

Methodology For Improving The Technical Training Of Handball Players

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Abstract: The article analyzes the home technique, defensive movements, bending running, initial position and movements to change the speed and direction of movement, techniques of moving from one place to another in the technical training of handball players.

Key words: Handball players, technical training, ball, walking, running, turning, technical training in kicking, technical training in attack, technical training of the goalkeeper.

To put the ball into the opponent's goal and to protect his goal is the task of the slave players. All the movements with the bush are done with the help of slaves, that's why the house is called "slave bush". The game is very interesting and it is based on natural coordination of movements such as running, jumping and throwing. The actions aimed at deceiving the opponent consist of the attackers passing from one corner to another, passing the ball to each other, catching it, carrying it, and throwing it into the goal.

Defensive actions include passing from one floor to another, resisting an attack with a ball in the ash, and taking the goalkeeper's home. Coordination develops the ability to move in different ways, the large size of the field (40x20m). There is a high demand for physical development of athletes. Many movements are performed without support, in the air, by jumping or falling, these movements require a high level of coordination and agility.

It created an opportunity to unite individual actions with the team at home, to cope with emotional situations, to be educated with manners, morals and will, to control him without giving permission to his emotions, and to cultivate qualities similar to subordinating one's individual interests to the interests of the team. The collective quality of the house and the high level of emotionality of the actions give an opportunity for character and organization.

The house does not require any equipment, it can provide fresh air to the open spaces it wants, this point has great hygienic importance. All this is a tool for education and physical development of the ash bush.

The team consists of 14 players and 2 goalkeepers. Each team has 7 players and 1 goalkeeper. Others are considered non-players and can be replaced without stopping the game and without disrupting the composition of the team.

Technical training: home techniques for cleaning and drying consist of two groups of methods. Transition techniques and ball possession techniques by attackers Transition techniques and defensive transition techniques. The methods of the house without a base consist of stances, walking, running, jumping, stopping and breaking. The task of this group of methods is for players to move from one place to another in the desired direction in a large instant and reliable manner without harming other players. The stable initial conditions of the player in the stand allow to quickly and timely move from one position to another in attack and defense. The contribution of the defender to move from one position to another position is to walk from one position to another facing backwards or side to front, while the forwards perform these movements facing forward.

The technique of possession of the ball by the attacker consists of passing the ball to each other, receiving it, carrying and throwing the ball. The defender performs the actions of catching the ball, blocking the player (resisting) and blocking the player when throwing the ball, grabbing the ball from the opponent's shoulder when he is carrying it, and trying to counter the ball from his shoulder when throwing the ball. Guarding game techniques include the goalkeeper game. It consists of standing, throwing the ball with the help of arms and legs, throwing the ball, falling, the goalkeeper moving from one position to another, and going against the throw.

Aspects of performing all methods of technique are rationality and efficiency, speed and accuracy of actions. This is achieved due to the fact that all parts of the body are in a state of initial nutrition, some of the parts of the method are connected to each other and agree to each other and perform it in sequence.

Technical preparation in the attack: The technique of moving from one position to another consists of walking, running, turning, twisting and jumping, all kinds of stances (from the initial position).

Stances (originally standing stances) Stances are divided into forward foot forward stance and heel stance along one line. The legs are half bent, the shoulders are bent from the shell and raised to the chest. The head is raised. The head is raised higher and allows the player to perform the desired actions (for example, moving from one position to another, or aiming for the foot, etc.). With the parallel placement of the heel, the stance is left for the player to move to different sides, for example, when playing with the ball. House combinations on the ground and when moving forward, it is necessary to make a stand by placing one foot in front of it. This situation makes it possible to perform the development in different days.

Walking: Starting to move from one place to another with half-bent legs is achieved during walking. Walking and its types serve as a means of support and movement. For this purpose, sitting and walking on the tip of the heel, on the back of the heel, on the inner and outer edges of the heel is used.

