



METHODS FOR IMPROVING TECHNICAL PREPAREDNESS IN VOLLEYBALL TRAINING SESSIONS

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Abstract: *This article analyzes theoretical and practical aspects of improving technical training in volleyball. The methods of developing key volleyball techniques such as passing, reception, attacking hit and blocking are discussed. Based on pedagogical practice observations, recommendations aimed at improving the technical skills of young volleyball players are presented.*

Keywords: *volleyball, technical training, passing, reception, attacking hit, blocking, training process, sports mastery.*

Introduction

Modern volleyball is recognized as one of the sports that requires a high level of speed, mobility, and technical proficiency. During competitive play, athletes' technical preparedness is considered one of the key factors determining the overall effectiveness of team performance. In particular, the accurate execution of fundamental technical actions such as receiving, passing, attacking, and blocking directly influences match outcomes.

In the process of training young volleyball players, the gradual acquisition and continuous improvement of technical skills are of paramount importance. Therefore, the study of methods aimed at enhancing technical preparedness and the evaluation of their effectiveness represent one of the most relevant tasks in contemporary volleyball training theory and practice.

Literature Review and Methodology

An analysis of the scientific literature on volleyball indicates that technical preparedness is a fundamental component of athletic skill development. Studies conducted by Pulatov, Kerimov, Zheleznyak, and Belyaev emphasize that the systematic repetition of technical actions, the application of specialized exercises, and training under conditions that closely simulate actual game situations contribute significantly to improving players' technical proficiency.

The study employed several research methods, including the analysis of scientific literature, pedagogical observation, comparison, and generalization.

The research materials were collected between May 18 and May 30, 2026, during volleyball training sessions organized at the volleyball club of Secondary School No. 8 in Termez and throughout the pedagogical internship conducted at the Specialized School of Athletics and Sports. The observations involved students who regularly participated in volleyball training and practice activities.

Main part

The importance of technical preparedness in volleyball

Technical preparedness is considered one of the fundamental components of the volleyball training system. Modern volleyball is characterized by a high pace of play, requiring athletes to make rapid decisions and execute movements with precision. Therefore, a player's technical proficiency is regarded as one of the key determinants of success in competitive performance.

Technical preparedness refers to the ability to learn, refine, and effectively apply the movements and techniques used in volleyball under competitive conditions. A high level of technical skill mastery enables players to successfully accomplish tactical tasks and respond effectively to various game situations.

In the process of training young volleyball players, technical skills should be taught in a gradual and systematic manner. Initially, the technique of a specific movement is explained and demonstrated. Subsequently, it is reinforced through repeated practice and specialized exercises. At later stages of training, these technical skills are applied and refined under game-like conditions, allowing athletes to transfer acquired abilities into actual competitive performance.

Improving ball reception technique

Ball reception is considered the first stage in organizing an attack in volleyball. The quality of reception directly affects the effectiveness of the team's subsequent actions.

The following exercises are widely used to improve ball reception technique:

- Receiving the ball in pairs;
- Receiving balls delivered from various distances;
- Reception exercises performed while moving;
- Receiving service balls;
- Reception exercises under complex game situations.

During training sessions, particular attention is paid to foot positioning, body balance, and the correct placement of the arms during ball reception.

Improving the technique of ball passing

Ball passing is considered the primary means of organizing a team attack in volleyball. The accuracy of passing determines the effectiveness of attacking actions.

The overhead two-handed pass is one of the most frequently used technical elements in volleyball. To improve this movement:

- Passing from a stationary position;
- Passing while moving;
- Passing against a wall;
- Passing in pairs;
- Passing exercises performed in game situations.

As a result of regular repetition, the movement becomes automated, and the athlete gains the ability to make correct decisions during competition.

Improving the attack hit technique

The attack hit is the primary means of scoring points in volleyball. The effectiveness of an attacking action depends on its technically correct execution.

The attack hit consists of the following stages:

1. Approach run;
2. Take-off;
3. Jump;
4. Ball contact (hit);
5. Landing.

Each of these stages is taught separately and subsequently integrated into a unified movement pattern. During training sessions, special exercises aimed at increasing jump height and developing hitting power are widely used.

Improving blocking technique

Blocking is an important element of defensive play in volleyball. An effective block makes it possible to stop the opponent's attack or reduce its effectiveness.

The following exercises are used to improve blocking technique:

- Performing blocks from a stationary position;
- Performing blocks while moving;
- Blocking exercises in pairs;
- Team blocking exercises;
- Blocking in game situations.

When performing a block, correct timing, jump height, and proper hand positioning are of great importance.

The importance of an individualized approach in technical preparation

Since each athlete possesses different physical capabilities and levels of technical preparedness, the use of an individualized approach during the training process is considered essential.

Through an individualized approach:

- Technical errors are corrected more quickly;
- The process of mastering movements is accelerated;
- The athlete's self-confidence increases;
- The development of technical proficiency is enhanced.

Therefore, in modern volleyball training, taking into account the individual characteristics of each athlete yields greater effectiveness.

Results

During the pedagogical observations, the technical movements of young volleyball players were analyzed. The observations showed that at the initial stages of training, the most common errors occurred in ball reception and overhead passing techniques. The main shortcomings were associated with incorrect body positioning, poor coordination of arm movements, and failure to fully comply with technical requirements during ball contact.

To improve ball reception technique, exercises involving pair work, reception while moving, and reception of service balls were employed. At the end of the training period, a noticeable improvement in the athletes' reception accuracy was observed.

To enhance ball passing technique, the method of repeated practice and passing exercises performed while moving were applied. These exercises contributed to improving the accuracy and consistency of passing.

During the process of teaching the attack hit, particular attention was paid to jumping technique, the point of ball contact, and the coordination of arm movements. The training results indicated an improvement in the effectiveness of attacking actions.

To improve blocking technique, special exercises aimed at developing jumping coordination and correct timing were utilized. These exercises contributed to enhancing the athletes' defensive performance.

Discussion

The obtained results demonstrated that the principles of regularity and gradual progression are of great importance in teaching technical skills. The use of specialized technical exercises during training sessions made it possible to reduce technical errors and improve the accuracy of movements.



The observations also revealed that students showed a high level of interest during training sessions that incorporated game-based methods. This had a positive effect on accelerating the process of mastering technical skills.

Furthermore, tasks assigned on the basis of an individualized approach ensured positive improvements even among students with relatively lower levels of technical proficiency.

Conclusion

Improving technical preparedness in volleyball training is one of the key factors in enhancing athletes' competitive performance. The systematic development of technical elements such as ball reception, passing, attacking, and blocking provides opportunities for achieving high sporting results.

The results of pedagogical practice and observations demonstrated that regular training, the use of specialized preparatory exercises, and the application of an individualized approach in teaching technical skills yield high effectiveness.

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