

Methodology of Developing Technical Actions of Young Goalkeepers During Handball Training

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Abstract. *This study looks at the characteristics that help juvenile goalkeepers improve their accuracy when receiving, returning, and passing the ball during handball practice. Young goalkeepers' ability to receive, return, and move the ball with greater efficiency has been improved through the development of a series of training microcycles and exercises. It has been established that, during the initial phase of training, special attention needs to be paid to the proper construction of the goalkeepers' precise motions for receiving, returning, and transferring the ball.*

Key words: *training process, goalkeeper, ties, correlational analysis, handball.*

In our nation, athletics are becoming more and more popular [1, 2]. In order to teach young goalkeepers in line with the demands of the modern game and quickly advance to the ranks of elite teams, it is imperative to enhance their preparation at a high level. [1, 2]. Therefore, it is crucial to give close attention to how juvenile goalkeepers in the game of handball improve their technical movements. Therefore, it is essential to develop a set of unique exercises that are specifically tailored to the development of juvenile goalkeepers' technical motions for receiving, returning, and moving the ball and to apply them to the training process.

Every squad naturally wants its goalie to be well-rounded because goalkeeper training is crucial in handball. The goalie is therefore regarded as the attack's defense. A goalkeeper's only objective is to wisely repel an organized assault. In the modern game of handball, offensive strikes are becoming increasingly successful. The technical motions of goalie players are becoming faster and more precise in the contemporary handball game. As a consequence, the time required to execute technical techniques is decreased. [3,4].

It is worth reminding once again that independent performance of individual movements in the training process of young goalkeepers is important not only for training in the initial period, but also during the improvement period. The training of young goalkeepers must be under the constant supervision of a coach. Unfortunately, most coaches in the training of goalkeepers develop technical movements during general team training, but neglect individual training. This is not enough training for goalkeepers. Coaches focus on the training of their team, and it is common for goalkeepers to remain "idle". During such trainings, the load received by goalkeepers is a very small percentage. [5, 6].

Therefore, using the program we created and the collection of suggested sample exercises is crucial for the development of juvenile goalkeepers' receiving, returning, and passing motions. These physical activities are standard:

1. As soon as the instructor signals, rapidly elevate your palms in the starting position.
2. Replacing spheres that have been hurled from above at various heights.

3. Jumping the ball with the hands on various feet while it is approaching from the side and above the head.
4. Step to the side and return the ball that is coming from the side at a distance of 1 to 1.5 meters.
5. Taking a step by aligning the interior side of the foot's heel with a straight line while moving forward, backward, and sideways.
6. While remaining still, jump from foot to foot while rotating the free leg's knee and hand in the direction of the jump.
7. Two goalkeepers are horizontal and spaced 6 to 8 meters apart. He uses a variety of passing and receiving techniques, originally from above, below, and from the floor. The intermediate distance is progressively raised to 20–25 meters throughout the workout. For 10–12 minutes, the activity is carried out at a normal pace.
8. The goalie, who is positioned in front of the wall, deflects the ball away from the wall, captures it as it bounces back, or slows its flight. Three to five minutes are spent on the activity.
9. There are two goalkeepers positioned between each participant. Both competitors have one ball in their palms. The goalie, who is positioned nearby, swiftly runs to meet the throwing player and catches the ball. The backup goalie follows suit. The drill is done 10–12 times for each goalie.
10. The goalie is positioned inside of the net. From a distance of 7-8 meters, his companion tosses the ball to the bottom corners of the circular. The goalie stops the ball with one stride or uses the "vipad" technique to slow it down. Then it gets the initial condition.
11. The defender of the goal is positioned in the center of the net. From a distance of 5 to 6 meters, his companion will indicate the direction in which he will toss the ball. Turning 1800 degrees, the goalie touches the ball with both his hands and feet. Initially delivered slowly and from a distance, blows are later delivered quickly and forcefully. The workout lasts two to three minutes.
12. Make a precise throw to the goal marked on the wall from a distance of 10-15 meters.
13. Making accurate shots at the field's centerline targets
14. The competitors are positioned with the object in possession in the corner of the goalkeeper's field. He runs from the side to the opposing goal while tossing the ball to the goalie. The goalkeeper transfers the ball from the 6-meter zone to the player when they cross the field's middle line. The player leaps on the ground and dives into the goal after getting the ball from the center line.
15. He only runs from the left side toward the opposing goal, just like in the previous practice. The goalkeeper transfers the ball from the 6-meter zone to the player when they cross the field's middle line. The player leaps on the ground and dives into the goal after getting the ball from the center line.
16. Players are positioned with the object in the goalkeeper's region. The player sprints away from the goal on the other side while tossing the ball to the goalie. The goalie advances to the 6-meter area and hands the ball to the player who is sprinting. The player catches the ball that the goalkeeper has tossed, rotates to face the goal, tosses the ball once, jumps into the goal, and shoots the ball.
17. Players are positioned in the middle and on either side of the pitch. The goalkeeper passes the ball to the player in the middle as directed by the instructor. One of the side players receives a ball from the center player to shoot at the net. If no indication is provided, the player takes the shot themselves.
18. The wall is 3–4 meters distant from the goalie. Behind him, his companion lobs the ball against the wall. He uses his palms to retrieve the ball from the wall. The exercise is performed for 2-3 minutes.
19. The goalkeeper's distance from the wall is 4-5 meters. The goalkeeper uses the inner edge of his feet to return the ball that his companion had hurled against the wall. The workout lasts three to five minutes.

