



## COMPETITION FOR HANDBALL SPORTS CIRCLE

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**Abstract:** In the selection and training of young handball players, special handball classes in general education schools with extended days and in-depth training play a big role. Children will love handball and learn the secrets of playing handball. In this article, general information about the game of handball is discussed, as well as the competition for the sports club.

**Key words:** handball, men's competition, sports circle, international handball federation, sports school, Halger Nilsson, championship, competitions.

### INTRODUCTION

Handball (German hand - hand, ball - ball), handball is a sports game. It appeared in Europe at the end of the 19th century. Invented by Danish Halger Nilsson (1895). Handball requires a field of 40x20 m. It is played with a leather ball with a weight of 325-475 g and a circumference of 54-58 cm. Gates 3 m wide and 2 m high will be installed on both sides of the field. Each team consists of 7 or 11 players. A player can only take 3 steps with the ball and hold it for up to 3 seconds. The game consists of 2 parts, the men's competition lasts 1 hour, the women's competition lasts 50 minutes. 106 countries are members of the International Handball Federation, which was founded in 1946. Since 1972, men's and women's handball have been included in the program of the Olympic Games. Since 1938, the world championship has been held among men, and since 1956, among women.

Handball appeared in Uzbekistan in 1923-24, and the first competition was held in



1926 in Tashkent. In 1991, the Handball Federation of the Republic of Uzbekistan was established. There are children's handball sports schools, men's, women's and children's teams in all regions of the republic. Since 1991, the championship of Uzbekistan has been held regularly. The national handball team of Uzbekistan (women) took the 4th place in the Asian Championship and participated in the world championship held in Germany (1997).

Honored masters of sports in Uzbekistan F. Abdurahmonov, V. Kaplinsky, honored master of sports, Olympic Games and world champion M. Vasiliev, international master of sports, world champion S. Zemlyanova, masters of sports A. Abzalova, Olga Abdulla and others G. has a great contribution in development. Development of handball in our republic. In 1938, the first handball championship was held in our Republic. Until 1960, 11x11 handball competitions were held among cadets studying at the Tashkent High Military Academy in Uzbekistan. In 1960, the All-Union youth handball competitions were held in the city of Kharkov, and after that this type of sport began to develop rapidly in the country. In 1960, the Department of Handball was opened for the first time at the State Institute of Physical Education of Uzbekistan. Starting from 1960, 16-20 teams began to participate in the championships of Tashkent city, and it was noted that it was the year when handball players of Uzbekistan began to participate in the competitions of the former Union.

F. Abdurahmonov, M. Zhukov, B. Pikin, V. Ogirenko, M. Sirotenko, M. Magdullin, A. Oleynikov, N. Rakhmatov, A. Pantasenko and A. Sodikov UzDJTI and There were representatives of Tashkent Irrigation Institute teams. The team was coached by V. Sevastyanov and V. Lemeshkov in the former All-Union championships.

The opening of special handball classes in every sports school will further increase the content of training sessions. The content of the training is held twice a day. Today, the day-today development of handball requires the selection of the



most physically fit and talented players. That is why the most important issue in training handball players is to select promising young people.

As stated in the regulations of sports schools for children and teenagers and boarding schools in the direction of sports, the selection of talented and promising athletes is carried out throughout the study process.

## **DISCUSSION AND RESULTS**

Every year, at the time of admission, the issue of selecting students or transferring them from one age group to another is solved by thoroughly checking them.

In recent years, many scientific articles, methodical instructions and manuals on handball have widely covered the issues of selecting young handball players. In particular, K. A. Shperling's scientifically based opinions are particularly useful. In the opinion of the author, it is necessary to consider the training of a handball player as a single process.

The management process can be divided into 3-4 periods according to the youth of the children and the goals and tasks of the activities set before them.

The first period (ages 7-9) is considered the initial preparatory period. The main task in this period is to arouse children's interest in handball and create a common ground for sports skills. In the implementation of these tasks, the use of the time of after-school section and circle work, in addition to special training.

The second period (10-12 years old) is the most important period to start choosing both biologically and pedagogically.

The third period (13-16 years old) is the period of deep mastering of specialization.

The fourth period (16 years and older) is the period of improvement in sports. Junior handball players are selected for senior teams. This period has its own characteristics in organizing groups and teams and conducting training.

According to scientists, the comprehensive training program for young handball players will have a number of unique features.



First of all, its content should reflect all the movement and mental qualities of the player as fully as possible.

Secondly, the results of the inspection are taken into account not only for the planning of recruitments, but also for the selection and identification of talented young people with a future.

Later, children with special skills and abilities will be identified. During this period, in-depth tests are conducted to determine whether they have the ability to meet the requirements of handball training. Using a system of pedagogical observations and special control exercises, the coaches receive complete information about the skills and abilities that children need for the game of handball.

In handball training, control exercises are selected to determine children's actions and mental qualities.

The results obtained from the tests provide the teacher with information about how the newly admitted student will study in the future. The selected coach conducts selection tests in several stages.

9-10-year-old children with very good health are admitted to the handball section. First, the coach gets to know the children. After selecting talented children, he conducts initial handball training with them based on control tests. Later, children are selected based on the requirements of handball for young athletes.

Assessment of specific indicators confirming the child's ability to play handball depends primarily on the results of testing and observation. It is very important to choose the right methods and tools to develop the unique abilities of a young handball player.

Analyzing the method of conducting tests and preparing for the game is the basis for organizing handball training groups and predicting children's results in sports.

It is also necessary to take into account information about pedagogical skills and the health of the participants.



In addition, it is very important to correctly evaluate the child's mental capabilities. This allows to determine the level of development of the mental qualities of a young athlete, to learn the game methods of a handball player.

At the first stage, children who are capable of playing handball are selected and preliminary training is organized in the chosen sport.

At the preliminary stage of preparation, the suitability of the child for the game of handball, the ability of the child to respond to the chosen specialty, the proposed means of influence and the degree of change in the initial indicators are determined.

In the second stage, the child's ability to the chosen specialty is analyzed in depth based on the dynamic growth of test scores.

During 1.5-2 years, through properly organized training sessions, a handball player learns the main features needed for playing. The suitability of the child's choice of handball will be known within 2 years, after which the coach can make a firm decision about it. Therefore, it takes 2 years to select children and organize groups. As a result, it will be difficult to determine whether young people who choose this type of sport can achieve high sports results without disrupting their studies at school and the development of other personal characteristics.

When choosing children for the organization of training groups for handball training, it is necessary to pay great attention to their height.

The following tests are used to select children for handball sports schools:

- Running for 30 meters (sec.).
- Walk 30 meters with the ball (sec.).
- To throw a tennis ball far (m.).
- Standing long jump (cm.).
- Triple jump from a standing position (cm. for children).
- Go around six columns (distance 30 m/s).

## CONCLUSION



Participation in complex complex exercises and active games. The analysis of the control exercises designed for conducting selection tests shows that they comfortably meet the modern requirements for the game of handball in terms of their size and performance, as they improve movement skills. can objectively help to determine the child's physical abilities based on formation.

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