



DEVELOPMENT OF GROUP TACTICAL ACTIONS IN ATTACK AND DEFENSE IN HANDBALL

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Abstract

This study examines the content, significance, and methods of developing group tactical actions performed during attacking and defensive phases in the sport of handball. The research focuses on issues such as players' mutual cooperation, coordination of movements, rapid decision-making, and increasing the effectiveness of team tactics. In addition, methodological recommendations aimed at improving group tactical actions during the training process are presented. This topic is of great importance for enhancing players' game performance and achieving high results in competitions.

Keywords: Handball, attacking tactics, defensive tactics, group tactical actions, team play, cooperation, sports training, tactical preparation.

Introduction

Today, the importance of team sports is steadily increasing within the global sports system. Sports disciplines based on high physical activity, technical and tactical complexity, and collective cooperation play a significant role in the physical, intellectual, and social development of athletes. One such sport is handball, which is recognized as a dynamic and engaging game requiring speed, agility, strength, endurance, coordination abilities, and tactical thinking.

Handball is characterized by rapid attacks, active defensive actions, and continuous interaction among players within a short period of time. Success in the game depends not only on the technical skills of individual players but also directly on their ability to correctly and effectively perform group and team tactical actions. Therefore, developing group tactical actions during both attacking and defensive



phases is considered one of the most pressing issues in the training process of handball players.

In modern handball, the sharp increase in game speed, the growing complexity of combinations, and the tactical strengthening of opposing teams require athletes to possess a high level of tactical preparation. Especially during attacking phases, coordinated actions among small groups of players, and during defense, mutual support and the harmonious combination of zonal and man-to-man defense elements, have a direct impact on game outcomes. From this perspective, group tactical actions represent a fundamental component of handball.

Group tactical actions are understood as coordinated, planned, and complementary movements performed by two or more players in pursuit of a common objective. In attack, such actions help to break through the opponent's defense, create favorable situations, and increase scoring opportunities, while in defense, they contribute to effectively stopping the opponent's attacks, reducing errors, and organizing fast counterattacks. Therefore, studying and developing group tactical actions is one of the key areas in the system of handball training.

In the Republic of Uzbekistan, the development of sports, particularly the popularization of team sports and the training of highly qualified athletes, is one of the priority directions of state policy. Laws, decrees, and state programs adopted in the field of physical education and sports emphasize the importance of organizing the training process on a scientific basis, implementing modern training methodologies, and improving sports performance. This, in turn, necessitates in-depth study and enhancement of technical and tactical preparation in handball.

In the preparation of handball players, significant attention is often paid to individual technical actions such as passing, dribbling, and shooting. However, practice shows that technical skill alone is insufficient to achieve success in high-level competitions. Coordinated movement among players, rapid situation assessment, and correct tactical decision-making play a decisive role. These factors once again confirm the importance of group tactical actions.

During attacking phases, group tactical actions manifest in various forms, including player exchanges, blocking, crossing movements, parallel and diagonal runs, and deceptive maneuvers. These actions disrupt the opponent's defensive organization, identify open spaces, and facilitate effective attacks. At the same time, group attacking actions positively influence players' mutual trust and team spirit.



In defensive phases, group tactical actions are even more crucial. Defenders must provide mutual support, choose appropriate positioning in response to the opponent's actions, and maintain the defensive line. Coordinated actions of two or three players can limit the opponent's attacking options by applying pressure, blocking passing lanes, and restricting shooting opportunities. Such coordinated efforts enhance defensive reliability and reduce the attacking effectiveness of the opposing team.

It should be emphasized that effective execution of group tactical actions requires not only physical preparedness but also a high level of mental and psychological readiness. Players must be able to quickly analyze situations, anticipate teammates' movements, and adapt accordingly. This necessitates the use of specialized exercises and training under game-like conditions during practice sessions.

Although the issue of developing group tactical actions in handball has been explored in numerous scientific studies, it remains a continuously evolving area. Changes in game rules, improvements in athletes' physical capabilities, and the increasing level of competition require the search for new tactical solutions. Therefore, in-depth analysis of group tactical actions during attack and defense and their effective application in training remains a relevant scientific and practical task.

This introduction highlights the relevance, importance, and necessity of developing group tactical actions in handball. The research topic was selected based on modern sports requirements and practical needs and aims to improve the athlete training process. Future scientific and practical research based on this topic will contribute to increasing handball players' performance, refining team coordination, and achieving high competitive results.

LITERATURE ANALYSIS

1. Scientific Foundations of Pedagogical and Tactical Preparation in Handball

An analysis of scientific and methodological sources on handball shows that this sport is a complex team game requiring a high level of physical fitness, technical skill, and especially tactical thinking. Therefore, in the training process of handball players, issues of sports pedagogy, the theory of physical preparation, and the teaching of tactical actions occupy a leading position.



