

Ways to Develop Quick-Strength Qualities of Young Handball Players

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Abstract. *In this article, technical and tactical training and fast-strength qualities of young handball athletes during the game are studied from a developmental perspective, focusing on its impact on both learning and physical well-being.*

Key words: *Physical qualities, fast qualities, sports skills, techniques, techniques, movement speed.*

Relevance of the topic: Today, the modern state of handball is distinguished by a sharp increase in the competition of teams on international arenas. In order to reach new heights of victory, it is necessary to look for improved tools and methods of comprehensive training of handball players, not limited to the achieved achievements. To date, many young people are engaged in handball sports in several children's and youth sports schools, professional education and higher education institutions of our republic. Each

It's no secret that schools or lyceums, educational institutions have athletes who have their own position in the field of sports. However, in spite of the achieved achievements, there is still a lot of hard work to be done on training young handball players for the game, especially technical, tactical and quick-strength qualities.

To date, the analyzes show that many research works, scientific research and practical research, various tools and methods are being developed and studied for all types of sports in order to develop the quick-power qualities of young handball players. In modern handball sport, game methods are being improved, and handball players' game movements are becoming more perfect. The emergence of new and effective methods in the sport of handball requires the actions of young handball players to be at a high level. Each handball player is required to perform technical, tactical and quick-power actions for the victory of his team during a game.

Foreign expert, V.M. According to Zatsiorsky's research, they described the existence of the following forms of manifestation of speed as follows:

- thinking (speed of thought process):
- speed of simple and complex reactions in response to any external influence or complex effects:
- the speed of execution of a single movement:
- speed of movement (time to complete a series of certain movements).

Including: In our republic, a number of activities are being carried out related to the thorough training of young handball players and the development of the quality of speed and strength. In order to further

improve this field, among other things, in order to ensure the effectiveness of young handball players in the game, the use of modern tools and innovative technologies is being put into practice.

Based on this necessity, it is considered an important factor to increase the level of speed and strength of young handball players in practice. In our country, the process of implementing modern methods of training and training of professional handball players in accordance with the requirements of the time has been established, but scientific research aimed at the control and development of training levels of young handball players has not been carried out.

This situation indicates that all the scientific research that should be carried out in this field is the basis for the further development of the field and the formation of its scientific foundations.

Decree No. PF-5368 of the President of the Republic of Uzbekistan dated March 5, 2018 "On measures to radically improve the state system of physical education and sports management", January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" It serves to a certain extent the implementation of the tasks defined in Decree No. PF-5924 and other regulatory legal documents related to this field.

The purpose of the study: to develop the quick-power qualities of young handball players by increasing their rational capabilities.

Tasks of the research:

- level of development and scientific-methodical analysis of modern handball sports.
- Ways to develop quick-strength qualities of young handball players.
- Drawing up an annual training plan and developing sports skills during training.

Research methods: analysis and generalization of scientific and methodical literature, pedagogical observation, questionnaire survey, pedagogical control, pedagogical testing, expert evaluation method, instrumental method, pedagogical experience, mathematical statistical methods.

In modern handball, playing methods are improving, and handball players' playing movements are becoming perfect. The emergence of new and effective methods in handball requires the handball players to be at a high level. Each handball player performs many actions during a game for his team to win [3, 4].

We know that the main movements of handball players on the field: walking, running, walking with the ball, running with the ball, jumping, moving with the ball, tricking with the ball, passing the ball, catching the ball, taking a free kick, clearing the ball goal, fighting for the ball with the opponent and several other actions.

It can be seen that handball experts have studied the above-mentioned movements of handball players in their research and developed the necessary methods and techniques for them [2, 3, 4].

The following scientific methods were used in the research work.

1. Analysis of scientific literature sources.
2. Pedagogical control (training process).
3. Taking tests.
4. Mathematical and statistical methods.

The goal of the pedagogical experiment was to determine the effectiveness of the development of quick-strength of young handball players, and the pedagogical experience of young handball players' quick-strength training and quick-strength qualities was conducted using special tests. For our research, 16 handball players aged 12-14 and 15-17, who are studying handball at the Samarkand Olympic and Paralympic Sports Training Center, were selected and research work was carried out.

Two groups of handball players participated in the study.

Table 1. Indicators of results of control and experimental group handball players before pedagogical research

№	Indicators	Experimental group	Control group
1	Running 60 m standing up	9,6±1,18	9,6±2,87
2	Standing long jump	1,85±1,14	18,3±2,19
3	Throwing a 150 g ball	37,0±2,53	36,6±3,2
4	5 double jumps	9,63±2,23	9,63±1,28
5	Jump up while standing	53,3±3,2	53,3±1,55

We know that in specialized sports schools training processes are conducted on the basis of a specially developed and approved program. In order to study the size and composition of training processes of young handball players during the annual training period, we analyzed the training processes of 12-14-year-old and 15-17-year-old handball players of 2 different age groups..

№	Indicators	Control group			Experimental group		
		At the beginning of	At the end of	growth	At the beginning of	At the end of	growth
1	Standing 60 m. run to	9,6±1,8	9,5±1,7	0,1	9,6±1,2	9,3±1,66	0,3
2	Standing long jump	1,83±1,9%	1,84±0,8	0,1	1,85±1,4	1,88±1,19	0,03
3	150g. throw the ball	36,6±2,02	36,7±2,8	0,1	37,0±2,5	40,8±3,8	3,8
4	5 double jumps	9,63±1,2	9,7±1,2	0,07	9,63±1,23	9,96±1,30	0,33
5	Jump up while standing	53,3±1,5	54,3±2,5	1,1	53,3±2,4	58,6±3,8	5,3

At the end of the pedagogical experiment, it became clear that after the retest, the quality of the handball players running 60 m from the place of the control group was not so great, but the change was 0.1%. By 0.1% in standing long jump. 0.1% when throwing a 150g ball. 0.07% in 5-fold jumps. It increased by 1% when jumping up while standing. The results of the pedagogical experiment in training the qualities of speed and strength showed that a slight change was noticed in all types of jumping in handball players of all groups (control and experimental group), especially in the experimental group.

In conclusion, it should be noted that the analysis of annual rotation training shows that the volume of training and annual training of 14-15-year-old handball players is a total of 522 hours. This indicates that a little less time has been devoted mainly to the BOSM program. This score is explained and clarified with a number of details. The majority of the training sessions are focused on specific physical training and are focused on ball handling (between 75% and 93% of each month). The tools of such training always increase the quickness and quick-power qualities in young handball players, and if this exercise is related to the ball, it reduces the effectiveness of the methods used, especially in this case, the "kick" style is one of them. When focusing on the main training sessions of 14-15-year-old handball players, their training focuses on their general and special endurance (52.2% of the total time). On the contrary, the special exercises, non-standard and game exercises that were regularly used in the experimental groups during these periods led to the effective development of quick-strength qualities.

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