

# Planning The Training Process For Young Handball Players Aged 7-12 Years At The Initial Training Stage.

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**Annotation:** The effectiveness of the sports training process largely depends on the correct planning of the means and methods of developing physical qualities throughout the year. Coaches and teachers should know well the main tools and methods of developing and improving the physical abilities of young athletes. In this case, coaches should correctly choose the optimal combination of tools and methods for improving physical qualities in relation to specific conditions.

**Keywords:** Young handball players, training process, Prognostic, Project, Organizational, Evaluative, Communicative, Constructive, Gnostic functions.

In our republic, systematic reforms are being carried out to create ample opportunities and conditions for the development of all types of sports, to raise the rising young generation to be physically healthy and mentally mature. "Improving and applying innovative methods of physical education in educational institutions, allowing children and adolescents to continuously engage in physical education and mass sports, and improving the methodology of training athletes taking into account advanced international experience, forming a sports reserve and training qualified athletes to fill the national teams in various sports with quality. the need to introduce innovative projects into the process" [1]. Based on this, research related to the technology of selection of athletes in the sport of handball, and improvement of technical-tactical training of handball players were carried out.

The problems facing sports school training are almost the same in most countries - the need for integral connections between the physical education and sports system and society and human needs [2; p. 287].23

The effectiveness of the sports training process largely depends on the correct planning of the means and methods of developing physical qualities throughout the year. Coaches and teachers should know well the main tools and methods of developing and improving the physical abilities of young athletes. In this case, coaches should correctly choose the optimal combination of tools and methods for improving physical qualities in relation to specific conditions.

The special physical training of young handball players in the initial training stage of the sports school is the development of physical abilities in strict compliance with the requirements of competition in the chosen sport.

Special physical training is a specialized development of general physical training. Its tasks are narrow and specific. These are:

1. Improvement of physical qualities that are most necessary and characteristic for the chosen type of sport.
2. Superior development of motor skills, which are most necessary for successful technical and tactical improvement of the chosen type of sport.
3. Selective development of individual muscles and muscle groups that carry the main load during specialized exercise.

The main means of special physical training are competitive exercises of the chosen sport, as well as some additional exercises that are similar to specialized exercise movements in the nature of movement structure and neuromuscular movements, and therefore are goal-oriented.

The special physical training of young handball players at the initial training stage of the sports school is focused on the development of the most important movement qualities in the

system of movement skills [3; p. 160]. Therefore, competition exercises are the main means of special physical training, various complicating factors that increase their effect on the athlete's body.

In a general sense, in the theory of physical education, all types of physical training have certain similarities. That is, the physical fitness of young athletes is closely related to their sports specialty. In this case, insufficient assessment of any type of physical training in the course of training will ultimately be an obstacle to the strengthening of sports skills.

There is no creative system in the programs for the formation of physical fitness, skills, and qualifications of the sports school participants[4; pp. 28-33].

The development of creative abilities of the students is a guarantee of the comprehensive formation of the personality, and currently, it remains one of the most important tasks of sports schools [5; 22b.].

One of the urgent problems of modern sports is to improve the efficiency of training process management.

Sports training as a powerful means of personality formation is of particular importance in childhood and adolescence. But if the anatomical, physiological and psychological characteristics of the growing body are not taken into account, children can experience physical and mental stress. Training requirements for young athletes include:

- comprehensive physical training is required, which is the foundation for future sports achievements;

- specific training loads should be different from those of adults;

- physical and mental stress must match the capabilities of the growing organism;

- simplified conditions for holding competitions should be created;

- age restrictions should be observed when participating in various sports [6; p. 215].

In fact, managing the training process means planning it correctly, and constantly improving it based on the information received by the trainer. The main way to evaluate the condition of an athlete is his participation in competitions. At this time, his sports results and dynamic indicators are evaluated. However sports achievements do not always provide the necessary information for the assessment of the athlete's readiness for training.

The initial training stage of physical training of young handball players is designed to create a functional basis necessary for effective activity aimed at the development of special physical abilities, and it has a special direction [7; p. 135]. It focuses on solving the following tasks:

- 1) development of the young athlete's functional capabilities, which are manifested in the movement activities specific to the chosen sport;

- 2) improving the ability of a young athlete's organism to withstand high-level special loads;

- 3) development of recovery processes of a young athlete's organism.

The main means of general physical training are sports exercises, as well as general development exercises for other sports. The most common exercises that are used as a means of general physical training in all sports: running, weight training, and general development are gymnastic exercises and sports games.

A general fitness program often includes skiing (for swimmers, rowers, and water polo players), rowing (for swimmers), cycling (for skaters and skiers), and more. It should be remembered that the rational use of the means of physical training of the athlete is possible only by taking into account the specific characteristics of the sport. Insufficient attention to this often leads to ineffective growth of physical qualities that do not play a major role in competitive performance in a given sport, and at the same time, growth for specific movement qualities necessary for an athlete to reach a high level. limits the possibilities.