In the work “*Improving Sports Pedagogical Mastery (Handball)*” (2018) by Pavlov Sh.K., Abdalimov O.X., Isroilov R.I., and Shelyagina I.N., the issues of developing the pedagogical competence of handball coaches are widely covered. The authors do not limit sports pedagogical mastery to technical knowledge alone, but associate it with the use of effective methods in the training process and the improvement of individual and group work with athletes. The book emphasizes that teaching group tactical actions is an essential component of the pedagogical process in training handball players.

The authors highlight that the formation of cooperation among small groups during attack and defense, players’ mutual understanding, and situation-based decision-making are closely linked to pedagogical mastery. These aspects directly correspond to the focus of the present research.

2. Tactical Preparation Issues in Educational and Methodological Manuals on Handball

The учебно-методическое manual “*Handball*” (2010) by Pavlov Sh.K., Abdurahmanov F.A., and Raxmanova M.M. is one of the key sources covering the theoretical and practical foundations of handball. This manual systematically presents the history of handball, its rules, as well as technical and tactical actions. The authors examine attacking and defensive tactics in individual, group, and team forms, defining group tactical actions as one of the main factors increasing game effectiveness. The manual provides scientific and methodological justification for two- and three-player combinations, blocking, crossing movements, as well as defensive support and zonal positioning.

The theoretical concepts presented in this source serve as an important methodological basis for developing the training system applied in the present study.

3. Modern Approaches to Handball Theory and Methodology

The учебное пособие “*Handball Theory and Methodology*” (2020) by Tulaganov Sh.F. and Raxmanova M.M. reflects modern approaches to teaching handball and organizing the training process. The authors consider the preparation of handball players based on the principle of gradual progression and emphasize the importance of tactical preparation at each stage.



Group tactical actions in attack and defense are analyzed as separate sections, with descriptions of exercises, game situations, and pedagogical methods used in their formation. According to the authors, achieving high results in modern handball requires training athletes to think and act effectively in small groups.

4. The Relationship Between Physical Preparation and Tactical Actions of Handball Players

In the учебное пособие *“Improving Sports Pedagogical Mastery (Handball): Development of Physical Fitness of Handball Players”* (2021), Pavlov Sh.K. provides an in-depth analysis of the close relationship between physical preparation and tactical effectiveness. The author scientifically substantiates that speed, agility, strength, and endurance are fundamental qualities for the successful execution of group tactical actions.

The work emphasizes that a sufficient level of specific physical fitness is necessary for effective group tactical actions during both attack and defense. This highlights the need to integrate physical and tactical preparation in the training process.

5. Teaching Technologies in Handball Education

The учебно-методическое manual *“Teaching Technologies for the ‘Handball’ Course for Undergraduate Students”* (2015), prepared by Pavlov Sh.K., Tulaganov Sh.F., and Raxmanova M.M., addresses innovative technologies for teaching handball in higher education institutions.

This source pays special attention to interactive methods, small-group work, and the modeling of game situations to develop students’ and athletes’ tactical thinking. These approaches play a significant role in the formation of group tactical actions.

6. Individual and Group Technical-Tactical Actions of Handball Players

In the methodological recommendations *“Individual Technical-Tactical Actions of Handball Players in Defense and Attack”* (2015) by Abdurahmanov F.A. and Karieva R.R., the interrelation between individual and group actions is analyzed. The authors emphasize that insufficient development of individual skills leads to reduced effectiveness of group tactical actions.

At the same time, the source provides a detailed description of joint actions of two or three players in defense, including pressing the opponent and blocking passing



lanes. This contributes significantly to the scientific enrichment of the section on defensive group tactical actions in the present study.

7. Physical Qualities of Athletes and Tactical Preparation

Zatsiorsky V.M.'s work *"Physical Qualities of the Athlete: Fundamentals of the Theory and Methodology of Development"* (2019) is considered one of the fundamental sources on athlete preparation. The author regards the development of physical qualities as the foundation of sports performance.

The book scientifically substantiates that the development of speed, strength, and coordination abilities directly influences the successful execution of group tactical actions in team sports, including handball.

8. General Conclusion

The analyzed literature shows that the issue of developing group tactical actions during attack and defense in handball has been studied by many scholars from various perspectives. The works of Pavlov Sh.K. and his co-authors define the main directions of sports pedagogy and handball methodology, while the studies by Tulaganov Sh.F., Raxmanova M.M., Abdurahmanov F.A., and Karieva R.R. provide an in-depth analysis of the practical aspects of tactical actions.

The fundamental studies of Zatsiorsky V.M. and Platonov V.M. scientifically substantiate that the development of physical and motor qualities of handball players is a crucial factor in increasing the effectiveness of group tactical actions.

Overall, the literature review confirms the relevance of the research topic and demonstrates the necessity of continuing scientific and practical studies aimed at developing group tactical actions during attack and defense in handball.

