

DEVELOPMENT OF INDIVIDUAL TECHNICAL AND TACTICAL TRAINING OF HANDBALL PLAYERS

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Abstract: *handball is the game in which all the players must be able to use their own defensive methods to safeguard their gate. In addition to knowing the method, it is important to know how to apply it in a particular case, knowing the rules. The defender must determine the player's velocity from the attacker's ball in order to prevent the opponents from extending the ball. The main condition of the strike tactic is its unforeseen implementation. Therefore, a defender should not give up his goals by restraining himself. This article discusses problems associated with aforementioned problems.*

Keywords: *ball, goalkeeper, position, defender, wearer, wing player.*

РАЗВИТИЕ ИНДИВИДУАЛЬНОЙ ТЕХНИЧЕСКОЙ И ТАКТИЧЕСКОЙ ПОДГОТОВКИ ГАНДБОЛЬНЫХ ИГРОКОВ

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Аннотация: *гандбол - это игра, в которой все игроки должны иметь возможность использовать свои собственные методы защиты для защиты своих ворот. Помимо знания метода, важно знать, как применять его в конкретном случае, зная правила. Защитник должен определить скорость игрока по мячу атакующего, чтобы не дать противнику вытянуть мяч. Основным условием тактики забастовки является ее непредвиденное применение. Поэтому защитник не должен отказываться от своих целей, сдерживая себя. В данной статье рассматриваются проблемы, связанные с вышеупомянутыми проблемами.*

Ключевые слова: *мяч, вратарь, позиция, защитник, владелец, игрок в крыле.*

One of the individual tactics in handball is to put the ball in the shot. In this tactical position, the forward's entire focus is on the goalkeeper. The defender does not hide his aims. The advocate who implements this method should pay attention to the following:

1. The right position for the player who is throwing the ball at the go should be on the right hand of the thrower;
2. The player should focus on the ball at the opponent's hand;
3. He should be patient in building his own actions;
4. The defender must do quick and precise actions when losing a lot of speed.

The offence process depends on several tactics that are mentioned in the following table [10]:

Table 1. Tactics in offence in handball playing process

Combination	Set play with the activity of the players and the path of the ball determined.
Dribble the ball	Maneuvering the ball by bouncing it on the floor
Extended fast break	Fast attack with first and second wave of players supported by the entire team.
Fake run movement	The attacker pretends to run in one direction, but moves in another.
Faking	Tricking the opponent with a hand or body movement, e.g. body fake, pass fake, shooting fake, rotation fake, etc.
Give-and-go	Offensive play that involves passing the ball (give) and then running (go) to an open spot to receive the ball back.
Shooting on goal	Throwing on goal with an overarm shot, side bend shot, underarm shot, falling jump shot, jump shot, jumping with both feet, etc
Overarm shot	A shooting technique carried out with the arm moving above the shoulder level.
Underarm shot	A shooting technique carried out with the arm moving below shoulder level.
Jump shot	A shooting technique performed having the players feet off the floor.
Bounced shot	Shooting on goal with the ball hitting the floor on its way.
Spin shot	A type of shot with the ball changing direction when bounces back from the floor.
Tactics	A set of planned game elements to be used in attack and in defence by a team during the given game.
Throw through/over the wall	Overtime free throw with the defensive wall three metres from the shooting player.

Deceptive actions (strips) are personal actions of the defender, which motivate the attacker to take specific actions. They are:

1) The defender picks to one side to direct the striker to one side of the field. When the attacker sees an open field, the attacker goes to that part of the field. In this case, the defender will not allow him to block his body.

2) The defender throws to him and points out the striker to cause the striker to rush. Usually the striker tries to get out of the ball or hit the ball on the ground. But the defender is prepared to counteract and retain the required distance.

In addition to the individual actions, there are several group actions. Defensive team actions are two or three players interoperability in some game situations to provide high level of support to each other in attacking.

- Assistance;
- Transition;
- Comfortable entry;
- Distribution of players.

Help. In the actions of this group, each defender always helps his teammate to wear a striker offensive and opposes him. With the help of the chase, the players move towards the ball to hide the zone of their partner, who came out to fight alone with the striker during zone defense.

