

SELECTION OF YOUNG HANDBALL PLAYERS METHODS AND METHODS

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Abstract:

In this article, I thought about the methods and techniques for selecting young handball players and explained the methods and techniques that can be applied in practice, based on the experience of teachers and coaches. I also shared my findings with recommendations on how to choose handball players and how to train with them.

Keywords: handball players, phase, handball, physical education, training.

For the future of our country, physical education and sports are very important in raising a healthy generation and bringing them to adulthood.

It is noteworthy that in our country, raising a deep-minded, physically healthy, high-quality, intellectually capable, well-rounded generation, and in this regard, the national program of a healthy mother and a healthy child is a high goal. For this reason, it is good to see that the high attention paid to children's and women's sports and the conditions created for them are not only in cities, but also in remote villages. For this reason, the leadership of our government paid more attention to the field of physical education and sports.

Our country has great tennis and table tennis, artistic and sports gymnastics, swimming, athletics, basketball, handball, volleyball, football, boxing, judo, wrestling and other sports that are widespread around the world are rapidly developing and becoming more and more popular.

"Methods and methods of selecting young handball players" selected by us is one of the current topics.

Theoretical and practical significance of the article: the handball coaches of specialized children's and youth sports schools can use the article in their work, giving lectures to students in educational institutions.



The purpose of the article: to determine the indicators of physical fitness of Gadbball players and to educate and develop it during training.

Handball is a power work of non-standard movements and dynamic game changing power. constant intensity is changing. This is a game moment depending on the site situation in each. The alternation of active and passive phases of the player's movement activity is mainly observed after 3-20 seconds. Active phases - moving quickly, possession of the ball, fighting alone with the enemy and passive - moving slowly without the ball and stopping. In games with a weak opponent, the passive phases are longer, and the active phases are almost unchanged.[1]

The first handball championship in the Republic of Uzbekistan was held in 1938.

F.Abdurakhmonov, V.Kaplinskiy, V.Ogirenko, E.Golovchenko, V.Konoplev, V.Izaak are awarded the title of "Honored coach in Uzbekistan" for their active work in training handball players. were awarded with.

The Handball Federation was established in independent Uzbekistan in 1992 and was accepted into the International and Asian Federations in 1993.

Since 1992, championships between men and women have been held in Uzbekistan. [2]

In the training of young handball players, first of all, it is suitable for the physiological characteristics of the growing organism and the work characteristics of the training tasks

should be based on arrival. Correct and timely foundations of physical and functional training together with the process of formation of basic skills and abilities create an opportunity to carry out work that will help to achieve high sports results in the future.

Along with age change, the child's body also changes. These changes are not only quantitative (height, weight), but also qualitative. Therefore, the requirements imposed on adults cannot be superficially reduced in proportion to the child's age and imposed on children..

The development of the child's organism is continuous, but uneven. Important changes take place in certain periods (the growth of the muscle mass of the neck, the development of organs and systems are different in terms of speed and character of metabolic processes in different periods divided by age).

The rate of development of children's physical qualities and other abilities corresponds to certain periods. As a result, more favorable conditions are created for the development of certain physical qualities and other abilities. In different types of



movement, the performance of girls and boys varies by age group. Therefore, it is necessary to take into account the conditions that arise as a result of age.

It is important to remember that each organism develops individually. In addition to the age of the passport, the calendar shows the level of physical development, motor capabilities, sexual maturity, etc. it is recommended to take into account the biological age that classifies. Calendar age may not correspond to biological age. [3] Techniques are refined with the description of a specific game role. The previously learned game methods are improved based on the role of the players in the team, their physical fitness and the method of individual mastering of the materials.

Assessment of specific indicators that confirm the child's ability to play handball depends primarily on the results of testing and observation. It is very important to choose the right methods and tools to develop the unique abilities of a young handball player. [4]

The basis for organizing handball training groups and predicting children's results in sports is based on the method of conducting tests and the analysis of preparation for the game. It is also necessary to take into account information about pedagogical skills and the health of the participants.

In the selection and training of young handball players, special handball classes in general education schools with extended day and in-depth training play a big role. Children will love handball and learn the secrets of playing handball.

In the physical training of handball players, the contribution of exercises aimed at physical training and the development of a number of special qualities is increasing. Work on dexterity and speed continues. Particular attention is paid to the development of strength and endurance. When choosing ways to achieve this, exercises in speed-power descriptions are given a greater place.

Endurance exercises will have a similar description to game activities. The intensity of these exercises increases very quickly, but they are short-lived and have enough rest periods to build strength. For this purpose, all exercises can be used in technical and tactical movements, but they should be performed at the greatest possible speed, in the conditions of rapid movement from place to place and counter-effects. [5]

Along with age change, the child's body also changes. Therefore, it is not possible to reduce the requirements for adults superficially in proportion to the child's age and impose them on children.

Strength indicators are still very small in 11-12-year-old children. Therefore, speed-strength exercises and jumping exercises should be included in head training. Taking



into account that these exercises are tiring, children are trained little by little, and active rest moments are organized between the exercises.

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