20. The goalie is situated 5-7 meters away. With a sound indication, partners pass the ball to the goalie. By making a 180-degree rotation with his palms, the goalkeeper returns the balls. The goalkeepers switch places after a minute or two.

21. A "circle" of goalkeepers is formed. A goalie enters the middle. He must use his feet to help defend the middle-positioned object. The player must attempt to avoid touching the ball and return it with his feet as the partners make a "circle" and transfer the ball to one another. The goalie in the center switches at the appointed minute.

22. Partners pose five meters apart from one another. He suddenly tosses the ball he is holding in his hand toward the second companion, who is holding the ball in his hands. The ball is returned by the goalkeeper's companion using the "split" or "half-split" technique. Repeating the practice takes three to five minutes.

The goalie aligns the goalposts so that they are next to one another. A number of projectiles are rolled to the goalkeeper's side by his companion in alternation. (right or left). Both the "half split" and "split" techniques of ball return are used by the goalie. The exercise is performed several times.

24. The goalie is seated with his palms on his head at the goal. From a specific distance, his companion strikes the ball into the top corner of the net. Each time a projectile is hurled, the goalkeeper returns it with both hands. The activity is repeated several times.

The goalie positioned himself in the center of the net. The ball is set in the lower left corner of the gate and suspended in the gate's upper right corner. The field participants attempt to strike the balls suspended in the goal and on the ground consecutively. Without contacting the balls, the goalie returns the floored and suspended balls with his feet and palms. The activity is repeated several times.

26. The goalkeeper is standing in the center of the goal with a shoulder-width space between his knees. Between his legs, his partner attempts to place the ball in the goal. The goalie attempts to prevent the ball from being passed by quickly bringing his feet together. The practice is carried out numerous times. an instance where the left column is farther from the goalie. His teammate makes a goal-bound shot to the top right area of the net. After throwing the ball, the goalie reclines. The goalie switches positions after performing the practice several times. His partner strikes the ball toward the goal's top left quadrant.

28. The goalie is positioned between 20 and 30 centimeters from the goal post. His colleagues alternately attempt to score by putting the ball through the opening between the goal post and goalie. The ball is returned by the goalie. There are several repetitions of the practice.

29. The goalie is positioned nearer to the goal's right area. The partner strikes the ball downward into the opposing side's area. When returning the ball using the "half split" and "split" techniques, the goalie moves step by step. The activity is repeated several times.

30. Make a lunge attack. The goalkeeper reclined with his palms down on the side of the net. From above, partners fire the projectile into the goal. With his palms, the goalie returns the projectiles. There are several repetitions of the practice.

31. The goalkeeper lifted his palms and positioned in the center of the goal. At a 7 m distance, players fire the projectile at the goal. The goalie uses both his hands and legs to retrieve the ball.

32. The goalkeeper had his palms raised and was seated in the center of the goal. The striker fires the ball to the right while the goalie strikes to the left. The goalie swiftly returns the ball after spotting the throwing player's movement. On the opposing side, the same practice is also done. On each side, the practice is repeated several times.

