

## STAGES OF DEVELOPMENT OF THE SPORT OF VOLLEYBALL AND ITS POPULARITY ON A GLOBAL SCALE

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**Abstract:** This article provides information about the history of the origin of the sport of volleyball, its stages of development and its global popularity. Volleyball appeared in the USA at the end of the 19th century and quickly became an international sport. The article analyzes the creation, initial rules and factors that influenced the development of this sport. It also covers the role of volleyball in the Olympic Games and its importance in world sports today.

**Keywords:** volleyball, sports history, origin, development, international sport, rules, Olympic Games, world sport.

### INTRODUCTION

Volleyball is one of the most popular sports in the world today. This sport has attracted millions of people with its mobility, team play principles and dynamics. The history of volleyball dates back to the end of the 19th century and it first appeared in the USA. Due to its simple rules and interesting style of play, volleyball soon entered the international arena and was included in the program of various competitions and the Olympic Games.

This article provides detailed information about the emergence, history of development and current importance of the sport of volleyball. It also highlights its international role and how it has developed through prestigious competitions.

### DISCUSSION

By 1913, the development of volleyball in the Asian continent was ensured, since that year the game was included in the program of the first Far Eastern Games held in Manila. It should be noted that for a long time in Asia volleyball was played according to the "brown" rules, which, among other things, used 16 players (for greater participation in the games). An indicator of the growth of volleyball in the United States is given in an article published in the Spalding Volleyball Handbook in 1916 and written by Robert C. Cubbon. In this article, Cubbon estimated that the total number of players was 200,000, divided as follows: 70,000 in the YMCADA (boys, young men, and senior men), 50,000 in the YVCADA (girls and women), 25,000 in schools (boys and girls), and 10,000 in colleges (young men). In 1916, the YMCA was able to persuade the powerful National Collegiate Athletic Association (NCAA) to publish its own rules and a series of articles, which contributed to the rapid growth of volleyball among young college students. In 1918, the number of players per team was limited to six, and in 1922, the maximum number of authorized contacts with the ball was set at three. Until the early 1930s, volleyball was mostly a leisure and recreational game, with only a few international events and competitions. There were different rules of the game in different parts of the world; however, national championships were held in many countries (for example, in Eastern Europe, where the level of the game reached an excellent standard). Thus, volleyball became an increasingly competitive sport with high physical and technical performance. The origin and history of volleyball. The sport of volleyball was created in 1895 by William G. Morgan, a physical education teacher in Holyoke, Massachusetts, USA. Morgan developed this game, incorporating elements of basketball, baseball, tennis and handball, and initially called it "mintonette". Later, it was given the name "volleyball" due to the long time the ball was held in the air during the game.

In the early 1900s, volleyball developed rapidly and began to spread outside the United States. In 1916, new volleyball techniques were introduced in the Philippines, including the first attack shots. In 1947, the International Volleyball Federation (Fédération Internationale de Volleyball — FIVB) was founded, which gave impetus to the further development of the sport.

Evolution of volleyball rules. The first volleyball game did not have clear rules. The number of players was not limited, and the ball could be passed from anywhere on the court. In 1897, the first official version of the volleyball rules was published. Later, the game was improved and acquired modern rules:

A team should have 6 players,

-Each team should not touch the ball more than 3 times on the court,

- The game is played in sets of 25 points,

- The introduction of new tactics and roles such as attack, block and libero.

Volleyball at the Olympic Games. Volleyball has been officially included in the Olympic Games program since 1964. The first Olympic champions were the USSR national team among men, and the Japanese national team among women. Currently, volleyball at the Olympic Games is one of the prestigious competitions that unites the strongest teams in the world.

The development of volleyball today. Today, volleyball is widely played in different countries of the world and is played at a professional level. Variants such as beach volleyball are also becoming popular, and various international tournaments are regularly held, including the World Championship and the League of Nations.

Volleyball is not only a professional sport, but also very popular at school, university and amateur levels. This sport plays an important role in increasing physical activity, developing teamwork and promoting a healthy lifestyle.

## CONCLUSION

Volleyball was created in the United States at the end of the 19th century and quickly spread throughout the world. Initially developed as a simple physical activity, this game eventually became a professional sport with clear rules. International competitions, in particular the Olympic Games, played an important role in the development of volleyball. Today, volleyball is popular in many countries of the world and is played by professional and amateur teams. It is of great importance not only as a sport, but also as a means of strengthening human health and developing teamwork.

This article covers the origin, history of development and current importance of volleyball. The global growth of volleyball will further strengthen its position in the world of sports and is expected to attract even more people in the future.

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