

ANALYZING THE STRUCTURE OF HANDBALL TRAINING

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Summary. This article discusses the efficient distribution of training loads for handball players and the effective management of the training process. The article also provides recommendations for the classification of handball training loads.

Keywords: training process, form, load, classification, management, direction, training, technique, tactics.

Rezyume. Ushbu maqolada gandbolchilarning mashg'ulot yuklamalarini teng taqsimlash hamda mashg'ulot jarayonini samarali boshqarish haqida so'z yuritiladi.

Kalit so'zlar: mashg'ulot jarayoni, shakl, yuklama, tasnif, boshqaruv, yo'nalish, tayyorgarlik, texnika, taktika.

Резюме. В этой статье обсуждается дружеское распределение тренировочных нагрузок гандболистов и эффективное управление тренировочным процессом. В следующей статье даны рекомендации по классификации тренировочных нагрузок гандболистов.

Ключевые слова: тренировочный процесс, форма, нагрузка,

This involves structuring learning tasks based on key characteristics of workload management.

To effectively manage the training process of handball players and properly distribute training loads.

In addition to heart rate values, other characteristics of the training load should also be considered.

The classification of training loads proposed by scientists studying handball is noteworthy.

They take into account the following load characteristics:

Specialization is a measure of the similarity of a given exercise to a competitive one.

2) orientation - the influence of training on the development of a specific quality;

3) the complexity of coordinating actions;

Assessment – a measure of the impact of training on the athlete's body.

This classification most fully reflects the requirements of sports games, as it is recommended to consider the number of players, training participants, and other necessary components that affect the size and intensity of the load. [4]

For an integral assessment of the training load, V.A. Sorvanova calculated the load value in points. For this purpose, in low-intensity work, the increase in heart rate per 6 beats per minute was assessed at 1 point, in moderate-intensity work - at 2-3 points, and in high-intensity work - at 4-6 points. Having calculated the training load, we calculated the number of points characterizing a specific stage of training and preparation. [3]

Training task load characteristics.

Depending on the specific demands of handball competition, it is necessary to assess the complexity of training tasks in terms of specialization and coordination.

In handball, it is necessary to consider the specific loads, the form and nature of the demonstrated abilities, and the tasks of techniques similar to competitive exercises performed with a heart rate of at least 114 beats per minute. All other learning tasks constitute a group of non-specific loads.

One of the leading factors determining the effectiveness of high-level handball players' competitive endurance is their level of physical preparedness. Physical fitness is based on strength, general endurance, and speed qualities. Special endurance and special speed-strength qualities depend on their level. [2]

To achieve optimal training effects, exercises should be performed in 4-6 sets, depending on the athletes' level of readiness.

Characteristics of handball special strength training exercises

Content of the exercise		Weight, kg	Series execution time, sec	Number of repetitions in a row
Lie on your back and push the opponent away with your hands.		15-25	15-20	10-15
Pushing the barbell with the feet, lying on the back		55-75	20-25	10-15
Bending and spreading of a thigh, lying on a thigh at a height of 1 m		10-15	15-20	10-15
Bending and spreading of the body, lying on a bent board with a backward turn		10-15	15-20	10-15
Lying on a gymnastic bench	Face down, hands on the sides, hips behind	5-10	15-20	10-15
	on the back, moving arms to the sides - forward	5-10	15-20	10-15
	on the back, moving arms to the sides - upwards	10-15	10-15	10-15
Rise on your toes and stand on the platform at the front of your feet for 5-8 cm.		100-120	10-15	15-20

All the power-motor functions offered to high-level female handball players are non-specific, aerobic in terms of energy supply mechanisms, and simple in terms of coordination complexity. The duration of the training program, aimed at maintaining the level of strength abilities with a five-way approach to performing the recommended exercises, requires 30-40 minutes of work.

The program for developing the speed of high-level handball players includes running distances of various lengths. The average time for each interval is shown in Table 2. [4]

Characteristics of exercises aimed at developing speed and special endurance

Content of the exercise	Distance, m	Repetitions in series	Series time, sec	Number of episodes	Rest
Intermediate running	20	1	3.2	5-7	-
	22	1	3.25	5-7	-
	30	1	4.35	5-7	-
	40	1	5.45	3-4	-
	60	1	7.8	3-4	-
	100	1	13.0	1-3	-

	200	1	28	2-3	3-4
	400	1	65	1-2	5-6
	800	1	150	1	-
To run	9	6	12.5	4-5	-
	11	4	8.0	2-3	-
	11	8	18.0	1-3	-
	11	4	10	4-5	1
	15	4	12	3-4	1
	20	2	14	2-3	1
Running with a change of direction	120	1	18.0	1-3	-
	240	1-2	39	1-2	3-4
	360	1	58	1	-

Note: Exercises that do not include breaks between sets can be used to develop speed.

In practice, this should be differentiated based on the individual capabilities of handball players. In order to finish the next race at maximum speed, it is necessary to have sufficient time between repetitions of the series of exercises for the athlete's recovery. For this, you can perform movements to relax the muscles and return to starting anew with steps from the borderline. Such work is not controlled by heart rate; the main thing here is not to reduce time in repeat races. [3]

Taking into account the specific characteristics of handball players' competitive endurance, special endurance exercises include racing and directional changes. Exercises are performed at maximum speed with specific rest intervals. After a scheduled series, the heart rate can exceed 30 beats per minute (180 beats per minute) in 10 seconds. A 1-minute break between these training sessions reduces the player's heart rate to 120-90 beats per minute and creates an interval.

Running with a change of direction is carried out using various obstacles (stands) that must be overcome along the perimeter of the handball court. Movements should be carried out along complex trajectories. When performing such tasks, it is advisable to divide athletes into groups of 4-5 people each and conduct exercises in the form of a relay race. [5]

A thirty-minute training program designed to develop and maintain a specific level of endurance can include the following exercises:

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