

FORMATION OF THE BASIC RULES OF THE HANDBALL SPORT TRAINING SYSTEM

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Abstract

The system of sports training for handball players includes various aspects that help athletes achieve high results in this game. In sports training, athletes have physical training, tactical training, and technical training.

Keywords: Handball, federations, sports, competitions, skills, cooperation, coaching, training, sports schools. Sports, technology, professional sports, tactical training, technical training, motivation, physical training, attack, defense.

Introduction

Relevance of the study

Physical fitness: Handball requires players to be in good physical shape, as the game involves quick movements, jumping, maneuvers, and contact with other players. Physical training includes strength, endurance, flexibility, speed, and coordination exercises. Handball requires players to be physically fit due to the intensity and physical demands of the game. Several key aspects of the physical fitness of handball players: Endurance: Handball involves active play for long periods of time, so players must have good endurance to maintain a high level of activity throughout the game. Speed and agility: Quick movements, both in attack and defense, are an integral part of handball. Players must be able to move quickly around the field, change direction quickly, and react quickly to situations. 2. Technical preparation: Handball players must have good playing technique, including receiving and passing the ball, shooting at the goal, defending, and other basic elements of the game. Technical preparation includes training aimed at improving playing skills and technique. Handball players must have good playing technique, including receiving and passing the ball, shooting at the goal, defending, and other basic elements of the game. Here are some of them: Receiving and passing the ball: Handball players must know how to accurately receive and pass the ball to ensure an effective team attack.[1] This includes

correct hand and body positioning, assessing the trajectory of the ball, and making the right decisions. Shooting at the goal:

Aim of the study

Handball players must have good shooting technique to score goals. This includes correct body position, arm swing, accuracy, and shooting power. Defense: Handball players must be able to effectively defend their goal and thwart their opponents' attacks. This includes proper positioning, active movement, blocking shots, and catching the ball. Other key elements of the game include: moving without the ball in the handball, blocking the opponent, creating space for passing and attacking, and communicating with teammates.[2] Handball technique requires players to constantly practice and improve their skills. Regular training and practice can help handball players improve their technique and become more effective on the court. 3. Tactical preparation: Handball is a team game, and players must be familiar with the tactics and strategy of the game. This includes understanding the different attackers and defenses. It is true that in handball, players must have a good understanding of the tactics and strategy of the game. This includes knowledge of various offensive and defensive tactics, as well as the ability to make decisions based on the current situation on the court. Offensive tactics may include elements such as combination play, rotations, creating passing and shooting spaces, and using a fast counter-attacking style of play.[3] Defenses in handball can range from man-to-man defense to zone defense. Players must be prepared to change tactics depending on the opponent's movements and the situation on the court. Understanding the tactics and strategy of the game allows handball players to make quick and effective decisions, cooperate with teammates, and best use their skills to achieve success. All of these aspects of tactics and strategy are usually learned and practiced in training and during preparation for a competition.[4] Experience, game analysis, and teamwork also play an important role in developing the tactical thinking and skills of handball players. Experience, game analysis, and teamwork are interrelated and complementary in the development of handball players. How do these aspects interact: 1. Experience: The more experience a handball player has, the better he understands the dynamics, tactics, and strategies of the game.

Experience helps the player make informed decisions based on previous situations, anticipate the actions of opponents, and quickly adapt to changing

game conditions. 2. Game analysis: Game analysis allows handball players to learn their own strengths and weaknesses, as well as analyze the games of their opponents.[5] This helps to identify areas for improvement, develop more effective tactics and strategies. Analysis also allows them to learn from mistakes and take corrective measures. 3. Teamwork: Handball is a team game, and good teamwork is a key factor in success. Handball is about players performing technical actions correctly and in a timely manner in order to achieve victory. Handball game tactics are divided into player tactics and goalkeeper tactics. There are also defensive and offensive tactics. Depending on the number of players involved in tactical actions and the set of actions formed, there are individual tactics, group and team tactics. In tactics, individual actions consist of individual actions that a player makes to achieve victory. - an attack on the goal, and individual deception actions.

Group actions are tactical actions performed by two or more players in coordination with each other. Team actions are the coordinated execution of an attack by all team members.

Attack is the main task of the players, and its effective organization and positive completion require physical, technical and tactical skills from the team. Carrying the ball, passing the ball, shooting the ball at the goal and deception actions play a key role in organizing an attack. At the same time, evasion - the attacker's ability to evade the defender's guard with the ball and choose a favorable situation for an attack on the goal is also important. The forms of carrying the ball in an attack vary in direction and speed. When organizing an effective attack, the use of complex passing methods distracts the opposing team. These methods are open and closed passing methods. The fact that the attacker's shot at the goal is unexpected, well-planned, and carried out as a result of deceptive actions puts the goalkeeper in a difficult situation. Shooting at the goal is also divided into open and closed shooting. Deceptive actions in the attack - Feints are used when receiving the ball while passing and throwing the ball at the goal. Also, the parallel movement of the attackers in the attack leads to positive results.

This is a method for the team's fast players to organize a quick attack, avoiding the defenders' protection. This method is carried out alone or with the participation of several attackers. To do this, they must skillfully seize the ball and, if possible, pass it to the attacker in the opponent's zone, and this attacker must complete the attack alone or with the support of his partners. To do this, it

is necessary to move quickly and agilely in game conditions, have high ball possession and carrying techniques, always plan a fast attack, and the goalkeeper must also participate in the fast attack.

This attack method requires high technical and tactical skills from the players. It is organized when a fast attack does not occur, that is, when the opponent's defenders occupy the defensive line. For this, almost all players participate in the attack. In a directional attack, methods are used to push the opponent's defenders together and spread them out. Organizing a directional attack in a flow method can also give effective results. In this method, the attackers change positions one after another. This distracts the opponent's defenders. In this attack method, the ability to perform technical actions quickly and dexterously, pass and throw the ball from a long distance, and aim must be improved.

Conclusion

Developing teamwork requires understanding each player's role and responsibilities, the ability to cooperate, communicate, and make collective decisions. Teamwork also helps develop tactical thinking, as players learn to adapt to the actions of their partners and create joint offensive and defensive schemes. Experience, game analysis, and teamwork interact and complement each other. Game experience and analysis help players develop tactical thinking, and teamwork allows them to put these tactical skills into practice. As a result, handball players become more effective and successful in the game.

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