

**PHYSICAL TRAINING OF HANDBALL AND ITS COMPARATIVE  
ANALYSIS PRACTITIONERS**

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**DOI: 10.5958/2249-7315.2022.00177.0**

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**ABSTRACT**

*The article discusses the development of coordination skills and the level of technical and tactical training of handball players during physical training, a comparative analysis of the control over the growth of physical fitness of athletes in 11 exercises.*

**KEYWORDS:** *Hand Heels, Competition Exercises, Physical Activity, Training, Special Coordination Exercises, Technical and Tactical Movements.*

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**INTRODUCTION**

Like any other sport, handball is becoming more and more sophisticated. Therefore, the handball is an important factor in improving the physical condition of the athlete and his performance. A personal analysis of the dynamics of physical fitness of the participants in the experimental and control groups showed that the optimization of the fitness ratio allows to work with significant changes, which is important in the training of highly skilled handball players.

**Purpose of work:** Improving the physical fitness of handball players and comparative analysis of the results.

**Research results and its discussion**

The scientific significance of the research is that based on the results obtained in pedagogical practice, tools and objectives for the control and improvement of handball training and physical development of the experimental group are developed, and the scientific significance of the study is revealed. Studies have shown that there is a correlation between the physical fitness of skilled handball players and their effectiveness. This information will enrich the theoretical knowledge in the field of handball theory and methods and reveal its essence.

The changes to the rules of handball competitions have been developed taking into account the technology of developing high skills and improving the efficiency of technical and tactical movements, as well as improving their physical skills, competitiveness and efficiency in competitions. These principles serve as a basis for specialists of sports educational institutions and the national team of Uzbekistan to practice handball and other types of handball.

The study showed that the analysis of the dynamics of physical preparation in the experimental groups revealed a significant increase in handball players in the experimental group in the control group and a high level of development and reliability. ( $p > 0.05$ ).

During the training, tasks aimed at improving coordination skills and technical-tactical actions were used instead of the tasks set in the current program. After monocycles, we conducted

dynamics of the physical preparation performance of the control group to determine the appropriate duration of the effect of physical loads on physical preparation performance in a particular direction.

In the process of training qualified athletes in handball, various loads used in the training stages of qualified athletes have been systematized as one of the existing factors in increasing the levels of General Physical Training and Special Physical Training of handball players. In particular, in the training of qualified athletes, according to the indicators obtained as a result of rational organization of training on the size of the load and the direction of the experiment, in practice the physical abilities of athletes and sports performance are important opportunities for growth of athletes on micro cycles shows. In practice, the results of qualifying by physical capacity and direction were presented.

To determine the physical fitness of skilled handball players, the experimental and control teams analyzed their physical fitness indicators and performed the following work (see Table 1).

At the beginning of the study, there was no difference in the level of reliability of all the results obtained for 11 exercises.

We analyzed the physical condition of the athletes based on our research group weekly training program.

In the experimental group, the mean jump in the long jump exercise was  $2.05 \pm 0.22$  cm. In the control group, the value was  $2.13 \pm 0.21$  cm. The results from the control group for these 11 exercises showed a high level of confidence in 8 of the 11 exercises.

The data in the table show that the results of the study at the beginning:

The performance of specific coordination exercises with handball practitioners was  $9.98 \pm 1.13$  in the study group and  $9.91 \pm 1.12$  in the control group, in line with the program at the beginning of the study. At the end of the study, these values were  $11.8 \pm 1.09$  in the study group and  $10.3 \pm 1.11$  in the control group, respectively, the difference is statistically significant ( $p < 0.01$ ).

In the 100-meter running exercise, the results at the beginning of the study were close to each other, with  $15.99 \pm 1.68$  in the study group and  $14.83 \pm 1.61$  in the control group. At the end of the study, these values were  $13.81 \pm 1.29$  in the study group and  $14.9 \pm 1.31$  in the control group, the difference being statistically significant ( $p < 0.05$ ).

Running and jumping over obstacles (canals, ditches, canals, canals, etc.) were  $28.03 \pm 3.11$  in the experimental group and  $27.93 \pm 3.02$  in the control group, respectively, at the beginning of the study program. At the end of the study, these values were  $24.12 \pm 2.56$  and  $26.91 \pm 2.61$ , respectively, and statistically significant ( $p < 0.05$ ).

