



ANALYSIS OF THROWING PREPARATION OF YOUNG ADOLESCENT HANDBALL PLAYERS IN COMPETITIVE ACTIVITY

<https://doi.org/10.5281/zenodo.17364414>

Islomxo'ja Azimxo'jayevich Islomov

Fergana state university

ANNOTATSIYA: small young teens in this article the status of activities, competitions gandbolchilarning throw the ball in the process of preparations was analyzed. Research Ferghana, Andijan and Namangan regions was attended by 24 students in the example of athletes and 60 teenage school sports coach. In the analysis process of the athletes the technical, physical and psychological preparation of the level, throw the ball for the accuracy, shot types and the effectiveness of the change muscle strength and coordination was studied. Also, the teaching represented by used by trainers and analyze their effectiveness Yu.M. Makarovo (1993) were compared with the results of the examination developed by the teaching classic. So he showed the results of the research, the efficiency of teenage athletes throw the ball mukammallashuvi technique has a direct effect on the game overall. Shooters from long distance, throw, and jump shots to go to get the player base case a systematic training on the level of accuracy increases significantly. The results of the scientific basis for improving the process of preparation at the age of gandbolchilarning small, their practical potential in the development of technical and tactical importance.

KEYWORDS: gandbol, teenage athletes, the technique is to throw the ball, competition activities, the effectiveness of the attack, technical skills, physical development, koordinatsiya, methods, approach the coach.

Gandbol theory and methodology of the studies within the framework of the trends of the development of the game one of the important areas of technical study. Clear directions for the development of the game is to identify the results of the forecasts to achieve a high level not only in sports, but also allows the organization of educational process, respectively. Besides, the scientific and methodological approaches and material-technical supply is renewed. Therefore, the type of sport at the time of their depth study on the prospects of its development specialists determine not only narrow, but also will provide for both the interest and the popularity among viewers.

V. Ya.let's surveys on the basis of Ignatieva (2005) according to the results of the surveys conducted by, success in sports gandbol 90% of the amount of active in two main indicators of competition, that is, the effectiveness of the attack (HS) protection and reliability (HI) is related to. The effects of factors for the success of the sport overall is almost equal to the attack and defense ($K_n = 0,850$; $R_z = 0,843$).

The collective in the competition in determining the success indicators (reliability and the effectiveness of the attack protection) summarize the parameters of the activity of the game should be regarded as oriented in various directions. The indicators of each one



of them is characterized by the specific game. These readers determine the optimal direction to prepare highly qualified gandbol specific indicators and evaluation should be the basis for the objective of. The attack is characterized by four main factors while trying gandbol highly qualified team.

- The first factor - "rate the quality of mutual relations and" it seven indicators consists of. Among them, the attack against the implementation of transmission success and the success of the attack against the ball, the ball in the attack against the effectiveness of the transfer, the number of losses the ball in attack position, the position the ball in attack transfer effectiveness, and the number of successful interactions in the attack against medium shot from a distance in the success of it.

- The second factor - "the diversity of the attack", this includes the following indicators: the central zone near the frequency of the shots from a distance, medium shot from a distance giving the frequency of the number of shots in the attack against the fine, efficiency and give the frequency of the transition shot from the edge.

- The third factor - "attack position" quality is characterized by the following indicators: the success of the goal area, position the successful implementation of the attack, shot from a close distance from the central zone of success.

- The fourth factor (gd) are awarded to "attack successful completion" includes the following indicators: charles engaged in the success of the success of shoot and ball shoot the penalty.

The analysis of the main components of the game hujumkor handball team may consist of the following: the frequency and

success of attacks against the noise transfer between the success of the game, the ball used in the attack and the success of different options for completing the gate to remove. [58].

The role and importance of the components listed above kamaytirmasdan the ball to enter the gate that is overlooked the most important factor in the victory of success will not be leaving gandbol. Purpose - the essence of this game is that most of the players and is a key factor in the evaluation shows the high level of his skill. At all stages during the game, how the action is made from, in spite of gandbol to be recognized as the master of the gate of players to clear the ball only by add will be evaluated. When entering the gate of the player taking the ball to the most effective technics choice, and the ability to scan reflects the skill level of the athlete in the area. Throw the ball, the technique of the game as one of the main parts of the specialists in the center of attention, this study focused on the features of their action.

Gandbol from 100 to 120, the average during the game each gear, while the ball was thrown into the gate of pm 10 from 15. The gate is done with one hand and running from place to shooters from this process and from a distance in various positions (upper, lower, medium, long, close) can be. Each type has its own tactical and technical characteristics of the throw, the player requires to carry out their actions at the level of perfect. Throw and technical complexity and diversity of the transfer, including the development and improvement requires high levels of player.

