

# IMPROVING GENERAL AND SPECIFIC PHYSICAL TRAINING OF HANDBALL PLAYERS.

**Toshpulatov Sirojjon Komiljon o'g'li**

Teacher at Chirchik State Pedagogical University

Chirchik, Uzbekistan.

**Abstract:** This article provides brief information on improving general and specific physical fitness in handball players' training.

**Keywords:** Handball, sport, activity, success, training, physical quality, positive, preparation.

In order to educate a harmonious generation in Uzbekistan, attract talented young people to sports, create conditions for further supporting and developing our national football, select young handball players and ensure their in-depth development of professional skills and abilities, as well as form a reliable reserve for national handball clubs and national teams, the Republic of Uzbekistan A number of decrees of the President and resolutions of the Cabinet of Ministers of the Republic of Uzbekistan have been adopted. These documents set out the tasks of improving the theoretical preparation and technical and tactical skills of young football players, developing professional qualities, as well as organizing the process of training young football players on the basis of scientific methodological recommendations in accordance with international requirements for the development of modern football. It is intended to develop the general preparation of a handball player, comprehensive physical abilities that are not specific to their chosen sport, but have a direct positive impact on achieving success in sports activities.

The development of highly skilled handball players has always been considered a pressing problem in the game of handball. The development of highly qualified handball players is associated with the correct orientation of training in sports schools of the Olympic reserve for children and adolescents, as well as in boarding schools for children and adolescents, who have specialized in this sport from a young age, through physical development and increasing their level of preparation in this sport. Practitioners and coaches emphasize that many players considered to be highly skilled in Uzbek handball have a very low level of technical and tactical skills. A clear example of this is the obvious shortcomings in the technical and tactical skills of handball players playing for our national team in international matches.

The next stage of development of Uzbek handball players is directly related to the development of handball among young children and adolescents. The more effectively the process of training and educating children and adolescents is organized, the more effective the next stage of development of our handball will be.

The physical fitness of a handball player is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, agility, speed, agility. The general physical fitness of a handball player is the foundation for achieving high results. It mainly ensures the solution of the following tasks: 1. Comprehensive harmonious development of the handball player's body, increasing its functional capabilities, and developing physical qualities. 2. Improving the level of health. 3. Proper use of active rest during intense training and competition loads. General physical training creates the basis for special training.

That is, it ensures the comprehensive development of strength, speed, endurance, agility, and agility as a necessary condition for achieving perfection in the chosen sport.

In sports literature published in recent years, it has been repeatedly emphasized that sports training is a process of controlling physical activity in sports. Currently, tests are widely used in various types of sports. They are used for rapid current and intermediate control. Handball specialists attach the greatest importance to assessing the physical fitness of handball players from various perspectives.

The game activity of handball players does not consist only of jumping, running and walking, their movements are quite complex, they have to fight with the opponent, run at maximum speed, and perform complex tactical tasks. Therefore, the physical training of handball players should be done taking into account the nature of their game activity, so that it becomes the basis for improving their technical and tactical skills. Lisenchuk G.A. (2003), Shamaradin V.N. (1997), Suchilin A.A. (1988) recognize that many exercises used to increase general fitness have a comprehensive effect on the body, including long-distance running on high and low ground to develop greater endurance, short-distance running to develop speed, and gymnastic exercises to develop agility. In general physical training, the development and strengthening of muscles and tendons is achieved, the function of internal organs and systems is improved, coordination of movements is improved, and the overall level of movement qualities is increased.

Many experts have suggested that some technical methods can be developed using special exercises aimed at developing physical qualities, and for this purpose, as a rule, special exercises similar to the technical method or its individual elements in terms of the structure of the execution are recommended.

From a pedagogical point of view, physical training is divided into general and special physical training. General physical training (GPT) is the basis for special physical training, solving the problems indicated above. As the main means of general physical training, a football player uses general developmental

gymnastic exercises performed with and without objects, pair training with regular changes in the intensity of the movements performed, active and sports games, relay races, and cross-country skiing. The physical ability of a handball player or his ability to perform can be determined by the qualities of strength, speed, and agility. The basis for improving physical qualities is the ability of the body to withstand repeated physical loads exceeding its level of performance.

At the initial preparatory stage of working with handball players, it is advisable to use a complex of tools aimed at achieving comprehensive physical fitness, strengthening health and harmonious development, mastering various skills and abilities, and teaching the basic principles of handball technique and tactics.

The task of physical training at this time is primarily to form the movement functions of handball players (strength, speed, endurance, agility and dexterity, as well as the ability to control their movements over time, in the air and according to the level of muscle effort are the main components of the movement function).

Great attention should be paid to the development of the speed of movements, since in childhood and adolescence there are ample opportunities for the development of this most important physical quality.

## **REFERENCES**

1. Pavlov Sh.K., Abdurazmanov F.A. Handball. Textbook. T., 2005.
2. Khabibullayev S.Kh. Sports and movement games and their teaching methods (Handball). Textbook. "Nazokathon ziyo print" publishing house. Tashkent, 2023.
3. S.Kh. Khabibullayev. "Sports and movement games and their teaching methods" (Handball) textbook "YANGI CHIRCHIK BOOK" publishing house Tashkent 2023.
4. Bulkin V.A. Pedagogical diagnostics as a factor in controlling the motor activity of athletes. Author's dissertation. Dis. Ped.Sc. M., 1987.

5. Godik M.A. Control of training and competitive loads. Moscow, FiS, 1980.