Thus, the implementation of this approach in strength-building exercises often leads to an ineffective increase in maximal strength of muscles that do not carry a significant specific load, an ineffective increase in muscle mass, and thus a decrease in endurance. emergence of sports equipment and others. Athletes who are able to achieve sprint distances with extreme enthusiasm for the development of general endurance, in particular, for activities of an aerobic nature, on the one hand, significantly increase the functional capabilities of the oxygen transport system. Thus, it

is impossible to plan general physical training without taking into account the specific characteristics of the sport and even the exact distance station that the athlete has to perform.

The training of a handball player from a beginner to a high-class athlete is a single system, all of its components are interconnected and determined by the achievement of the main goal - the training of highly qualified handball players [8; p. 20].

It is important to competently plan the training process based on the normative and methodological requirements and laws of the formation of sports skills of young handball players. For the step-by-step planning of training with young handball players, an approximate training plan given in Table 1 is recommended for the types of training.

**Table 1**  
**Estimated ratio of types of training in groups of handball players at the initial stage**

Preparatory departments	Sports training is part of the year								
	1st year			2 years			3rd year		
	hour	%	%	hour	%	%	hour	%	%
Theoretical preparation	26			32			32		
General physical fitness	78	29	44	89	24	35	78	21	36
Special physical training	42	15		41	11		54	15	
Technical preparation	48	18	26	89	24	38	82	22	36
Tactical training	23	8		51	14		53	14	
Game preparation	67	26	30	80	21	26	66	18	27
Control game	12	4		18	5		32	9	
Control test	16	-	-	16	-	-	17	-	-
General hours	312	-	-	416	-	-	416	-	-
Number of annual trainings	156	-	-	208	-	-	208	-	-

The tasks set for the general and special physical fitness of young handball players in the training process at the initial training stage are changed based on the age of the athletes, their skills, their somatotype characteristics, the stages of the training process, and the physical condition of the athletes. possible In these processes, as the sports skills of a young athlete increase, the share of special physical fitness equipment increases from the total physical fitness.

Long-term sports training is a system that ensures the continuity of tasks, means, methods, and forms of training athletes of all age categories based on purposeful movement activity. It implies the following.

1. The optimal ratio of educational processes, the development of physical qualities, and the formation of motor skills, skills, and various aspects of training.
2. The growth of funds for general and special physical education, the ratio between them is constantly changing.
3. Strict adherence to step-by-step in the process of increasing loads.
4. Development of individual qualities in the most favorable age periods for this.

Physical education specialists working in a sports school, especially for working with young athletes, should have the appropriate qualifications, and constantly improve in accordance with the functions of their activities: process management, provision, and implementation.

The prognostic function is the ability to determine the development trends of handball, prospective educational goals, and prospects of young athletes in a certain role.

The design function includes the ability to build a long-term process of training handball players at all stages of improvement.

Organizational function - the ability to organize and successfully implement planned activities to give your full strength to the training process.

The evaluation function is the coach's ability to evaluate the physical and mental condition of young athletes, the effectiveness of training methods and tools, and their own performance.

Communicative function is the ability to establish good relations with athletes, managers, and parents of players, to find sponsors to solve important professional problems.

The constructive function is to provide a young athlete with extensive knowledge of handball, to teach him to make independent decisions in the game and during training, forcing the specialist to constantly increase his level of knowledge.

Gnostic function means the coach's ability to use information from the literature, best practices, and analysis of his work in his work.

**Conclusion:** The analysis of the content of the current handball programs of children's and youth sports schools shows that it is necessary to continuously improve the training process that regulates the training process of young athletes from the initial training stage to the stage of improving the sport. At present, there is no common opinion and approach regarding the sequence of planning the educational process of young youth.

In the training of young handball players, as a result of anatomic-physiological processes in the children's body, it is necessary to rationally plan the training, to use the methods and tools correctly during long-term sports training.

A reasonable increase in training loads is one of the main conditions for the growth of physical fitness. But at the same time, the level of loading should correspond to the performance level of the athlete. Training loads must be chosen correctly. Individually for each group of handball players, taking into account their situation, and level of performance at this stage.

There are general laws and principles for training athletes in handball, typical of all sports. Therefore, the educational process should be based on these laws and principles.

It is important to competently plan the training process based on the normative and methodological requirements and laws of the formation of sports skills of young handball players.

The tasks set for the general and special physical fitness of young handball players during the training process at the initial preparatory stage of the sports school are primarily based on the age of the athletes, their skills, their somatotype characteristics, the stages of the training process, and the physical condition of the athletes. can be changed. In these processes, as the sports skills of a young athlete increase, the share of special physical fitness equipment increases from the total physical fitness.

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