

## MODERN METHODS OF TEACHING VOLLEYBALL TO STUDENTS

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**Annotation:** This article discusses modern pedagogical approaches to effectively teaching volleyball to students in higher education institutions. traditional methods are compared with modern methods (interactive lessons, information and communication technologies, reflective discussion, video analysis, and group exercises). based on experimental research, students' mastery and technical indicators are analyzed.

**Introduction:** In sports pedagogy, volleyball is considered the most popular and effective sport among students for physical development. volleyball, which is an integral part of physical education classes in higher education institutions of uzbekistan, plays an important role not only in physical health, but also in the formation of social activity and teamwork skills. today, conducting classes based on interactivity, digitalization, and reflective approaches in the education system is becoming an integral part of the pedagogical process. In this context, teaching volleyball through modern means creates a foundation for students' motivation, self-esteem, and in-depth mastery of technical skills.

**Research:** The study was conducted in an experimental manner. 40 students were divided into two groups: • Control group (CG) – trained using traditional methods; • Experimental group (TG) – training was organized using modern methods. Basic methods:

1. Video analysis – students record and then analyze their actions;
  2. Mobile applications and testing platforms – assessment of technical theoretical knowledge;
  3. Reflective discussion – exchange of ideas after each training session;
  4. Virtual simulation – learning game tactics and positioning;
  5. Team tasks – competitive learning through groups.
- Measurements: • Technical mastery scores (10-point system); • Physical fitness tests (coordination, speed, reaction); • Motivation questionnaire results.

**Results**

1. Changes in technical mastery: Skill Control group Experimental group Receiving the ball 6.8.4 Passing 7 8.8 Serving 6.9 8.6 Placing 6.5 8.3 2. Physical fitness gains (reaction test): • NG: 0.55 seconds (average) • TG: 0.42 seconds (average)

3. Common nationalities:

- 89% of TG students said that the classes were “interesting and understandable”;
- 82% of students said that video analysis helped them understand their mistakes;
- 76% of students noted that mutual learning increased through teamwork.

### Discussion

The use of modern methods has helped students:

- master techniques faster and more accurately,
- self-analysis (metacognitive approach),
- develop collective thinking and strategic decision-making skills.

Although traditional methods (instruction - execution) are effective, they lead to passive learning. Modern methods enhance learning based on actual reflection and active participation. The study of techniques based on video analysis before classes, and simulations and discussions based on real situations during classes, have formed a responsible approach in students.

### Conclusion

When teaching volleyball to students:

- Use of ICT technologies;
- Deep mastery of techniques based on video analysis;
- Use of group and reflective approaches;
- Interactive analysis of game elements gives effective results.

Modern methods are superior to traditional methods, attract students more to the lesson, increase interest in sports and improve the team atmosphere.

Mandatory introduction of video analysis and ICT technologies in volleyball lessons in universities.

Improving the skills of teachers in modern methods.

Development of online volleyball simulators and AR (augmented reality) tools.

Involving students in reflective analysis in lessons: discussion based on the questions “what did you do well?”, “what do you need to work on?”

Introduce a peer-assessment methodology in which students evaluate each other's lessons.

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