

Principles And Tools for Endurance Training of Handball Players

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Abstract: The main means of teaching handball, like other sports, is physical exercise, its role in solving tasks set at certain stages of training, tools for teaching movements, the quality of preparatory tasks, and improving physical movement skills and competencies are given.

Key words: Handball, handball players, training steps, training tools, general development exercises, special exercises, movement skills, used methods, technique and tactics.

Introduction: The use of methods and tools in the teaching process is carried out on the basis of pedagogical principles applied in a certain order. These principles are as follows: scientificity, awareness and activity, regularity and organic connection, proportionality and conformity, perfection and continuity, "from light to heavy", "from passed to not passed", "from simple to complex", means unity of general and special training. In handball, like other sports, the main means of training is physical exercise. They are very different. Therefore, they are classified according to their role in solving tasks at a certain training stage. Such classification is based on the competitive activity of volleyball players. In this regard, exercises are divided into two large groups: main or competition and auxiliary or training. (1,4,7,)

Competition drills are specific handball drills. In this case, technical methods and tactical actions are performed in accordance with the conditions of the game in the conditions of the competition.

Training exercises are aimed at facilitating and accelerating the acquisition of basic skills and ensuring the effectiveness and reliability of their application. They consist of special and general development exercises (2,6,9). Special exercises are divided into two groups: preparatory exercises; approximation exercises. Preparatory exercises are mainly used to train special physical qualities.

Approximate exercises are used in the process aimed at mastering specific technical movements. The obtained results and their analysis: the role of pedagogical observations is invaluable in the development of the physical and technical-tactical movements of handball players in the correct and effective organization of training processes in increasing the level of physical fitness of handball players.

It is important to pay attention to the development of specific training in each training session in order to improve the physical fitness of handball players, to achieve high-level performance in competitions. General development exercises are used to train basic physical qualities and improve necessary physical movement skills and abilities.

All exercises are included in the training component depending on their direction. These preparations are: general physical; special physical; technician; tactical; integral (whole game). Each type of training has its own leadership tools, with the help of which special tasks are solved. At the same time, exercises related to one type of training are closely related to exercises of another type of training (7,8).

In many cases, the effectiveness of tools in handball training directly depends on the methods of their use. Styles are selected and applied depending on the task, the training level of the participants, and specific conditions

Conclusion: depending on the task, the same tool can be used in different ways, using it in different ways. In addition, the sequence of tasks and types in each type of preparation has a certain logical connection. Tasks of one type of training change in quality and create the basis for the next type of training. For example, preparatory exercises represent the general structure of the technical method being studied. Convergence exercises serve as a bridge from special physical training to technical training. Technical exercises built on a certain level of complexity help to form tactical skills. On this basis, individual tactical actions are studied later.

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