At the beginning of the study, the results were  $10.32 \pm 1.55$  in the study group and  $15.28 \pm 1.48$  in the control group, in 10 pull-up exercises. At the end of the study, these values were  $13.34 \pm 1.34$  and  $14.8 \pm 1.31$ , respectively, which is statistically significant ( $p < 0.05$ ).

According to the program at the beginning of the study, the performance on the 10 elements of wrestling and boxing was  $18.34 \pm 1.87$  in the study group and  $18.47 \pm 1.98$  in the control group.

At the end of the study, these values were  $16.56 \pm 1.85$  and  $17.23 \pm 1.33$ , respectively, and the difference was statistically significant ( $p < 0.05$ ).

The 10-time rapid movement exercise with the ball was  $27.05 \pm 2.98$  in the experimental group and  $26.95 \pm 2.91$  in the control group, according to the program at the beginning of the study. At the end of the study, these values were  $23.55 \pm 2.20$  and  $25.92 \pm 2.35$ , respectively, the difference being statistically significant ( $p < 0.05$ ).

The results at the beginning of the study were  $20.13 \pm 2.09$  in the study group and  $21.03 \pm 2.61$  in the control group, respectively, in the exercise of the elements of 10 sports games. At the end of the study, these values were  $23.16 \pm 2.73$  and  $23.98 \pm 2.31$ , respectively, the difference being statistically unreliable ( $p > 0.05$ ).

The results were the same at the beginning of the study in 10 long-distance or target throwing exercises, with  $20.99 \pm 2.11$  in the study group and  $21.08 \pm 2.08$  in the control group. At the end of the study, these values were  $23.82 \pm 2.17$  and  $25.14 \pm 2.31$ , respectively, which is statistically significant ( $p < 0.05$ ).

In the 4-meter rope climbing exercise, the results at the beginning of the study were  $2.07 \pm 0.24$  in the study group and  $8.82 \pm 1.01$  in the control group, respectively. At the end of the study, these indicators indicate that the goal of pedagogical practice has been achieved.

At the beginning of the study, the results were  $8.52 \pm 1.02$  in the study group and  $8.82 \pm 1.01$  in the control group when lifting a barbell of the same weight as the handball practitioner. At the end of the study, these indicators show that pedagogical practice has achieved its goal.

**Table 1**

№	Control tests	At the beginning of the study				At the end of the study				Reliability level	
		EG		CG		EG		CG		At the beginning of the study	At the end of the study
		$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$	$\bar{X} \pm \delta$		
1	Perform special coordination exercises with handball players, s	9,98	1,13	9,91	1,12	11,8	1,09	10,3	1,11	$p > 0,05$	$p < 0,01$
2	fast running (100 m), m / s	15,99	1,68	15,93	1,66	13,83	1,29	14,9	1,27	$p > 0,05$	$p < 0,05$
3	high or long jump, m	20,99	2,22	21,15	2,14	23,95	2,25	21,88	2,33	$p > 0,05$	$p < 0,05$
4	running and jumping over obstacles (ditches, streams, ditches, etc.), s	28,03	3,11	27,93	3,02	24,12	2,56	26,9	2,61	$p > 0,05$	$p < 0,05$
5	throwing the ball away or on target, m	20,95	2,39	21,01	2,33	24,05	2,23	23,1	2,31	$p > 0,05$	$p < 0,05$
6	hanging on a horizontal bar (10-15 times)	15,32	11,55	15,28	1,48	13,34	1,34	14,8	1,31	$p > 0,05$	$p < 0,05$
7	handball, fast execution of boxing elements, s	18,34	1,87	18,47	1,98	16,56	1,85	17,23	1,33	$p > 0,05$	$p < 0,05$
8	performing elements of sports games, times	20,13	2,09	21,12	2,61	23,25	2,73	23,98	2,98	$p > 0,05$	$p < 0,05$
9	throwing the ball into the goal, moving the ball quickly, s	27,05	2,98	26,95	2,90	23,55	2,21	25,92	2,35	$p > 0,05$	$p < 0,05$
10	Climbing on a 4-meter rope, m	2,07	0,24	2,16	0,5	2,2	0,25	2,21	0,26	$p > 0,05$	$p < 0,05$
11	Long jump, m	2,05	0,22	2,13	0,21	2,19	0,21	2,16	0,22	$p > 0,05$	$p < 0,05$

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