100 wide and 10 high), and each cell has four sides of 10 cm. One team consists of 6 people and 2 teams play. Players try to hit the ball with their hands and land it in the opponent's field. The ball must be moved to the opponent's side in three hits.

KEYWORDS

players, opponent,
developed, field, rules,
lider, play part, number,
federation

INTRODUCTION

The competition is played in 3 or 5 games. Volleyball originated in the United States (1895). More than 180 countries are members of the International Federation (FIVB; founded in 1947). It has been included in the programs of the Olympic Games since 1964, and the world championships have been held since 1949.

The first official rules of the game of volleyball were in 1997

Developed under the guidance of American Dr. A. Holsted. This is it

Some clauses of the rules are as follows:

- the size of the field

- the height of the grid

the weight of the ball 7.6 x 16.1 m;

198 cm; 340 g players are not limited;

1x1 meters located on the right outer part of the playing field

entered standing on one foot from a square-shaped place, etc.

The increasingly popularization of volleyball and

in addition to developing the playing skills of the participants

the rules of the competition have also changed and improved.

1900 - the score is up to 21 points, the height of the net is 213 cm;

- 1912 - field 10.6 x 18.2 m, net - 228 cm;

1917 - the score is up to 15 points, the height of the net is 243 cm;

1918 - the number of players in one team - 6,

1922 - play the ball only 3 times, pitch 9.1 x 18.2 m;
1925 – ball 66-69 s, weight 275-285 g, field 9x18 m;
1934 - net for women 224 cm. Uzbekistan is developing volleyball in a new direction "initiating" it in the provinces, foreign in connecting countries with volleyball teams, they in organizing official competitions with Uzbekistan President of the Volleyball Federation E.M. Ganiyev and All members of the Federation are doing exemplary work they are coming. The national of Uzbekistan held after independence championships and "Universiada"> results are presented. In conclusion, it should be said that Uzbekistan Historical pictures of volleyball, how to play this game to form in directions, to increase its popularity a great help to increase and ensure the perspective will give. 1984 - height of the body when receiving the ball You can "touch" several times with the ball into play unblocking it while entering. 1988 - Highest score to 17, deciding party timebreak continues until there is a difference of 2 points. 1992 - the ball can touch any part of the body above the knee. 1998 – the ball can touch the body anywhere; count up to 25, up to 15 in 5 batches; 2 one when the count is 8 and 16 in each batch a technical break is given from the minute; after that teams 2 times 30 sec. can take a break; throw-in 9 meters (avg in the width of the line) can be played between; "Libero" player was introduced. 2008 - the color of the ball was changed (yellow-blue); hurdlers it is possible to hit the net from the net (destroy the attacker's play provided not to give). The size of the modern volleyball court is 9x18 m. Net length 9.5 m, width 1 m, cells 10x10 cm. Square The width of the lines is 5 cm. The height of the antenna is 180 cm. Game Detailed interpretation of the rules is covered in a special section. The rules were officially introduced in full in 1946, but by 1951 the FIVB Congress in Marseille confirmed by 1947 - Men's match consists of 5 games 1950 - women's game consists of 5 games 1952 - break 2 times in 1 party 1957 Intermission is reduced from 1 min to 30 sec 1961 - Player substitutions increased to 6 1965 - Blocker replays (touches the ball) it is possible, he can pass his hands to the opponent's side 1976 - Blocking the ball Now the weight of the ball is 270+10g, the circular length is 66+1 cm 1980 - pressure inside the ball $R=0.4-0.45 \text{ kg/cm}^2$ 1984 - height of the body when receiving the ball can be <touch> several times, the ball is in play unblocking it while entering. 1970 - antenna 180 cm

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