

## Organization and Conduct Physical Training in Handball Sports Clubs

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**Abstract:** The initial preparatory stage of a multi-year sports trainer is a fundamental stage, in which the creation of a base of physical and functional opportunities determines the effectiveness of training healthy-qualified athletes. Consequently, the planning and organization of physical fitness classes with children engaged in the initial preparatory stage on a scientific basis testifies to the fact that the noted problem is of paramount importance.

**Keywords:** sports trainer, healthy-qualified, functional, circle, respondent, competition, material-technical, student-athlete.



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### INTRODUCTION

In the period of independent development of our country, physical education and sports, thanks to the initiative of our country leader, stumbles towards the peak in the framework of the priorities of state policy. In this regard, special attention is paid to the issues of developing children's sports, organizing training and mass competitions on a scientific basis and improving the effectiveness of training young talented sports reserves, which are considered the foundation for the upbringing of a particularly healthy, harmonious generation. Today, material and technical conditions are created in accordance with the requirements of the time for students and students to engage in sports. The initial preparatory stage of a multi-year sports trainer is a fundamental stage, in which the creation of a base of physical and functional opportunities determines the effectiveness of training healthy-qualified athletes. Consequently, the planning and organization of physical fitness classes with children engaged in the initial preparatory stage on a scientific basis testifies to the fact that the noted problem is of paramount importance. We conducted a survey of 60 physical education teachers-coaches and 100 students-athletes in order to study the situation of this important issue. Talented students of the sports games Department took part in organizing and conducting the survey. The survey questions will be devoted to the study of the experience of conducting physical training in sports circles.

The answers received from the survey showed that the physical training sessions conducted with young athletes are far from pedagogical requirements in most respects. to the 1st question recorded in the survey (will there be conversations about general and special physical fitness?) Of the 60 teacher-coach respondents, 38.3% said yes, 28.4% said No, while 33.3% did not respond at all. Of the 100 respondents, 28% voted "yes" while 72% voted negatively. "Is the development of

physical qualities based on planning documents? - in the so-called Question, 78.3% of respondents in the first category voted positively, while only 21.7% were limited to a negative opinion. 100% of respondents belonging to the second category did not respond at all.

"Is the development of physical qualities controlled with the help of tests? on the question "coach", 70% of critics defended their professional potential, while 100% of engaged children expressed a negative opinion on this question. It is known that the physical training process carried out in each sport is adapted to the nature of this sport. Because, in one sport, certain physical qualities are of superior importance, in another sport, other qualities become more important. Of the 4 questions on the same topic, 71.8% of teachers-trainers answered yes. But, most of the children (68%) of the respondents who participated in the survey expressed a negative attitude towards this question. It is important to note that usually the load on exercise is suitable for the possibility of children or may be high. Excellent loads, which are given regardless of the possibility, can negatively affect the body. Question 5, intended to clarify this issue, allowed 61.7% of teachers to receive a "yes" answer from respondents. In contrast, 73% of the children respondents did not answer this question "no", and 9% did not answer it at all.

According to leading experts and scientists, this is mainly due to the fact that the purposeful development of physical qualities facilitates the process of mastering technical and tactical skills. Therefore, from the initial preparatory stage, it is important to educate physical qualities in accordance with the nature of the chosen sport.

While a positive opinion (51.9%) was expressed by trainer-readers on Question 6, the respondent children did not support this question, meaning that 71% of them voted negatively.

Based on the feedback of leading scientists in sports psychology, the use of special physical exercises in the formation of qualities of athletes (attention, memory, will, etc.) gives a good result. But, unfortunately, teacher-coach respondents could not give the expected answers to 7 questions in this direction. In particular, only 13.3% of them came to the conclusion that it is possible to develop mental sensations with the help of exercise. Interestingly, 25% of the respondent children voted positively on this question. From these answers, it can be concluded that teacher-trainers did not master the importance of physical exercises well in the development of training. Perhaps for this reason, the exercise does not consciously focus on this issue. Both in the development of mental training in general and in the formation of physical qualities, the opposite effect (reaction) of the child's organism, in other words, psychophysiological reactions, their change, adaptation to loadings, are always in control. But, of the 8 questions on this issue, 18.3% of the student respondents had a positive opinion, while 48.4% had a "no", 33.3% did not answer at all. Respondent children, on the other hand, were limited to only negative voice about controlling the body's reaction. So it can be concluded that, indeed, during training, the effect of the load on the body is not detected at all. It became clear from the answers to question 9 that in the process of training and training on the body, including during the application of exercises, there is no focus on the results of a medical examination at all.

It can also be noted from the results of Question 10 that it turned out that teacher-trainers do not normalize exercise loads depending on the real capabilities of children.

And the fact that the training takes place does not differ from each other in terms of content and direction. Training grade and intensity (question 12) do not adequately satisfy children in the opinion of trainers (63%). As you know, the effectiveness of training, the productivity of the development of physical qualities are associated with the use of various trainers and devices. While 31.7% of trainers responded positively to a question on the subject, 83% of children expressed a negative opinion on the question. From this one can come to the conclusion that even making devices are not used in training. It should be noted that both teacher-trainers (66.7%) and respondents found that girls (81%) do not use Morning physical education exercises.

From the results of the resulting questionnaire, it was determined that the work of planning, conducting classes in school sports circles, normalizing and controlling exercises, organizing the physical training process is not in demand at all. Such a situation does not require proof from the women's composition that it will complicate the possibilities of training healthy qualified athletes.

The amateur status of handball on the international stage was changed by players under contract to clubs or organizations. Handball on the court is the most popular type of handball today. Today, the Campo variety is rarely used, only by former fans. Therefore, today the term "handball court" is not used and only "handball" to designate this sport. In the last years of the 90s, a version of "sand handball" (or beach), popularly known as "hand Beach", has become popular, tournaments and small championships have spread to several countries.

Two teams face off in each game. They must be in the correct form, the numbering of the players must be visible and mandatory. Each team consists of 12 players, 6 on the Court, 1 goalkeeper and the rest in reserve. The duration of each period is 30 minutes, with a 10-minute break (it is allowed to use the same time as in volleyball at the Olympics in Atlanta).

The number of changes is not limited, but must be made in the range of 4.45 m from the centre line of the pitch (no suspension is required to make substitutions, and they can only be made after the player has taken the field to leave the replacement court completely).

Your main goal is to chase the opponent by touching the ball until it reaches the opponent's goal, scoring points if the ball has crossed the goal line. To carry out such work, you need a lot of skill and dexterity, since the game is very fast and requires that your reflexes have improved. With the help of "prepared" (previously trained) games, the opponent can distract the defense and enchant the audience.

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