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Methodology of Developing Technical Methods of Handball Players in Attack and Defense

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ANNOTATION

The technical skill of each player is determined by the number of technical methods at his disposal, which he knows how to perform well. The process of sports training of a handball player is inextricably linked with the regular improvement of the game technique.

KEYWORDS: Training, handball technique, technical skill, technical training, tactical training, mental training, functional training.

One of the main tasks of the training is to master the handball technique in every way. To solve this task:

- 1) to master all modern technical methods of the game at the same level and to know how to perform them in more advanced ways in different conditions;
- 2) to be able to combine one method with another in different consistency;
- 3) mastering the attack and defense methods that are used more often during the game depending on the actions performed as a team;

increasing the general consistency of the methods used in free and voluntary actions, requires regular improvement of the quality of execution.

Improving the technical skills of handball players is based on general theoretical principles and is carried out together with the improvement of tactics, the development of movement and moral-will qualities. In the process of training, it is necessary to determine how the technique of performing the method can be improved. For this, increasing the level of the following movement qualities, i.e. speed, strength, endurance, flexibility, dexterity, etc., will effectively help.

The skill of the team depends on the level of technical training of the players. All the techniques required for the game and the methods of their execution are enhanced during the technical training, while the individual ability of the athlete and the general actions necessary for the team are improved.

All known methods are used to improve the technique. Among them, the repetition method is more common. All types of competition methods are also used.

Technique is the basis of the game. Only mastering it perfectly and knowing how to use it in various game conditions is the guarantee of achieving high sports skills.

Tactical training. The process of training and improvement in tactics is a very important and complex part of training. In addition to physical and technical preparation, being able to use one's own opportunities correctly and skillfully, that is, tactics, is of great importance in winning over the opponent team. However, there are many tactics, including "factors": knowing the technique and using it correctly, being able to distribute one's strength correctly during the game, considering the conditions of the competition, interpreting the rules, partners and depending on the correct assessment of the actions of opponents and others. Knowing how to properly organize sports wrestling is an art that must be learned regularly. That's why during training, players should acquire all the knowledge about strategy and tactics and master a lot of skills and abilities.

In the process of tactical preparation, the following tasks are solved:

- 1) training of skills necessary for successful mastering of game tactics;
- 2) to learn to act individually, as a group and as a team, to form the ability to use technical methods and tactical actions individually and effectively to solve the tasks set for the players;
- 3) training and improving the ability to switch from one tactical system to another, from attack to defense;
- 4) improving tactical training, taking into account the position of each player in the team.

To improve the tactical skills of handball players, repetition of mastered and learned exercises is the main method of tactical education and training. As a result of such training, game tactics of handball players are modeled.

Tactical training involves mastering individual, group and team actions. It consists of mastering the basic tactical actions and improving them (blocking the path of the ball, choosing the types of defense and attack, passing the ball and shooting at the goal, etc.) and is carried out in games and special exercises.

It is very important to know how to play a game according to a tactical plan, as well as to be able to correctly solve tactical tasks depending on the specific situation during the game. Accordingly, double games will be held along with special game exercises. It is necessary to teach how to use the acquired "combination" and systems in the game against familiar and unfamiliar teams.

Mental preparation. Mental preparation of handball players includes general mental preparation and preparation for the upcoming competition.

Cultivation of mental and willpower is the main task of general mental training.

Giving special tasks to individual handball players, groups and the whole team can be of great importance. It is not necessary to emphasize the importance of the result of the game, the need to win. It's best to distract players from overthinking the upcoming game and its outcome.

Every athlete should have highly developed willpower. Courage, determination, simplicity and persistence, initiative, discipline are the main will qualities.

These qualities are cultivated during training.

Special mental training requires the development of mental abilities, curiosity, ability to critically assess the situation, and the ability to correctly analyze one's own behavior. These qualities are necessary for the

acquisition of relevant special knowledge and skills. The coach should pay special attention to the training of emotional and mental characteristics that can have a positive or negative effect on the athlete in the process of preparing for the competition.

Functional training. The functional capabilities of the handball player's body form the basis of his physical training. The level of functional capabilities is clearly shown in sports performance. In order for the changes caused by training to be permanent, the player must have the ability to perform a specific task for a long time. In the course of training, a handball player has to perform a rather large load in terms of volume and intensity. Often these downloads are higher than the downloads of the competition. It is known that a player actively participating in the game runs 5-6 km at different speeds in 60 minutes in conditions where he always faces resistance. The level of work performed in such conditions depends not only on the energy capacity of the organism, but also depends to a certain extent on physical fitness, neuromuscular balance, technical maturity and other factors that ensure the strength and economy of movement activity.

In addition to the general reserve of energy substances in the muscles, the functional capabilities of the participants also depend on the ability to resist the state of "hypoxia" (lack of air) with mental preparation, that is, the ability to withstand the lack of oxygen that causes exhaustion.

The subjective sense of fatigue helps to save the body from fatigue due to excessive work. Exercise is not always the same as the work performed by an athlete. The coach should teach the athlete to correctly assess the signs of fatigue, to know the limits of the real workability of his body. In addition, it should be mentioned that injuries are caused by severe fatigue, the size and intensity of the load are too large, and insufficient preparation for training and games.

Since handball movement activity is unique, it is necessary to alternate between short and long periods of slow and active rest. Since the description of the game's movements is intermittent, it requires a maximum increase in the breathing process.

Special tools are used to improve the functional training of handball players.

Taking into account the functional abilities of the players, it is appropriate to plan their functional training in advance.

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