Running. Crouching means the initial position and movement to change the speed and direction of the movement. The stable condition of bending running allows you to run side to side and back without losing balance, to perform various types of switching from running to stopping and jumping. The speed of movement mainly changes due to changing the speed of movements of the shoulders and legs. The change in stride length is usually not at home because the running intervals are not very long. A sudden change in motion is achieved by simultaneously turning and shifting the body's center of gravity in the direction of the turn. The execution of these movements can change the direction of the movement without slowing down the speed. If the player does not lose contact with the court and is in a position with a support, you can stop running there and perform the types of turns successfully and in time. When the game conditions change, the player must be aware of it in time and take the necessary actions to solve the game tasks that have arisen.

Twists: Placed in a standing position and in motion. A stable position is achieved by lowering the center of gravity, due to the lower rack. The weight of the body rests on the top of the leg that accommodates the fault. A single seat turn is performed by simultaneously turning the body and making a small step in the direction of the turn.

The supporting leg does not rise from the ground, turns in one place with jerks in walking forward and backward, driving the ball, the game can be performed together with giving each other. At the same time as looking for turns in one place, the concept of the foot of tension and familiarization with the rules of transition of the player with the ball from one place to another place is included. the turn in the movement is placed as a long step forward with the back. The upward turn of the forward leg is replaced by the turn of the body. Noticing the movement with the forward shoulder and moving it forward, the player places the turn. It takes into account some of the forward terrain of the head movement and the edge of the field. The player moves in the desired direction without slowing down due to this action (maneuver). Due to the turn in the movement, the attacker can get rid of the oxil movements of the guard. He is able to pass the ball to a player of his choice or when he is intercepted and to work together with all kinds of tactical moves. (1,4,5)

It is pronounced when it appears to be standing or walking or jumping. Bending at the feet, the player regains his speed. The body bends to the side opposite to the movement. In the urine after two steps, the first step is somewhat longer, and the second step is shorter. Jumping is faster and stronger. The higher the speed of the movement, the stronger the legs bend when stomping, the slaves bend at chest height, maintain balance and catch the ball, etc. b. ready to take action. Jumps are performed with the help of one or two legs, at the same time as the ball or at the time of movement. At the time of landing, the player maintains balance and is ready to perform the next movement. Balance in movement is essential for attempting throws and kicks.

Technical training in guarding in handball: The defender counters and destroys the attackers in many different ways. The player's moves consist of moves against the player who has the ball and the player who has the ball. Attacker without a stick tries to open a place for himself, tries to get into an active position, the defender resists such moves by shooting from one place to another, tries to take a comfortable position to kill the player or take the ball. It starts with choosing the right stance against a bottomless player and incorporates twists and jumps in a variety of ways. Moving from one place to another, guards are the main source of movement. A guard can move quickly from position to position in the post, run, and jump, all of these talents depend on the success of the opposing player who has the ball. The player in possession of the ball has the right to stop the ball, catch it, tackle it in motion and block the throw. Stances are the starting point for all guarding actions. When defending in a stance, he keeps his legs half-swung, keeping equal weight and allowing him to move from one position to another immediately, which allows him to control his movements in the desired direction and from the attackers. The legs are bent, the guard can move in any direction. A single-footed stance allows the guard to close in quickly, and a block to get the ball allows for a quick run to move from defense to attack. The characteristic of the guard's transition from one position to another is to run with the back to the front, which alternates with turns and quick movements. The technique of turns, the types of running and stopping are built on the technique of moving from one place to another. Guarding consists of stopping motion, carrying the ball, and receiving the ball while blocking the shot. It's the best of all. Guarding actions include the goalkeeper's home technique. (1,2,4.)

Catches can be executed by the guard coming from behind or to the side of the attacker. They are placed on the basis of avoiding catching the ball when passing the ball to someone else or on the move and sensing the movements of the attacking players first. The quick movements of the guards make it difficult to pass the ball to others and make the ball more likely to be intercepted. Due to his quick movement in time, the defender can get away from the attacker and catch the ball in motion. Catching or hitting the ball is placed with the hand closest to that player while the ball is in motion. When the ball bounces off the court, the ball is closed with the fingers due to the club hitting the lowest point and it is hit or caught. The catch is placed when the guard is behind the attacker, the hook or side kick is done when the guard is on the side. (Stealth) and unpredictability of movements is a necessary condition for the successful actions of the guard. (2, 5)

Blocking throws are made with the hands jerking into the path of the ball. When a jump ball is thrown, a block to one side or to the rebounding ball is worked simultaneously by the players, which requires coordinated actions from the guards. The guard can block the attacker's movement from one place to another by standing in the path of his movement. To do this, the guard tries to get away from the attacker and block only the body. Knocking or taking the ball out of the attacker's hand is included in throws and jumps. As the guard goes for the ball, Colin hits the ball and tries to make the throw. If the guard jumps at the same time as the offensive player, the above method may work.

