

Peculiarities of Training 13-14-Year-Old Handball Players

Sitorabonu Savriddin Qizi Abdueva

Teacher of the Department of Physical Education and Sports
Bukhara State Pedagogical Institute, Uzbekistan
sitorabonu.savriddinovna93@mail.ru

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Abstracts: The State Physical Education Institute of Uzbekistan, which provides its services to the training of qualified specialists in the field of physical education and sports, as well as gaining its rightful place in the economic and social sphere of our Republic as a base higher education institution. The issue of studying, analyzing and reporting the relevant conclusions on the sociopedagogical features of the training of qualified specialists in the educational institution is also considered urgent. The results of the study show that mastering the technique of a movement or a set of movements requires sufficient development of physical qualities.

Keywords: Handball, Physical training, Sports technique, Tactics.

INTRODUCTION

This period of training a future skilled athlete is a very important period. Because at this age, the age-gender characteristics of young handball players and their development are the formation of movement skills and abilities in students (Abdueva, 2023). It creates a great opportunity for them to work with a specific goal of demonstrating their abilities.

The main task is to involve children in sports activities. Preparatory tasks: (a) strengthening and expanding sports techniques, previously learned exercises, and mastering modern techniques; (b) mastering the rules of mutual agreement when playing in a group and with the whole team, applying these rules to the mutual actions used during the use of certain tactical systems and their complex actions; (c) to further improve general physical fitness, to gradually increase the volume of exercises to develop special qualities and abilities used in specific game activities; (d) to determine individual inclinations and abilities to determine possible game functions in the team.

Middle age is the period of puberty. During this period, the body of young people grows rapidly, the muscular system enlarges, and the nervous system develops rapidly (Ashurov, 2022). This period is valuable because the child's body is more susceptible to the educational and health-giving effects of physical exercises. The development of the organism develops in waves in all children,

and it does not happen at the same time. Growth rates are extremely individual, which is very important for conducting pedagogical work.

As the level of knowledge expands, new emotions arise. An increase in the excitability of the cerebral cortex and general external sensitivity of the nervous system is reflected in the psyche. It becomes unstable. Young men and women of this age are often stubborn, get upset over the slightest thing, and become overly impressionable (Blazer, 2022). They hate prolonged stress, long-lasting competitions, suffer from training, cannot increase the intensity of training loads, and become bored with the sameness of training (Tjønndal, 2022). There are also cases of overestimating one's own strength.

During these years, the development of various functions related to movement rises to a particularly high level (Rios et al., 2023). Boys and girls of this age are extremely flexible and flexible (Lemes et al., 2023). They will be able to learn new complex movement coordination, complex movements that require great speed, accuracy, developed muscle sense, good aiming and good memory.

At the same time, work on improving general physical fitness will be continued. Little by little, exercises to improve special physical qualities, especially speed-strength qualities, begin to gain more and more importance (Abduyeva, 2023). This stage is crucial as it focuses on the development of movement skills and abilities in young handball players, considering their age and gender characteristics (Czarnota & Walicka-Cupryś, 2022). The study analyzes sociopedagogical aspects of training qualified specialists, including speed, coordination, quick-power, endurance, and flexibility, providing a valuable opportunity for them to showcase their abilities with specific goals.

RESEARCH METHODS

When working on sports equipment, many methods are used. When working on the technique, special attention should be paid to the complexity of the conditions in which it is used. The set of exercises in the description, which are performed with mutual influence in the conditions where the actions are performed against each other by training with the opponent, is a large volume. Exercises aimed at improving technique and improving physical qualities should be combined in training.

When working on the technique of throwing the ball, the main attention is paid to the development of accuracy. Children are taught how to throw a ball, how to release it from the hand based on the appropriate speed, and how to hit the ball on the target. The speed of the ball should be added to its flight in the appropriate direction.

In this period, the work performed on the formation of tactical thinking and behavioral skills and skills is of great importance. In this case, the ways of mutual agreement between two and three players, and the main systems of playing the game are established.

The preparations for the game are mainly focused on team building and improving the ability of the game to show the game. In this, each player should know his place and duties well. But at the same time, every boy and girl should learn to play in different places. This will help the individual abilities of the athlete to be fully developed in order to specialize in the field of sports in the future, to expand the range of tactical knowledge and tactical behavior skills (Abduyeva, 2022). Two types of loads are mostly used for training sessions: relatively long loads and loads with moderate intensity, loads that allow you to rest between exercises.

RESULT AND DISCUSSION

Here is the result of the 13-14-year-old students' practice (B=boy and G=girl) in learning new complex movement coordination. It is presented in Table 1.

Table 1. Level of physical fitness of 13-14 year old students

Physical capabilities	Control exercises	Age	Gender	Degree		
				Low	Medium	High
Speed	30 meter run	13	B	5,9	5,6-5,2	4,8
			G	6,3	6,2-5,5	5,0
			B	5,8	5,5-5,1	4,7
			G	6,1	5,9-5,4	4,9
Coordination	Shuttle running 3-10 meter (s)	13	B	9,3	9,0-8,6	8,3
			G	10,0	9,5-9,0	8,7
			B	9,3	8,7-8,3	8,0
			G	9,9	9,4-9,0	8,6
Quick-power	Standing long jump (cm)	13	B	150	170-190	205
			G	140	160-180	200
			B	160	180-195	210
			G	145	160-180	200
Endurance	6 th minute to run	13	B	1000	1150-1250	1400
		14	G	800	950-1100	1200
			B	1050	1200-1300	1450
			G	850	1000-1150	1250
Flexibility	Learning forward in a sitting position (cm)	13	B	2	5-7	9
			G	6	10-12	18
			B	3	7-9	11
			G	7	12-14	20

Table 1 provides valuable information on the physical capabilities and performance levels of the students in different exercises, enabling an assessment of their abilities in speed, coordination, quick-power, endurance, and flexibility.

The scientific theory of training of highly qualified athletes has been working in two directions in recent years (Junaydullaevich & Barnoevich, 2023; Barnoevich, 2023). The first is public, the second is to pay attention to the quality of each technical-tactical method, each exercise performed by increasing the size and number of training sessions (National Database of Legislative Documents, 2020). We all know that during the game, the athlete needs to use a specific tactical skill without losing the image of the game.

According to a number of experts who are looking for a solution to these delicate problems of the game, not only the physical fitness of the athletes, but also the technical and tactical preparation of the team for the game is of great importance for success in competitions (Collection of Legal Documents of the Republic of Uzbekistan, 2017).

In this regard, the results of this study are consistent with the opinions of experts that mastering the technique of a movement or a set of movements requires sufficient development of physical qualities such as strength, quickness, agility, endurance, and flexibility (Junaydullaevich & Barnoevich, 2023; Barnoevich, 2023; Akmalovich, 2022; Akmal, 2022).

CONCLUSION

Based on research results, mastering the technique of a movement or a set of movements requires sufficient development of physical qualities such as strength, quickness, agility, endurance, and flexibility. It is desirable that the order and direction of the exercises that develop these qualities correspond to the technique of the game skills to be taught (to be mastered). Tactical preparation is closely related to theoretical-intellectual preparation and psychological preparation processes.

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