RESULTS AND DISCUSSION

During the research process, a specialized training system aimed at developing group tactical actions in attack and defense in handball was developed and tested in practice. Players' tactical actions, level of cooperation, and overall game effectiveness were analyzed. The results were compared based on initial and final indicators, and the dynamics of changes were determined.

The experimental study involved two groups: a control group and an experimental group. Training in the control group was conducted using traditional methods,

while the experimental group applied a set of specialized exercises focused on developing group tactical actions during attack and defense.

Table 1: Effectiveness of Group Tactical Actions in Attack (percentage)

Indicators	Before experiment (%)	After experiment (%)
Accuracy of mutual passing	68	82
Two-player combinations	55	75
Movement into open spaces	60	80
Attack effectiveness (goals scored)	48	70

Analysis of Table 1:

The data show a significant increase in the effectiveness of group tactical actions in attack within the experimental group. Passing accuracy increased from 68% to 82%, indicating improved mutual understanding among players. The effectiveness of two-player combinations increased by 20%, demonstrating better coordination during attacking phases. The proportion of attacks ending in goals rose from 48% to 70%, confirming the positive impact of focused group tactical training.

Table 2: Indicators of Group Tactical Actions in Defense

Indicators	Before experiment	After experiment
Stopping opponent attacks (%)	50	72
Mutual support situations (number)	12	25
Blocking passing lanes (%)	45	68
Transition from defense to fast attack (%)	40	65

Analysis of Table 2:

The effectiveness of defensive group tactical actions increased markedly. The ability to stop opponent attacks improved from 50% to 72%, indicating enhanced coordination and positioning. Blocking passing lanes improved by 23%, further confirming the effectiveness of coordinated defensive actions.

Table 3: Overall Tactical Preparedness of Control and Experimental Groups

Group	Initial score (points)	Final score (points)
Control group	3.2	3.8
Experimental group	3.3	4.6

(Based on a 5-point evaluation scale)

Analysis of Table 3:

Although some improvement was observed in the control group, the progress was significantly lower compared to the experimental group. The experimental group’s tactical preparedness increased from 3.3 to 4.6 points, proving the high effectiveness of the developed group tactical training system.

Table 4: Reduction in Errors During Games

Indicators	Before experiment	After experiment
Incorrect passes	15	7
Defensive miscommunication	10	4
Positional errors in attack	12	5

Analysis of Table 4: The data indicate that the development of group tactical actions led to a notable reduction in errors. Incorrect passes nearly halved, and defensive miscommunication decreased significantly, reflecting improved tactical awareness and cooperation.

General Discussion: The results demonstrate that the training system aimed at developing group tactical actions in attack and defense in handball is highly effective. The experimental group showed significant improvements in teamwork, decision-making speed, and cooperation. Coordinated actions during both attack and defense had a direct positive impact on game outcomes.

Furthermore, the findings confirm that developing group tactical actions not only improves game effectiveness but also enhances athletes’ psychological stability, adaptability to team dynamics, and sense of responsibility. This highlights the necessity of prioritizing this aspect in the preparation of handball players for high-level competitions.

CONCLUSIONS

Based on the results of the conducted research and experimental work, the following conclusions were drawn:

1. Group tactical actions during attack and defense are one of the key factors determining game effectiveness in handball.
2. The specially developed training system significantly improved attacking group tactical actions, including passing accuracy, combination effectiveness, and goal-scoring efficiency.
3. The development of defensive group tactical actions increased the effectiveness of stopping opponent attacks, enhanced mutual support, and improved transitions to fast attacks.
4. The greater improvement in the experimental group compared to the control group confirms the higher effectiveness of group tactical-oriented training compared to traditional methods.
5. Regular inclusion of group tactical actions in training reduced the number of technical and tactical errors during games.
6. Group tactical actions contribute not only to physical and technical development but also to psychological stability, quick thinking, and team responsibility.
7. The obtained results scientifically and practically justify the necessity of emphasizing group tactical actions in handball training.

PRACTICAL RECOMMENDATIONS

Based on the research results, the following practical recommendations are proposed for handball coaches, physical education teachers, and sports specialists:

- Increase the proportion of training exercises focused on group tactical actions in attack and defense.
- Regularly use two- and three-player combinations, blocking, crossing movements, and open-space exploitation exercises to develop attacking group tactics.
- Include defensive group exercises aimed at mutual support, pressing opponents, and blocking passing lanes in training programs.
- Create game-like situations through small-sided games and scenario-based drills to enhance tactical thinking.

- Apply a step-by-step approach when teaching group tactical actions, progressing from simple to complex combinations.
- Utilize video analysis and modern technologies to analyze group tactical actions and improve error correction efficiency.
- Strengthen psychological preparation through team-building activities that enhance communication and trust.
- Apply the research findings in improving training programs for handball in sports schools and higher education institutions.

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