

## Ways to Increase the Effectiveness of the Means of Preparation for Young Handball Players

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### ABSTRACT

*this article examines the characteristics associated with the development of physical attributes of young handball players. Conclusions have been drawn on how to improve the effectiveness of the training process. The tools and techniques of training of handball players were analyzed and recommendations were given.*

**KEYWORDS:** *training process, physical quality, dynamics, handball.*

In our country, a number of normative-legal documents targeted at the growth of the physical education sector have been enacted and are being quickly implemented. In particular, a sentence [1, 2, 3] can be found in the decree of the President of the Republic of Uzbekistan “on measures for the further development of Physical Education and mass sport” PP-3031 dated June 3, 2017, on the laws of the Republic of Uzbekistan “on education,” “on Physical Education and sports”. This ensures that a healthy lifestyle is widely adopted among young people, as well as the popularity of sports. Uzbek athletes have won some of the world’s most famous sporting events.

Handball is defined by non-standard movements and rapid alternating force movements. It is required for handball players to have a particular level of physical capacity in order to participate in contests, as well as a good technical-tactical activity. Furthermore, the individual’s absence of the required qualities and characteristics indicates an incapacity to accomplish this success. Finally, only athletes who meet the sport’s requirements can raise morphofunctional marks of handball at the highest level of ability [4, 5, 6].

Experts say that handball athletes must improve their competitive preparedness to a high degree, and that during the game, depending on the situation, the team will be able to use the specific omillarni that they require.

The major purpose of a high-quality handball training program is to assure the team’s win in competition. Coaches, particularly those that work with young athletes, should pay attention to the following criteria in order to achieve success in competitions:

**The first and most important component is that** the team that has all of the structure’s parts connected to each other will battle each other as a whole.

**Secondly,** fighting strategy in these competitions, which represents a system of information about the legality of fighting competitions and allows for the prediction of the predicted competition’s character and circumstances. Simultaneously, strategy is a practical area of activity for the coach in the administration of team members in competition. The strategy entails selecting the direction of the team preparation process and researching the conditions of future contests, as well as studying the trend of the games based on the experience of participants in upcoming competitions. One of the key

activities in preparing for the tournament will be assessing the chances of individual players in the team and determining the game strategy. The structure and form of the game must be chosen in order to determine the character of the opponent in the game. The competition's entire plan is determined based on the same information.

**Thirdly**, tactical activity in attack and defense is included. The purpose of the strategy is to clarify the next issues at each meeting. The efforts of the striker and defense are constantly exchanged during a professional match. The player's choice of Group and individual activities determines the game's performance in attack and defense. Each player's competitive engagement in the team has a certain focus, which is assigned based on their ability to carry out the Wanderers' tasks.

**The fourth part** consists of the game modes' technique. Handball players work together in the game to fasten the ball with high speed, transfer the ball, wrap the ball around the ground, and toss the ball into the gate. In addition to assaulting, players must master the ball by defending their own gate using certain motions and methods.

**Finally**, spiritual attributes and characteristics, as well as morphofunctional indications, make up the physical ability of an individual.

- Throughout the game, the team's struggle for a single goal is seen in every aspect of the competitive activity.
- team composition and structure (tactical system selection based on team makeup) during the competition
- team identification based on attack and defense interactions
- With the team's interaction in attack and defense, it is separated into portions to act on individual attack and defense operations.

The game necessitates all of the physical characteristics listed below: strength, speed, endurance, dexterity, agility, and so on.

When moving at a rapid rate with and without the ball in lengthy and efficient runs, stopping, turning processes, performing a solid attack with a wide amplitude of movement, and jumping, achievement is required.

When the ability to have dynamic movement with the help of the game helps to grow, handball players frequently utilize high-speed power (ball hook, transfer, hand hold, and so on).

The capacity to deflect the ball and apply the ball during the execution of throwing movements is required for strength. In the game, it is frequently required to demonstrate strength multiple times. As a result, strength and endurance qualities are crucial in the athlete's preparation.

**Dexterity** is a skill that can be used in many aspects of the game. By changing one approach and applying another, increasing the speed of multiple marotaba by sharing the direction towards the ball and the opponent, the game activity is characterized by selective reaction and response in connection to the moving subject.

