



Assessment of Offensive and Defensive Technical-Tactical Actions of Handball Players in the Competition

Ibragimov Alisher Karomatovich

Bukhara State Pedagogical Institute, head of the department of physical education and sports, associate professor

Ravshanov Amirali Alimardon ugli

Bukhara State University, Pedagogical Institute 2nd level master

Abstract: *To determine the individual characteristics of young handball players and the degree of correlation between movement indicators in the use of the composition of the main movement types in training matches and competitions.*

Keywords: *young handball players, competition, methodological method, tactical skills, Athletes.*

At the moment, with the initiative and care of the President Sh.M. Mirziyoev, a high level of sports is being observed in Uzbekistan. Our opinion is evidenced by the fact that many of our athletes are successfully participating in international competitions. The national teams of Uzbekistan in various sports had the opportunity to participate in the Olympic, Asian Games and world championships as a separate team. Handball is one of the rapidly developing sports in our country. Finding ways to successfully improve sports skills of young handball players is one of the urgent tasks. This applies primarily to the improvement of technical and tactical skills, since this aspect of training is the most sensitive aspect of handball skills that form the reserve of future Olympians.

According to experts, training is often carried out one-sidedly, where special attention is paid to increasing the level of functional and physical training, without harming the improvement of the necessary technical and tactical tools: I.P. Degtyarev, N.A. Khudadov (1978), G.O. Djeroyan (1980), A.M. Bazeyan (1990), E.V. Kalmykov (1996), A.G. Shiryaev (2002).

- It is known that among the various technical and tactical training tasks in handball, one of the important problems is to speed up the transition from the technique of performing movements in training conditions to their application in competitions. Fights are regularly and widely used in the system of technical and tactical improvement of handball players, which is primarily due to the need to model the conditions of application of actions in conditions close to competitions [1,2]. At the same time, the difference between the technical and tactical amount of training games and competitions in training is important in some of their components, which is confirmed by research data on some experts and young boxers [3,5,8]. .
- The specified tasks determine the need to scientifically search for signs of the effects of their training and competition activities in order to accelerate the technical and tactical training of handball players.
- Research object and subject: technical and tactical movement of 14-15-year-old handball players. Types of actions in training games and official competitions, as well as indicators of the use of their tactical parts.

Research objectives: Based on the research objective, we set the following tasks for ourselves.



Analysis and summarization of relevant literature;

To determine the individual characteristics of young handball players and the degree of correlation between movement indicators in the use of the composition of the main movement types in training matches and competitions.

Development of a methodology aimed at accelerating the process of transferring the mastered movements of young handball players to the conditions of the competition and justifying the practical effectiveness of the proposed method.

Among the methodological methods of teaching handball techniques and tactics, the most accepted are: [1,12,13].

- ✓ mastering techniques and movements in a group (without a partner) under the general command of a line coach;
- ✓ mastering the method in groups (with a partner) according to the coach's general command in two lines;
- ✓ independent mastering of coaching tasks in pairs moving freely around the hall;
- ✓ personal attack assigned to each handball player;
- ✓ personal attack with low technical tasks;

A typical area of handball training usually involves improving basic movements [16]. These include:

- a) preparatory actions - various options of positions, places, distances, shifts, actions and deceptive actions;
- b) offensive actions - combinations and feints, direct blows, side and bottom blows;

In addition to the main actions performed in almost every training, the following are mastered based on independent plans [20, 21]:

- specializes in new methods, actions, tactical types of their application, the most effective and frequently used combinations of actions, their preparation and application skills in modeling opponents' resistance situations;
- repetition of favorite actions performed in the same situations;
- Offensive actions and situations to resist certain opponents;
- a certain composition of actions for fighting with standard tactical models - offensive or defensive, rapid or ambush, maneuver or positional;
- psychological characteristics of preparation and application of the main types of movement;
- Means of eliminating psychological barriers that prevent the use of certain basic actions.

