

HISTORY OF THE ORIGIN OF VOLLEYBALL SPORT

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Abstract. *The sport of volleyball was invented by William G. Morgan in 1895 in Massachusetts, USA. Originally called "Mintonette", the game was introduced as a new sport for students in physical education classes. The game was organized using a ball and a wire fence (net). The game soon became popular and reached other countries in the early 1900s. In 1916, the first international tournament was held, and in 1924, the International Volleyball Federation (FIVB) was established. Volleyball was recognized as an official sport at Tokyo Olympics in 1964. Today, volleyball is a widespread sport on a global scale, with many international and regional competitions held every year, fostering team spirit among players and fans. This research covers the main aspects focused on the history of the origin and development of volleyball.*

Keywords: *volleyball sport popularity, sports events, development, importance, history.*

INTRODUCTION

The sport of volleyball originated in the United States, and is now just beginning to achieve the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.

In 1895, [William G. Morgan](#), an instructor at the [Young Men's Christian Association \(YMCA\) in Holyoke, Mass.](#), decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called mintonette).

Per Morgan, the game was fit for the gymnasium or exercise hall but, could also be played outdoor. The play consisted of any number of players keeping a ball in motion from one side to the other over a net raised 6 feet 6 inches above the floor. Play is started by a player on one side serving the ball over the net into the opponents' field or court. The opponents then, without letting the ball strike the floor, return it, and it is in this way kept going back and forth until one side fails to return the ball or the ball hits the floor. The side serving the ball earns points when the opposite side either fails to return the ball or allows the ball to hit the floor.

LITERATURE ANALYSIS AND METHODOLOGY. The game of volleyball, since its invention at the end of the 20th century, has become a very popular sport in the world.

The main stages of the history and development of volleyball can be divided into the following:

Early Stages: The origin of volleyball, its invention and initial rules, is one of the most important processes in the history of the sport. Created by William G. Morgan, the game was originally played in a gym. The rules of the game have evolved over time and become standards.

Diffusion Process: Although the spread of volleyball was initially in the United States, it soon spread to other countries. In the 1900s, volleyball became popular in Europe and South America. This process was connected with the increase of sports teams and competitions. Competitions can be divided into the following stages of development:

International Competitions: After the establishment of the International Volleyball Federation (FIVB) in 1924, great opportunities were created for the development of the sport on a global scale. The annual world championships and the Olympic Games made volleyball more popular.

Public Competitions: Volleyball games began to develop as public and professional competitions. As an example, since the 1970s, the establishment of professional leagues and the holding of major competitions are given. This process created new opportunities for athletes. The rules and tactics of the game can be divided into the following stages of development.

Changing Rules of the Game: The rules of the game of volleyball are constantly evolving. The original rules have been updated with modern game mechanics and strategy in mind. In the 1990s, the "rotation" rule was introduced, which increased the dynamics of the game.

Tactics and Strategies: During the game, teams use tactics and strategies against each other. These include receiving, passing and attacking the ball, as well as identifying the opponent's weaknesses and using tactics.

We can divide the development stages of volleyball and social impact into the following.

Team spirit and communication: Team spirit, camaraderie and communication are important in the game of volleyball. Players succeed by working cooperatively with each other. This factor makes the sport more attractive.

Youth and Education: The game of volleyball plays a major role in attracting the younger generation to the sport. Sports schools and clubs provide opportunities to learn and play volleyball, which guides young people to physical education and a healthy lifestyle.

If we look at modern technologies, today they affect the game of volleyball. Video analysis, electronic referee systems and other innovations help to improve the quality of the game.

The global popularity of volleyball continues. Many international competitions and sports events are held every year. The game of volleyball is included in physical education programs in many countries, and this serves its expansion.

The history of the origin of the sport of volleyball, its development, spread, and social impact can be better understood through literature and methodology. This game occupies an important place in the history of world sports and plays a major role in the development of teamwork and education of the young generation.

There are many sources for the history of the origin of volleyball, including scholarly articles, books, historical studies, and internet sources. These publications provide information on the origins, spread, official rules, and global development of the game of volleyball.

Morgan, W. G. (1995). The Birth of Volleyball. This work provides historical information about the creation of the volleyball and Morgan's invention. The author analyzes how volleyball developed and became a popular sport.

FIVB (2020). *History of Volleyball.* This official resource provides the history and rules of the game of the volleyball federation. Information about the global development of volleyball, international competitions and tournaments is provided.

Hodge, K. (2009). *A History of Volleyball: The Game, the Players, the Tactics.* This book provides detailed information about volleyball tactics and players. The author discusses volleyball game rules, changes and historical figures.

McKinney, L. (2017). *The Evolution of Volleyball: From Mintonette to Olympic Glory*. This work provides information about the history of volleyball from its early stages to its adoption as an official sport at the Olympic Games.

Ziegler, C. (2015). *Volleyball Tactics and Strategies*. The book provides information about the tactics and strategy of the volleyball game, interactions between players, and team play styles.

Several methodological approaches can be used to conduct research on the history of the origin of volleyball:

Historical Analysis: The analysis of historical documents, articles, and archival materials to study the history of the game. This method helps to determine the processes of origin and development of volleyball.

Handbook and Rules Analysis: Understanding how the game changes and develops by analyzing the official rules and regulations of the game of volleyball. The rules and regulations provided by the FIVB have a great influence on the history and modern development of the game.

Empirical Research: Conducting interviews with volleyball players and coaches, exploring their experiences and opinions. This method helps to understand the practical aspects of sports and team spirit.

Statistical Data Analysis: To study the development of the sport on a global scale by analyzing statistical data about volleyball competitions and tournaments. This method helps to determine the level of popularity and development of volleyball.

RESULTS. If we talk about the history of the creation and development of volleyball in Uzbekistan, there is no clear information about when, where and under what circumstances volleyball was created in Uzbekistan. However, according to some estimates, the game of volleyball started to appear in Kokand, Tashkent and Ferghana in 1921-24. According to the story of K. Lebedev, a sports veteran of that time, in 1924-25, the game of passing balls to each other began to spread. The rules of volleyball in Uzbekistan in 1924-25 were still quite simple. V.I. Perevoznikov, a sports enthusiast of that time, said that in 1926, a school teacher named Chemishevsky in Tashkent was in Moscow, he brought the competition rules, volleyball net and ball for the first time. On April 26, 1927, the volleyball team of this school organized the first official competition, in which they showed great skill and became the winner of the competition. This competition discovered a big turning point in the popularization and formation of volleyball. In one of the summer months of 1927, Tashkent city volleyball championship was held, in which 9 volleyball teams participated. The competitions held at the KIM stadium had a great impact on the popularization of volleyball. In 1927, there were 6 volleyball courts in Tashkent.

In October 1941, military training schools were established in all regions, cities and districts of Uzbekistan, and special attention was paid to physical training in their activities. On July 18, 1943, athletes and sports enthusiasts of Uzbekistan celebrated the "Country" Day of bodybuilders. Volleyball competitions dedicated to this date were held at "Pishchevik" stadium.

CONCLUSION. There is a lot of literature and research about the history of the origin of volleyball, its development and global popularity. It is possible to understand the main aspects of the game of volleyball through historical, empirical and statistical analysis. These approaches allow a better understanding of the development of volleyball and its place in society. This game occupies an important place in the history of world sports and plays a great role in the development of teamwork and education of the young generation.

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