

Handball Sports Practitionersn the Role of Nature's Healing Powers in the Performance of Exercises

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Abstract: In the training of athletes, the role of the health-improving forces of nature in the selection, training and skill development of talented athletes in sports, training of personnel, introduction of modern technologies in the field and expansion of international relations and ensuring lifelong immortality in strengthening the health of our ring is noted.

Keywords: talent, athlete, selection, training, improve skills, frame, field modern, technology, outdoor pool, sunlight, exposure, morning conditions, vitamin, saturation.



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INTRODUCTION

Our Honourable President Sh.Mirziyoyev's statement that" the healthy generation is the main force developing the future of Uzbekistan " made it turki to further focus all youth on strengthening their health. The 2022 of our current year will be named the year of "glorification of human value and active neighborhood", and in connection with this year, the popularization of physical education and sports in their neighborhood has been designated as one of the important areas of social policy. Sports will make a decision on a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Participation of the younger generation in regular physical education and sports, selection, training and skill development of talented athletes in sports, training of personnel, introduction of modern technologies in the field and expansion of international relations and ensuring lifelong immortality in strengthening the health of our ring. With the naming of this year, it was achieved to promote the sport of physical education in all parts of the Republic, as well as to further increase the number of people involved. On the basis of the opinions of our president, it was said that "it will be one of our great achievements that we will double those who are engaged in Physical Education and sports this year in terms of Statistics." Physical education and sports are an integral part of the system of complex personality formation. Caring about the health of the growing younger generation, the formation of a healthy lifestyle in them, the absorption of the skills of regular, independent practice of physical education and sports is an integral part of the educational process. Sport is one of the areas of the present day in our independent Uzbekistan, which is rapidly developing and attaches great importance. In this area, large-scale work is being carried out in our republic, all this work is aimed at educating young people who are mature,

spiritually and physically healthy in all respects, able to create a bright future for our Uzbekistan. In effectively solving this urgent task, great responsibility is placed on the responsibility of specialists working in the field of physical education and sports, and especially physical education teachers and coaches. All conditions have been created for the healthy and harmonious education of young people, of which the creation of water sports and gymnastics schools in particular is a sign that it is special attention to the development of young people. It is known to us that physical exercise is of great importance in educating practitioners of all ages in the qualities of strength. The factors that determine the effect of physical exercise are incomparable in the role of young athletes in their formation as healthy and harmonious. In young athletes, it largely depends on the effective organization of the process of practical training and clearly laid pedagogical tasks. The future physical and moral foundations of those involved will improve. It should be noted that strength in practical training is the first important task to strengthen qualities. An important feature of physical qualities is that they include the types of natural movements of those involved: walking, running, jumping, throwing and other exercises. Therefore, the effect of physical exercises on those with whom they are engaged is the most necessary tool. The main tasks of sports coaches are to focus on the development of physical qualities of strength, speed, endurance, agility and flexibility. One of the urgent tasks of the present time is the necessary work to ensure that our coaches select young athletes and make them achieve high results in competitions. After selecting all talented athletes, it is important to prepare them according to the sport of their choice. So an example: in the preparation of young people engaged in the sport of handball, the coach determines the norm of awareness by the coach of the laws of the use of selected physical exercises in the organization of training based on the work plan of the coach. We must all know basically that the organization and transfer of physical activity as a suitable condition depends on the Healing Forces of nature, which (in the open air, under the influence of sunlight, in the conditions of Dawn, etc.), ensures the saturation of the strengthening organism to oxygen and vitamins. That is, natural factors of the environment increase the effect of exercise. It is useful as an independent tool in relation to the conditioning of the body (sun, air bath, water activities, wiping, tempering, etc.).k.).

It can be said that air and Sun Baths, water and conditioning activities occupy a wide place in hospitals, leisure camps and various other places of rest. In the physical training of our handball athletes, the ability to properly use the Healing Forces of nature increases the positive effect of physical exercises on the body of the practitioner. The connection of the body of handball players with the external environment is very important in this, during the exchange reaction, the effect of the whole body on the work process is visible. Therefore, it is important to increase the movement activity of each of our handball athletes. The fact that our handball players master the exercises of the muqamal depends mainly on the movement of the respiratory system and the lung position tan how much is carried out in an oxygen-rich environment of nature the result will be as expected.

In the process of competitions, the oxygen-saturated handball organism raises physical loads to a higher level. In handball, a high Division of the time allotted for the game and physical qualities gives the expected result. Therefore, handball athletes increase the efficiency of influencing the body of nature's health-improving forces (sun, air, water), physical exercises. During exercise in the open air, on sunny days, a positive sensation occurs in the handball player, more oxygen is absorbed, through the exchange of substances, increasing the capacity of certain organs and systems of the body. The sun, air and water are used to inflate the organism, to increase the adaptation of the organism to high and low temperatures. As a result, the heat-controlling apparatus is trained, and the human body has the ability to respond in time to sudden changes in the obhavo. In this case, the adaptation of physical exercises from natural factors of nature increases the efficiency of conditioning. Natural forces of nature are used as independent means. Water is applied to clean the skin from dirt, dilating and narrowing the blood vessels in it and. The air of forests, Gardens, oyster Gardens has a separate substance (phytocytes), which helps to

eliminate microbes, enrich the blood with oxygen. Sunlight helps to form vitamin “C” under the skin. It is important to use the natural forces of nature in their adaptation. This promotes normal functioning of the body. Also, Nutrition provides timely supply of nutrients to the organs, promotes the proper growth and development of the child, and the digestive system prevents morbidity by positively affecting the functioning of the individual. Normal-calm sleep increases the functioning of the nervous systems, and making it possible to relax is of great importance in improving health and prolonging a person's life. Of great importance in the activity of a handball player is the result that the Healing Forces of nature give, such as exercise and rest, eating regimen. Exercise, as we all know, is considered the main means of physical education. If the wellness forces of nature, through hygienic factors, solve the tasks of wellness, then physical exercises solve the main tasks in the physical and mental development of a person, training in every skill of movement, training in the qualities of movement. The above means of physical education are the main prerequisites for the implementation of the tasks of wellness and education. In the process of physical education, mental, aesthetic, moral means are used, which indicate the unity of all types of Education.

Physical exercises, as a means of physical education, organize those engaged in active activity. The use of nature's healing powers to perform physical exercises and achieve good results is very important in stimulating the minds of those involved. It can be said that it is fundamental to be used in a suitable position in accordance with the legalities of physical education, being a free movement activity to be performed. The coach must know and take into account the impact on the body when applying physical exercises to handball players. From this he should not forget about the whole of the human organism. If exercise is not used under objective laws, then it is possible to cause harm by having a negative result. External environment peculiarities: (Metrological, spatial conditions, quality of tools and equipment, hygienic condition of the place of engagement and b). The coach must know the basic scientific rules about the ability of a person to work to be able to get a job. The effect of rest and physical movement on the body of workload, the consequences of exercise, etc. So in the preparation of handball players it is important that we are of course attentive to the healing powers of nature.

LIST OF ELIGIBLE LITERATURE:

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