

Fundamentals of Sports Training of Handball Players

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Abstract. This article discusses the role and tasks of handball in the educational system, the basics of handball players' sports training.

Key words: *physical education, physical culture, theory of physical education, sports training, health, sport, education of a healthy generation, healthy lifestyle, system of physical education.*

Introduction

Sports training should be scientifically based. To ensure this, you must know the basics of the sports training system and strictly follow it. By the system of sports training, we assume that training and legal physical development of athletes is a whole process, considering the following: tasks, principles, tools, methods, etc. It is scientifically based and practically tested system. Its effectiveness is very clear. Training is the English, which means exactly the following. It means training and training.

Even now, some trainers understand sports training as a return to physical exercise. But this is a big mistake. Sports training is a form of physical education and is a very broad and multifaceted process.

The sports training process consists of 5 interrelated parts:

1. General and special physical training.
2. Psychological preparation.
3. Technical preparation.
4. Tactical preparation.
5. Theoretical preparation. [6,7,8,9,10]

As a result of all these types of training, sports training is formed again. The main indicator of how well the athlete has trained is the sports result. However, depending on the results of the competition, it is possible to think a little about the level of general training, about some preparation of the athlete. Currently, all strong athletes pass control exercises (normative) in the course of annual training to determine the level of preparation in some aspects, general physical preparation, technical preparation. It is accepted to call the condition of the level of training a sports form. Such sports form is achieved at the beginning of the training period and must be maintained until the end.

proper organization of training, the retreat to training should increase from year to year. During the transition period, withdrawal from training is slightly reduced due to the reduction and absence of training time.

By the present time, the lack of activation of game movements, the increase of technical premiums increases the demand for the level of preparation. Nowadays, it is especially necessary to improve the content of the game, the functional activity of training systems, and to master various skills well.

The fact that players perform a complex of all kinds of actions requires that they master special training. In addition to personal qualities and skills, this includes special skills and abilities to work as a team.

In addition to the general game preparation, each player must acquire the knowledge, qualities and skills necessary to perform the necessary functions in the team.

Sports training for children and adolescents is correct if the anatomical-physiological change in the body is positive and affects health and physical growth and sports results tend to be high. is considered

The structure of the training system for young athletes is as follows: initial training (7-10 years old), special initial training designed for 1 year of training (educational training group for 10-11-year-olds), handball-oriented training (training group for two and three years) and sports improvement groups. The interaction between the systems ensures that each preparatory stage is directly interconnected. [11,12,13,14]

Principles of sports training

The structure and implementation of sports training is based on the principles of awareness, reversibility, slowness, demonstration, and individuality. Many of these principles have been adopted from pedagogy, which is a pedagogical process arising from the tasks and conditions of sports training.

The principle of consciousness. It implies that the athlete has a conscious and active attitude towards the preparation process. It consists of deep study of theory and methodology while having a high awareness of his preparation, creating a lot of experience and knowledge in the athlete, and therefore effective training, successful participation in the competition and later sharing his experience with them [1,2].

The principle of reversibility is based on the physiological state. Because it is performed to organize conditioned reflex connections and bring about the necessary (suitable) changes in the body under the influence of training. It is impossible to develop and improve in sports without training and physical exercises. There can be no development and improvement in sports without returning some physical exercises in sports training. In sports training, recovery of some physical exercises is required, while optimal recovery of the entire training session. The number of repetitions of some exercises and the rest interval between them depends on the athlete's preparation, his age, the type of exercise, the external environment, and the exchange of the maximum load.

At the beginning of a weekly or other cycle, it is very important that the athlete's body is fully recovered from the previous week's training load. Currently, highly skilled athletes are switching to daily training sessions, and accordingly, their return to load (in terms of quantity and intensity) varies. [3,4]

The principle of gradualness or consistency. It is very important, even crucial, in the success of the athlete. It is known from physiology that changes in organs and body systems, improvement of their functions, are influenced by long-term training. However, the gradualness should correspond to the athlete's strength and ability. It leads him to improve his training, sports results, sports skills in several years. The teaching methodology is based on the basic rules of pedagogy (from simple to complex). [7]

demonstration - cinema grams, educational films, etc. significantly accelerates teaching, helps to master the perfect technique. When studying, it is necessary to observe the technique of the athletes and the actions shown by the trainer with great attention [15,16,17,18].

requires the preparation and conduct of an athlete's training, taking into account his unique characteristics (gender, age, fitness, level of health, level of development of certain qualities). A unique approach to training an athlete, teaching techniques and tactics, is very effective. In order to increase the functional capabilities of each athlete, it is very important to have a personal approach to them in determining the training load. The study of the possibility of the athlete's originality is primarily carried out through specific exercises. The regular use of these exercises and the result of participation in the competition will determine the strengths and weaknesses of the athlete's preparation, and accordingly, changes will be made to the training. The above principles are the main ones used in the training process, these main principles are interrelated and mutually agreed upon. Diversity of education cannot be achieved without gradualness, and without gradualness without reversion. It is impossible to achieve success without taking into account the ability to achieve (uniqueness) and so on. [6,7]

Summary

Based on the results of the above scientific research, the following conclusions can be made:

- The concept and terms of " handball " has been historically formed and developed in the language of each nation;
- Defining concepts and terms in the field of "Physical culture" as an important scientific research direction of Uzbek linguistics;
- It is one of the main factors in deeply inculcating the concepts and terms of the field of "Physical culture" into the everyday life of the population, deepening their knowledge and actively engaging in physical activity. In this regard, educational processes in teaching physical culture in educational institutions are one of the leading factors. That is why it is necessary to develop different dictionaries and explanatory dictionaries

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