Exercises performed without a partner include:

- ✓ independent repetition of hand movements, defensive imitations, shifts, shifts and deceptive actions;
- ✓ sequential implementation of methods;
- ✓ mutual guidance during breaks between exercises;
- ✓ Implement methods as streams.



It should be noted that almost all exercises performed without a partner are a kind of gymnastics, which is aimed at mastering the movement structure of methods with specific dynamics of the interaction of body parts when performing various movements [19].

Athletes follow the instructions for performing certain boxing tools by independently repeating specialized movements, while the coach's supervision allows immediately assessing the level of performance and correcting any inaccuracies or mistakes that may be made accordingly. [14].

The execution of command or signal methods helps to organize the integrity of the given movement structures or to divide the methods into structural (phase) parts. In this case, the coach's instructions are given in such a way that the trainees have time to imagine the structure of the given actions [15].

Sequential performance allows an individual athlete or group of athletes to repeat learned movements continuously and many times. This leads to a greater motor density, which constitutes a special endurance [17].

Peer mentoring is the process by which trainees take turns helping each other and learning leadership skills. If the trainers take turns performing the exercises given by the trainer in a general line, then they can evaluate the technique of performing the methods, showing their positive aspects and obvious shortcomings to their partners [18].

Flow of methods - execution of tasks in a sequence (in sequence), the execution of an action by one practitioner serves as a signal for the athlete standing on the right or left to start. Thus, the execution of the exercises will have the same science-like character, which allows the trainer to observe and quickly evaluate each participant [4].

Training with an imaginary (imaginary) partner (opponent) is often called "shadow wrestling". It involves performing a combination of techniques consisting of the basic types of attack and defense, as well as means of response and counterattack. Combinations and a series of individual movements should be performed without a break. A handball player fights as if he anticipates the opponent's moves and uses tactically appropriate personal moves.

References

1. Ibragimov A. BOSHLANG'ICH SINIF O'QUVCHILARINI JISMONIY RIVOJLANTIRISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
2. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1011-1016.
3. Karomatovich I. A. Methods of Teaching Children for Movement Activities in The Process of Physical Education //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
4. Ibragimov A. K. Developing The Professional Competence Of Teachers As A Pedagogical Problem //E-Conference Globe. – 2021. – С. 333-338.
5. Qizi A. S. S. Teach handball to 19-20 year Olds using action games. – 2022.
6. Abdueva S. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
7. Abdueva S. THE ROLE OF HEALTHY MOTHERS AND FAMILIES IN THE DEVELOPMENT OF WOMEN'S SPORTS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.