33. Similar to the second exercise, the goalie is typically positioned 2-2.5 meters in front of the goal with his palms.

34. a 7-meter recovery of a free kick. The goalkeeper attempts to stop the ball from passing as the players hurl the ball into the goal in accordance with the coach's orders. (the speed of the ball increases).

35. The goalie moves into position. His opponent comes at you with 8–12 pellets. The goalie swings both arms abruptly downward when his companion dribbles and then quickly raises them to strike the ball. The object must be thrown during the practice with the most power and over the shortest distance possible.

36. The goalie takes his primary stance 2-2.5 meters in front of the goal, arms raised. From a distance of 7 meters, his teammates fire the ball into the higher corners of the goal without jumping. The projectile is thrown at the goalie, who returns it. There are several repetitions of the practice.

Depending on the goalkeeper's age and ability level, the curriculum includes guidance on how to use their technical movements and physical fitness. The growth of goalkeepers' unique personal qualities must also be taken into consideration when developing the program criteria (exercises). The three program stages will be executed more frequently over time, adding to the burden as a result, which will happen concurrently.

Young goalkeepers in the program

1. Run 10-12 meters from the start from different positions (lying, sitting, standing, etc.) and catch the ball.
2. Hitting the ball against the wall in the main position and returning the ball that bounced off the wall with the help of hands.
3. In the main position, hit the ball against the wall and return the ball that bounces off the wall with your feet.
4. Sit on the gym bench and bend back.
5. Writing with folded arms, swinging back and forth (flying) in brusa
6. Performing step-by-step movement in the basic standing position.
7. To return the ball by performing "half split" and "split" movements placed near the goalposts.
8. Returning the shot after the forward curve.
9. To reduce the speed of the ball by jumping on the thrown balls.
10. Jumping over obstacles of different heights and returning the ball.
11. Jumping and catching the ball that bounced off the wall.
12. Making a clear delivery of the ball when organizing a counterattack [7,8,9]

Table 1. The program includes the stage and amount of exercises

Program №	Exersices	Fulfillment		
		First stage (times)	Second stage (times)	Third stage (times)
1	Running 10-12 meters from the start from different positions (lying, sitting, standing, etc.) and catching the ball.	10	12	14 and more
2	Hitting the ball against the wall in the main stance and returning the ball that bounces off the wall with your hands.	40-60	60-70	70 and more
3	Hitting the ball against the wall in the main position and returning the ball with the feet.	40-60	60-70	70 and more
4	Sit on the gymnastic bench and bend back	20	30	36 and more
5	Writing with folded arms, swinging back and forth (flying) in brusa	5-7	8-10	11-12 and more

6	Perform a step-by-step movement in the main stance.	40-45	45-55	55 and more
7	Return the ball by performing "half split" and "split" movements placed near the goalposts.	20-25	25-30	30 and more
8	Returning a shot after a forward curve.	8	10	12 and more
9	Reducing the speed of the ball by jumping on the thrown balls.	15-20	20-25	25 and more
10	Jumping over obstacles of different heights and returning the ball.	20-25	25-30	30 and more
11	Jumping and catching the ball that bounced off the wall.	40-45	50-60	60 and more
12	Making a clear delivery of the ball in the formation of a counterattack.	13-15	16-20	20 and more

According to current theories, two primary methods—methods with continuous and interval descriptions—are used in training activities to help juvenile goalkeepers improve their precision when receiving, returning, and passing the ball. These two approaches can be applied variably and concurrently.

The efficacy of the returned and passed ball is therefore the primary focus of study of goalkeepers' attempts to increase the precision of receiving, returning, and moving the ball. Undoubtedly, the primary tool is the disparity between outcomes from the game and results from training. [9,10].

Conclusion. The finest contemporary teams today demand that their goalkeepers be quick, physically fit, and tall. These days, it's crucial to choose and develop such goalkeepers.

The initial training squad is the most crucial step in teaching goalkeeper players. At this time, it was believed that the effective development of the juvenile goalkeepers' performance abilities would ensure the training of highly qualified athletes, along with the rational development of their rational movement style. Therefore, in order to eliminate common errors in goalkeepers' technical training, it is necessary to make adjustments to the system of the training process at this point, per the findings of the study stated above. Such errors highlight the necessity of stepping up training and activities based on a personalized strategy, especially one that is based on science.

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