Given the individual capabilities of the players, the trainers, and on this basis defines the optimal method to throw the lessons that



are aimed at improving the quality of technical performance and fix errors in earnest. High-level technique gandbol voters throw their "automatic" level to deliver a clear shot in the final attack to perform. Such skills for the development of long-term preparation technics and improvement is necessary.

However, the throw to rely on only one method to work, especially in considering protection system and the resistance by the caretaker streaming, productivity can slow down. Instead, they should use different methods to those situations gandbol, respectively. Today, athletes throw the game depending on the position of technique should be able to change.

Gandbol on scientific-methodical literature, recommendations on further improvement of the techniques and tactics of trying to throw in the lack of preparation is necessary to carry out research requires highly skilled players. This is especially offensive in the extreme conditions it is necessary to specify the exact requirements of the implementation of the action.

At the present stage of development of teenagers gandbol, highly qualified technical and tactical priorities, and preparing them for determining gandbolchilarning to shoot is an important task. The gate to remove the ball, is one of the most important tactical and technical elements of the game, all of the action is seen as the final goal of the game. This process is a complex activity which is related tactical team and individual skill of each player into.

Numerous activities gandbolchilarning the gate function is basically the removal of the ball in opponent's game "back" shall perform line players. Among them, taller

players balan separate distinct. Exactly the same role as the player is given the opportunity to attack from a long distance of more. This, in turn, increases the importance of tactical shoot from long distance. In a complex case of long distance shooters to also jump in base mode can be done too. In each case there are very specific advantages, for example, jump shooters, it requires maximum power and speed in his hands, while the base case provides stability and shooters to pursue a certain goal.

Gandbol to throw the ball a long distance in teenagers, especially given priority to rotary blow. It is the main cause, could not show serious resistance by rival shooters for such a long time, and the efficiency is very high. Long distance shooters from the results of the game plays an important role in addressing protection concerns against the top layer of caretaker because they are further more throws and is an effective tool.

Teens in young athletes, in particular, gandbol readers with technical, physical and psychological aspects of thorough preparation, constitute the foundation of their future success in the sport. Especially, improvement technique direct the ball to the gate, athlete's individual skill, team speed and flexibility in decision making in the formation of action is of particular importance. Therefore, small in young athletes preparing to throw the ball in the urgent task of the scientific basis of learning and improvement is regarded as.

In this chapter, ferghana, Andijan and Namangan region established in the school of applied sports-will analyze the results of experimental research. 24 at the age of 60 students in the research process have been involved in teenage athletes and experienced



coach. The research was carried out in two main directions:

In the year 2012-2014 teenage athletes on the basis of the level of preparation of their technical and physical dynamics and general engaged in the preparation gate will analyze the condition of the ball throw skills.

Inquiries held among athletes and trainers, including directed to the gate in the initial stages of the ball, to teach the methods of solutions, tools, and approaches studied. The results of Yu.M. Classic teaching the examination conducted in 1993 by

makarovo, compared with the effectiveness of modern approaches and evaluated.

The main focus in the research level of technical development of the athletes, throw the ball engaged in the accuracy of a shot on the type of efficiency, muscular strength, movement and coordination abilities focused on indicators such as changes in compatibility. For analysis, $p < 0.05$ and $p < 0.01$ on the basis of some important developments in the statistical indicators of the reliability criteria is detected from insignificant changes were also observed in some cases the statistical aspect.

REFERENCES

1. Butabaev, A. K. (2023). Control over the Effectiveness of the Throwing Technique in the Jump of Qualified Handball Players. *Research Focus International Scientific Journal*, 2(8), 32–34.
2. Abdueva, S. S. (2021). Psychological Aspects of Training Young Handball Players. *International Journal on Economics, Finance and Sustainable Development*, 3(3), 206–210.
3. Boltayev, Z. B., & Muxammatqulova, Z. Q. (2023). Methods of Teaching Team Attack Techniques to Young Attackers in Handball Training. *American Journal of Social and Humanitarian Research*, 4(1), 112–115.
4. Shoximov, J. J. (2022). Physical Training of Young Handball Players and its Importance. *Web of Scientist: International Scientific Research Journal*, 3(1), 406–413.
5. Yusupov, Z. Z. (2023). Methods of Physical Fitness Control in the Selection of Highly Professional Handball Players. *Eurasian Journal of Sport Science*, 1(2), 71–74.
6. Tulaganov, Sh. F. (2021). Physical Preparedness of Young Handball Players with Consideration of Their Playing Position. *Fan-Sportga (Scientific-Theoretical Journal)*.