8. Abdueva S. THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION IN THE FAMILY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
9. Ipkhomovich M. F. Methods of Developing Strength of 12-15 Year Old Football Players //European Journal of Innovation in Nonformal Education. – 2022. – Т. 2. – №. 1. – С. 273-276.
10. Ipkhomovich M. F. FEATURES OF THE EDUCATIONAL AND TRAINING PROCESS OF YOUNG FOOTBALL PLAYERS AT THE STAGE OF INITIAL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1314-1320.
11. Ipkhomovich M. F. YOSH FUTBOLCHILARNI TEXNIK VA TAKTIK TAYYORGARLIGINI OSHIRISH SAMARADORLIGI //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 6. – С. 97-102.
12. Ipkhomovich M. F. Methodological Basis for The Formation of Football Training //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
13. Sattorov A. E., Saidov G. K. IMPROVING THE TRAINING ELEMENTS IN PRIMARY TRAINING GROUPS OF SPORTS SCHOOLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 737-746.
14. Хайдаров У. Р. ЭКСПЕРИМЕНТАЛЬНОЕ ОБОСНОВАНИЕ МЕТОДИКИ РАЗВИТИЯ СКОРОСТНЫХ СПОСОБНОСТЕЙ СПРИНТЕРОВ УЧЕБНО-ТРЕНИРОВОЧНОЙ ГРУППЫ: 10.53885/edinres.2021.59.33.029 Хайдаров Улугбек Рустамович Магистрант Бухарского государственного университета Научный руководитель: Кадилов Рашид Хамидович Профессор кафедры Теории и методики физической культуры п. н. Бухарского государственного университета //Научно-практическая конференция. – 2021.
15. Shokhrux U. et al. WAYS TO INCREASE THE EFFECTIVENESS OF PRE-COMPETITION PSYCHOLOGICAL TRAINING OF FREESTYLE WRESTLERS //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 6. – С. 68-73.
16. Nematovich K. S. Ways to Hold National Action Games with Kindergarten Children. – 2022.
17. Kadirov S. Sports, physical, physical education as necessary elements of sports culture //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2020. – Т. 2. – №. 2.
18. Kadirov S. THE POSSIBILITIES OF PHYSICAL CULTURE IN THE MODERN YOUTH INTERNET COMMUNITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2020. – Т. 2. – №. 2.
19. Sabirova Nasiba Rasulovna. THE MECHANISM OF IMPROVING THE PRIMARY TRAINING METHODS OF BASKETBALL SPORTS, TRAINING SKILLED BASKETBALL PLAYERS. Web of Scientist: International Scientific Research Journal . DOI: <https://doi.org/10.17605/OSF.IO/YMRTN> Published: Feb 28, 2022
20. SN Rasulovna. TOOLS FOR DEVELOPING SPECIAL PHYSICAL TRAINING AND PHYSICAL QUALITIES IN SPORTS GAMES. E-Conference Globe, 2021
21. Rasulovna S. N. STAGES OF MODELING AND AGE INDICATORS IN THE OPTIMIZATION OF THE PROCESS OF SPORTS ACTIVITIES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 75-86



22. The Importance of Three-Stage Model in Developing the Functional Status of Athletes. SN Rasulovna - International Journal on Economics, Finance and ..., 2021
23. FS Fazliddinov -Optimization of training workloads for primary group players 1025-1030 2022 Science and Education
24. F Fazliddinov - TECHNICAL AND TACTICAL TRAINING OF FOOTBALL PLAYERS Buxoro davlat universitetining Pedagogika instituti ..., 2021
25. FS Fazliddinov - PSYCHOLOGICAL TRAINING OF ATHLETES E-Conference Globe, 2021
26. F Fazliddinov -Types of competition loads in football Buxoro davlat universitetining Pedagogika instituti ..., 2021
27. Abdullaev M. J. Methodology of application games in the training of young athletes //European Journal of Research and Reflection in Educational Sciences. – 2020. – T. 8. – №. 11.
28. Samijonovich, T. S., AbdullaevMolecular & Clinical Medicine, 7(6), 2907-2914.
29. Abdullayev, M. J., Berdiyev, O. I., & Omonova, N. R. (2021). Methodology Of Organization Of" Physical Education And Sports" Lessons In Higher Educational Institutions. The American journal of social science and education innovations (TAJSSEI) SJIF-5.857 DOI-10.37547/TAJSSEI, 3(02), 312-320.
30. Абдуллаев, М. Ж. (2018). Swot-анализ в структуре информационных технологий физического воспитания. In Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч.-практ. конф (pp. 14-18).
31. Djuraeva.M.Z “Psixologicheskaya sushchnost vospitaniya sportsmenov”. Psychology № 1.2021 pp. 51-55.
32. DZ Safarov, BX Xamroev, MM Mavlonov. Ispolzovanie pedagogicheskix texnologiy v protsesse obucheniya gimnastike - Voprosy nauki i obrazovaniya № 14 (139), 2021
33. Xamroyev Behruz Xalimovich. DEVELOPING STUDENT’S READINESS TO USE ADAPTIVE PHYSICAL CULTURE. International Journal of Advanced Research in Management and Social Sciences. Vol. 11 | No. 2 | February 2022
34. Xamroyev B. X, Safarov D. Z. BELBOG ‘LI KURASHCHINING FUNKSIONAL QOBILIYATI OSHIRISH YO ‘LLARI. «SCIENTIFIC PROGRESS» Scientific Journal ISSN: 2181-1601 // Volume: 1, ISSUE: 6