If the defender fails to take the ball successfully, the other team will take action against the striker. The assisting defender should retreat the striker to the side of the drawer. The defender assisting in the blocking does not duplicate the actions of the wearer, but covers the space of the blocking area. If the teammates are standing side by side, they should build a wall with their own hands.

Transition is the type of group effort that advocates use to replace their fearsome defenders. The switch may be used in the opposite or intersections of the strikers. The passage can also be made when the attacker moves through the goal area. The wearer's protection then accompanies him to his closest partner and hands the player to him. The striker goes under the watch of another defender. Transition is also made in blocking.

Hiding in. This type of group action allows defenders to avoid interference and participants who may be in the process of wearing one. Often these interactions are used in personal and mixed protection. There are several ways you can hide behind a ball player. Privileges for the use of anonymous access are:

- to a partner becoming a ball-striker;
- to a partner in mobility;
- to a personal wearable player in defense.

Distribution of players. In this technic, defenders are actively pursuing several attackers at the same time. It is important to choose the right time to allocate the players as these interactions aim to force the ball player to break the three-step rules with the 3-second ball or send the ball to the unplanned side. If the defender begins to actively run the forward, the striker may decide otherwise. Distribution of players should be made as follows:

- The ball-striker is preparing to throw the ball on the ground and after passing the third step to pass the ball;

- If the whistle blows into the ball;
- If the striker wants to jump and pass the ball.

Protected team actions are of three types:

1. Personal protection. Personal protection can be implemented in two ways

- with the passage of the defenders;
- without the passage of defenders.

Defensive ability and tactical skills are essential for predicting situations.

Personal protection is applied throughout the area or in the yard when:

- one player is disqualified from the game if the opposing team is suspended;
- if it is necessary to break the tactics acceptable to the rival team;
- if the rival team is weak physically and technically;
- if you need to get the ball quickly.

2. Ground protection. In this type of team action, each defensive player performs specific tasks in the player's movement system and is responsible for a specific part of that system. In ground protection, the movement of the players is based on the location of the opponent and the direction of the attack. There are several options for defensive player positioning. Five of them try to stay in the zone, in the corners, in the center and two in the middle. In this case, one to three defenses can be formed. The tallest defenders are in the middle and the rest are positioned one by one in the corner.

3. Protective protection. In the 6x0 protection system, all defenders are positioned along the gate. This is the initial purification. Security measures can be carried out in the following ways:

1) The guards are in the goalkeeping pitch, and only in the right direction. This is done without protection. This method can be used against teams that cannot perform long-range shooting. At the same time, all defenders must know how to block the ball.

2) Exit protection. If a striker accepts the ball near the shooting range, the defender facing him will come forward and try to block, shoot, and take the ball. And the gap is controlled by his teammates, left or right, from the defender. The defender, who forced the striker to get off the ball, returns to his place.

There are two ways to return to the line:

- The defender returns to his place and is constantly among his particular teammates;

- A long-distance defender will return to his position as soon as possible to wear the striker. Two variants of this method are advanced. But not all defenders need high-level skills to take defensive action in any situation.

Tactical principles of defensive team action

1. The principle of sharing. This principle implies a move from attack to defense immediately after the ball passes to the opposing team. The defenders quickly begin to wear. They wear a striker at the nearest end to them. If there is no striker near the defender, the defender should voluntarily wear the striker (even if the attacker is in the defender's position).

2. The principle of numerical superiority. The principle is that there should always be a wall in the area of the threatening ball player. In a position that has a

chance to score at high speeds, defenders must provide a numerical advantage. This gives them the opportunity to help their teammates and break down as a group. This principle can be implemented as follows:

- If the defender cheats on one attacker, the other defender goes to wear the same attacker.

- If a ball-striker jumps to the defensive line by jumping, the defender leaves his striker and immediately starts to wear the ball-striker.

3. The principle of moving in the opposite direction. The point is that whichever defender is moving in the direction of the defender, the defender leaves the ball-striker and immediately starts wearing the ball-striker. It is essential that the direction of action of the defender is the opposite.

4. The principle of preventing ball transfer. The same principle applies to defenders in a particular system of defense against attackers, which makes it difficult to pass the ball or at all not to pass the ball. For that, the defender is positioned between the different strikers and the player. The team needs strong focus on defense. Inattention allows the opponents' attackers to open the gap and create the free space.

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