The fact that the player moves at a sharp wide distance demonstrates its *elasticity*. Bending ability leads to speed, precision, excessive strain, and harm to free movement. A clear bending of motions is required to grasp the technical skills of handball. Bunda requires the goalkeeper's leg to be tilted such that the player's body stretches on the field in order to attain high skill.

**Agility** is demonstrated by a handball player's ability to execute complex game approaches in a quick and effective manner in scenarios that have changed from fullness. There are three levels of agility.

- the first is moving with a mix of spatial precision and motion effort.
- the second is a mix of short-term mobility and spatial precision.
- finally, the competition activity includes all three levels of accuracy and coordination agility for a short amount of time in changing situations.

And the manifestation of the third level, which has a specific location, is required for excellent athletic abilities.

**Endurance** is necessary to ensure that competition participation is effective. When competing in handball player, you will need both aerobic and anaerobic energy. Special levels of endurance, on the other hand, are regulated not only by energy supply, but also by the activity of the central nervous system's endocrine system and specific intracranial alterations in the position of the base movement apparatus [4, 5, 6].

When it comes to competing, the spiritual traits and qualities of Wanderers are crucial. The distinctiveness of the activity of competing in handball characterizes the morphofunctional indicators of the participants. Table 1 shows the training tools and procedures, as well as the preparations and portions of young handball players.

**1-table. Training methods and tactics for young handball players.**

(According to V.Ya.Ignateva, A.V.Ignatev A.A.Ignatev)

<i>1-Mean</i>	<i>2- Mean</i>	<i>3- Mean</i>	<i>4- Mean</i>	<i>5- Mean</i>
<b>COMPETITIVE TRAINING</b>				
Possibility	<b>COMPETITION AND GAMING TOOLS</b>			
Means of general preparation	Physical preparation	Means for developing technical training	Tactical training development tools	Preparation in the game development tools
Special preparation tools	Additional tools	Improve technical training skills	Perform the exercises exactly	Perform general exercises in the game
Exercises to compete in training	Games similar to handball	Means for accurate performance of tasks set	Individual and team tactics	Team management in friendly matches and competitions
Method	Distribution of loads in the game	Correct execution of technical methods of execution in the game	The right choice of tactics in the game process	Control games
Real competitive training	Game skills	Improve your gaming skills	Relationship between players	Watching the team in training and competitions

The table depicts how young handball players' training activities are illuminated from the most basic to the most complicated of all appearances. Depending on the age and gender, such sequences are utilized in the process of training skilled handball players and in the preparatory sequences.

**Means of general preparation:** Describe and illustrate workouts for full athlete training. This includes:

- a) exercises that aid in the development of technical and tactical skills as well as the development of the essential physical qualities;
- b) exercises that improve overall performance;
- c) exercises that aid in the healing process after stretching.

**Special preparation tools:** Competitive movement elements, or the manifestation of abilities, include activities that are akin to competitive workouts. They have an impact on specific parts of handball players' training and amplify that influence during competitive training.

**Exercises to compete in training:** these are excellent examples of holistic motions as well as competitive exercises, with certain exercises being completed with enthusiasm and others with mental tension.

**Real competitive training:** A fully compliant sporting event must take the shape of a competition in the form of a game played in a defined venue. In this scenario, physical training is manifested by focusing on the development of specific player qualities [6, 7, 8].

In order to acquire a beneficial result from the emergency exercises, it is necessary to consider the compatibility of the exercises in different directions in addition to knowing the direction and norm of the loads. It is relatively simple to choose one-way agents (Table 2).

Because there is a substantial difference in the intensity of various portions, the intensity and performance of games lasting 10-15 days should be achieved, taking into account the number of games, the size of the field, and the game equipment (with personal or zonal protection or sluggish, etc.). Due to the shortening or lengthening of the pause between repetitions, handball players who participate in continuous training adjust the task as needed.