Technical training of the goalkeeper: The goalkeeper's house determines the income of the team in most cases, because the goalkeeper is the player next to the defender. The ball thrown to the goalkeeper flies immediately in seconds, and this can make the goalkeeper's movement faster. A goalkeeper's successful goal is due to the selection of a favorable position, the ability to recognize the side of the throw in advance and the execution of the action in response with quick movements. The goalkeeper's home technique consists of transitions from one place to another from the stands and falls. (1, 5)

The goalkeeper can catch the ball or kick it with his feet. Throwing the ball into the net by the goalkeeper is the beginning of the attack, the throwing technique is part of his movement summation. The game technique of the goalkeeper is closely related to the correct selection and tactics of the game. Selection of position and distance in throws from different positions and angles, going against the player passing in front of him, playing in seven-meter free throws and free throws, organizing counterattacks is a collection of goalkeeper actions.

The position of the goalkeeper is determined by the distance of the thrower and the angle of the attack on the goal. A correctly chosen position reduces the possibility of the ball entering the goal to zero.

At the same time, the goalkeepers connect the competition with exits to different sides. Exits reduce the chances of the ball entering the goal. This is the most difficult task of the goalkeeper successful reception of seven-meter free throws depends on the goalkeeper's agility, first of all, his ability to determine the direction of the throw and his position. The rules allow the goalkeeper to occupy a position in front of the goal at least seven meters closer to the player taking the free throw.(2, 4)

The top result is shown by the goalkeepers who occupy the meter position, when counting from the goal line to the front of it.

When taking a nine-meter free throw, the goalkeeper leads a }wall{ formation of 3-4 players, who in his case closes the side or corner of the goal. in lateral throws, the defender's player participates to build a }wall{. The player is required to get in front of the goalkeeper to stop and control the counter attack with quick movements. The exits require the goalkeeper to always make a careful assessment of the home conditions and act on time.

The goalkeeper's stances are distinguished by the placement of his balls. Arms bent from the hips can be higher and lower than the shoulders. Palms should face forward. A stable position is achieved by bending the legs between the elbows and bending the knees. The placement of the legs should allow the goalkeeper to jump from one position to another and immediately fall on any side. (3, 5)

Moving from one position to another along the goal line is done with short steps or quick thrusts to the corners of the goal. The goalkeeper always strives to keep his feet on the pitch, or to create opportunities for him to move forward, back and to the side and take a comfortable position.

Summary

When catching the ball with the ball, the goalkeeper catches the ball with the balls directed towards the goal. The more reasonable but powerful throws, which catch the ball with the ashes, the goalkeeper reverses the movement of the ball and sends it to the field, or pushes it. When hanging the bush, the arms are adjusted in front, the palms have the shape of the bush, the fingers are open in a free form. The ball is first received by the fingers, followed by the palms, and the throwing force is returned by the next action. The return of the ball is made by a short movement of the palms, which direct the ball in front of the goalkeeper or on the ground. Hooking the bush with the slave is a quick move against the bush that is tilted for the slave. Usually, balls aimed at the upper corners of the goal are placed.

When kicking or catching the ball with the feet, the balls that are directed or bounced into the lower corners of the goal area are hit or stopped with the feet half or completely forward. When stopping the ball with the feet, the inner side of the heel must first turn to meet the ball. If the slave's trunk is stretched in the direction of the slave, the leg will also be stretched in this direction. Throw-ins are performed by the goalkeeper when he catches balls aimed at the corners of the goal. The feet touch the ground first, and body parts fall one after the other.

When entering the ball into the house, the goalkeeper organizes the offensive actions of the team by throwing the ball into the house after taking possession of the ball. The development of the attack is achieved when the ball is delivered in accordance with the target. The goalkeeper throws the ball to the side or to an open net near him or uses the long throw to set up a quick tackle.

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