

Improving the Methodology for Teaching Handball Elements to Schoolchildren

Kadirov Rashid Khamidovich
Bukhara State University p.f.d Professor

Akhmedova Zukhrakhan Tulyanbayevna
Independent researcher of Bukhara State University

Abstract: This article is written to improve the methodology of teaching handball elements to schoolchildren. The article examines the results of scientific research from handball players on ways to correctly select exercises in the development of general and physical fitness.

Keywords: handball, experience, physical quality, development, training process, action games.

Over the course of many years of sports training, the coach develops patriotism and moral qualities in handball players: honesty, benevolence, self-control, discipline, tolerance, collectivism. This should be combined with strong-willed qualities: perseverance, courage, perseverance, patience. We must not forget about the aesthetic feelings of beauty, neatness, diligence.

At the training stage, special attention should be paid to the education of sports intelligence, the formation of strong-willed character traits, the development of operational thinking and memory (Table 1).

Table 1. Feedback from coaches on the intellectual development of young handball players, %

It's hard to teach		Errors appear	
At the age of 10	% of reviews	At the age of 13	% of reviews
General culture	12	Lack of a common culture	22
Quick thinking	29	Quick thinking	29
Attention in the classroom	33	Attention in the classroom	22
Good memorization of the material covered	26	Memorizing the material	27

At the age of 7-8, children already have the ability to focus their attention for a long time, their range of interests is significantly expanding, and their stock of concepts is growing. Memory reaches a high level of development at this age. There is a pronounced desire for independence. At the age of 10-11, a rapid increase in physical abilities has a positive effect on game readiness. On the other hand, selfishness, critical mood and intolerance of the transition age are manifested.

Coaches admire the extraordinary athletic growth of their students (sometimes in their presence). Young talents begin to act up (especially girls), contradict the coach, treat their peers arrogantly. The age characteristics of children, athletic success and pedagogical miscalculations of coaches, as a rule, lead to "star disease".

A decrease in demands leads to complacency, and young talents often remain only promising, without reaching the proper level of skill.

In order to influence a handball player of this age, the coach must determine what he wants to change in the behavior of a young athlete, and outline the same specific ways to influence him. We need an individual approach to each student. It is important to collect information and get an idea about the life and communication of a teenager, about his motives for playing handball, through conversations with the student himself, with parents, friends, and observing behavior.

The student should consciously feel the need to acquire new knowledge and skills, and the coach should be aware of the need to transfer them to a young athlete. In the work at this stage, the coach's word should be bright and imaginative, and the display should be specific and expressive. Children think in objects, in material images, and the coach needs to rely on this feature of their thinking.

Most children have a high interest in movement if this activity is offered in the form of a game, and decreases sharply when they have to do something however, in the conditions of regulated academic work. The reason is the difference in the goals of the student (to enjoy the movement) and the coach (to give the student a planned dose of educational material in an emotionally poorer training situation). In order to achieve the coincidence of motives and goals of joint activities, motivation should be actively formed.

Stimulating their activities is of great importance in the education of young handball players. To this end, various pedagogical means can be used: a positive example, encouragement, competition. The choice of a particular tool depends on the individual characteristics of the young player.

The following should be educational tools.

1. Personal example and pedagogical skills of the coach.
2. High organization of the training process.
3. An atmosphere of hard work, mutual assistance, and creativity.
4. Friendly team.
5. The system of moral stimulation.

Literature used

1. У.М.Зокиров, Т.Р.Каримов “Бошланғич синф ўқувчиларини жисмоний тарбиялашда ҳаракатли ўйинлардан фойдаланиш усуллари”. *The Journal Of Academic Research In Educational Sciences*. № 2 (2), 583-590. (2021).
2. У.М.Зокиров, К.Д.Патидинов “Умумий ўрта таълим мактаби 7 – 8 синф ўқувчиларининг жисмоний тайёргарлигини жисмоний ривожланишига боғлиқлиги”. *The journal of academic research in educational sciences*. № 1 (4), 693-697. (2020).
3. Atayeva Farangiz Allaberganovna. (2022). IMPROVEMENT OF THE DESIGN OF WORKING BODIES OF MODERN PRESSES TO INCREASE SHAPE-SAVING CHARACTERISTICS DURING MOISTURE-HEAT TREATMENT OF CLOTHES. <https://doi.org/10.5281/zenodo.7050207>
4. Allaberganovna, A. F. . (2023). Pedagogical Approach in Explaining the Steps of Drawing Clothing Sketches to Students. *Best Journal of Innovation in Science, Research and Development*, 2(2), 69–73. Retrieved from <http://www.bjisrd.com/index.php/bjisrd/article/view/57>
5. U.M.Zokirov Umumiy o'рта ta'lim maktablarida jismoniy tarbiyada sinfdan tashqari ishlarni tashkil etishning shakllari. “Xalq ta'limi” O'zbekiston Respublikasi Xalq ta'limi vazirligining ilmiy-metodik jurnali. № 5, 38-41. (2021).

6. Atayeva Farangiz Allaberganovna. (2023). KIYIM ESKIZLARINI CHIZISH (VINTAGE USLUBI). SO'NGI ILMIY TADQIQOTLAR NAZARIYASI RESPUBLIKA ILMIY-USLUBIY JURNALI, 6(4), 228–331. <https://doi.org/10.5281/zenodo.7829730>
7. У.М.Зокиров Умумий ўрта таълим мактабининг 5-6 синф ўқувчиларини баскетбол спорт ўйини орқали жисмоний тайёргарликларини ривожлантириш. Наманган давлат университети илмий ахборотномаси. № 6, 544-549. (2021).
8. Allaberganovna, A. F. (2022). KIYIMLARGA NAMLAB-ISITIB ISHLOV BERISHDA SHAKLNI SAQLASH XUSUSIYATINI YAXSHILASH MAQSADIDA ZAMONAVIY PRESSLARNING ISHCHI ORGANLARI KONSTRUKSIYASINI TAKOMILLASHTIRISH. *Scientific Impulse*, 1(2), 117-122.
9. Sh.Pavlov, F.Abduraxmanov, J.Akromov “Gandbol” darslik. T, O‘zDJTI 2005 y.
10. Allaberganovna, A. F. . (2022). Improvement of the Design of Working Bodies of Modern Presses to Increase Shape-Saving Characteristics During Moisture-Heat Treatment of Clothes. *Miasto Przyszłości*, 28, 17–19. Retrieved from <http://miastoprzyszlosci.com.pl/index.php/mp/article/view/549>
11. Allaberganovna, A. F. (2022). Improvement of the Design of Working Bodies of Modern Presses to Increase Shape-Saving Characteristics During Moisture-Heat Treatment of Clothes. *Miasto Przyszłości*, 28, 17-19.
12. Atayeva, F. (2023). TEACHING STUDENTS TO THE STAGES OF CLOTHING SKETCHING. *Science and innovation*, 2(B1), 187-191.
13. F. Atayeva (2022). KIYIMLARGA NAMLAB-ISITIB ISHLOV BERISHDA SHAKLNI SAQLASH XUSUSIYATINI YAXSHILASH MAQSADIDA ZAMONAVIY PRESSLARNING ISHCHI ORGANLARI KONSTRUKSIYASINI TAKOMILLASHTIRISH. *Science and innovation*, 1 (A5), 221-225. doi: 10.5281/zenodo.7050207
14. K.D.Rahimqulov Harakatli o‘yinlar (ma’ruzalar matni) 2001y.