**Table 2: Training intensity of young handball players**

(According to V.Ya.Ignateva, A.V.Ignatev A.A.Ignatev)

№	Exercises	Average YUK beats per minute	Rapidity %	Average energy purification kcal / minute	
				Teens	Girls
1	1. Exercise	170	178	18,2	13,5
2	2. Exercise	180	86	19,6	14,5
3	3. Exercise	164	72	17,2	12,7
4	4. Exercise	178	84	19,2	14,2
5	5. Exercise	174	80	19,2	14,2
6	6. Exercise	174	80	18,6	13,6
7	7. Exercise	165	75	17,4	12,9

1. *Exercise.* The goalkeeper is up against one defense and two strikers. The attackers' goal is to "deceive" the opponent's players by passing the ball to each other in a "deceptive" manner. Players who move the ball return the ball to the defender, while a ballless partner crosses the ball in front of the player in possession. When approaching a defender, attackers must cross the movement zone, and the attacker who gains possession of the ball while crossing it must strike in the empty area, attempting to make a pass or mimicking a pass by eluding the defender.

2. *Exercise.* The goalkeeper is up against two defenders and three strikers. By copying the defenders' moves, the three attackers trick the defenders and transfer the ball to each other without throwing the

defenders back. The attackers decide on the transmission distance.

3. *Exercise.* The goalkeeper is in the center circle, followed by the defender, and finally the attackers. In the *Round Handball game*, three circles with a radius of 1800 are drawn, bounded by simple lines, and the players are arranged in the following order: the goalkeeper in the center circle, then the defender, and finally the attackers. The attackers easily pass the ball while avoiding contact with the goalkeeper. He will be defended by his defenders. The game has started on time. The teams then trade places. Former strikers chose their own goalkeeper, and the goalkeeper becomes a striker. You can use something else in place of the goalkeeper (table, gymnastics equipment).

4. *Exercise.* Two teams of 6-10 persons will compete in "*Fight for the Ball (Quantity)*." When a team gains possession of the ball and the opposing team's players attempt to assault them without losing the ball, the number of steps taken in passing the ball should not exceed three. In this game, the team's speed is quite vital. The ball is passed to the other team if a player drops the ball or takes more than three steps.

5. *Exercise.* "*3x3x3 game*" The game will feature three to four teams. The players are on opposite sides of the field, with one team attacking and the other defending. After the ball is passed, defensive teams are thrown into the opposing goal to attack the third team, while the striker remains on the defensive.

6. *Exercise.* *Plain game* is a simple game. In their offensive zone, six players line up in a row and pass the ball from side to side to the opponent's zone line. Before reaching the 9-meter line, he rapidly passes the ball to each other, and when assaulting forward, he must move forward. This is said several times.

7. *Exercise* It would also be beneficial for the participants to enjoy the football game. Because improving the position of the turn on the field is highly convenient for every handball player. Handball players use their hands to direct the ball toward the goal, which starts with the foot [5, 6, 7].

Long and uninterrupted training have been shown to dull young handball players in recent years, according to studies. Athletes of this age should be trained utilizing competitive workouts to improve their physical, technical, tactical, and mental condition.

As mentioned above, in addition to knowing the direction and norm of the loads, it is important to consider the compatibility of the exercises in different directions in order to achieve a positive result of the emergency exercises. It is advisable to select means that act in one direction.

These drills assist young handball players in greatly improving their physical and tactical talents. Develop a complex system of exercises in the organization and planning of training to determine the effectiveness of these exercises, the intensity and performance of ongoing exercises, the amount of exercise in the use of given exercises, the size of the field, play activities (individual or group protection), accuracy of receiving the ball, quick attack, and other factors should all be considered. Because these components have a big variance in intensity. Due to the shortening or lengthening of gaps between exercises, young handball players engaged in continuous training can vary the task as needed [6, 7, 8].

We attempted to establish the average heart rate and energy purification value by executing these activities on young handball players.

Young handball players are required to use high-intensity activities in training sessions, according to an analysis of the literature and best practices of coaches in other sports.

Special activities used in the training of young handball players generate settings that are completely consistent with adolescent mental traits. This assists young handball players in developing optimal

motor skills and maintaining the ability to improve at a high level of athletic ability.

The proper application of the above-mentioned model exercises, as well as determining the effect of exercise on the participants' bodies, will lead to the growth of not only their technical and tactical capabilities, but also their physical capacities. It acts as a significant tool in fast pushing the team to the top of the list, in addition to assisting young handball players improve their physical fitness and physical attributes.

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