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DETERMINING THE LEVEL OF SPECIAL PHYSICAL TRAINING OF HANDBALL PLAYERS

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Annotation: *This article demonstrates the standards for developing the physical qualities of handball players through special physical training based on practical experience.*

Keywords: *mental training, efficiency, physical quality, faith, aspiration, temperament.*

Annotatsiya: *Ushbu maqolada gandbolchilarni jismoniy sifatlarini mahsus jismoniy tayyorgarliklar yordamida rivojlantirish me'yorlari tajriba asosida ko'rsatib berilgan.*

Kalit so'zlar: *ruhiy tayyorgarlik, samaradorlik, jismoniy sifat, e'tiqod, intiluvchanlik, temperament.*

Аннотация: *В данной статье показаны принципы развития физических качеств гандболистов посредством специальной физической подготовки на основе опыта.*

Ключевые слова: *психологическая подготовка, эффективность, физическая качества, вера, стремление, темперамент.*

Introduction

Achieving high results in handball largely depends on the level of special physical training. This was confirmed by studying relevant literature. Many handball experts emphasize that high performance in handball first requires adequate special physical preparation.

However, when asked which physical quality holds primary importance, experts provide different answers. A survey among Danish handball specialists identified important qualities as speed-strength, agility, strength, and speed. Meanwhile, a survey among Uzbek handball specialists revealed the following priorities: speed endurance, speed, speed-strength, general endurance, coordination and agility, and strength.

Each age group of handball players has its own significance in improving technical and tactical skills.

In many foreign countries, training of handball players did not focus strictly on their playing roles, instead prioritizing a universal training approach. During training, players also acquire role-specific skills through dedicated sessions.

Uzbek handball specialists (especially in youth training) emphasize training based on players' specific roles. However, they also acknowledge that existing training programs do not fully reflect the role-specific nature of handball preparation.

Experts have differing opinions on distributing specific and non-specific loads during yearly training cycles.

From the analysis of the above factors, we can conclude that recommendations for distributing training loads vary, and scientific research on the distribution of specific and non-specific tools across training phases is still incomplete. More research is needed in this area.

In modern handball, success depends on the effective execution of several key movements, including:

- Performing actions at maximum speed;
- Receiving and passing the ball under difficult and intense pressure;
- Competing for high balls with strong jumping ability.

Effective execution of these movements is directly related to the development of specific physical qualities. A high level of special physical preparation is critical for mastering technical movements.

Differences between handball teams are reflected in the effectiveness of key game actions and the manifestation of physical qualities.

Accordingly, we conducted studies on the level of special physical training in several handball teams.

Tests included: 30m sprint, 400m run, standing long jump, long-distance ball throw, dribbling with deceptive movement and finishing shot.

These tests evaluated: speed (30m sprint), speed endurance (400m run), speed-strength (long jump, ball throw), coordination (dribbling and shot).

Table 1

Control Standards for Assessing the Special Physical Training Level of 14–16-Year-Old Handball Players

№	Exercises	Grade		
		Perfect	Good	Bad
1	30 m sprint	4,3	4,4	4,5
2	400 m run	61,0	62,0	63,0
3	Standing long jump	240	230	220
4	Long-distance ball throw	80	75	70
5	Dribbling and finishing shot on goal	8,7	8,8	8,9

Table 2

Test Results of Special Physical Training for the Handball Team (Ages 14–16)

Full Name	30 m Sprint (s)	400 m Run (s)	Standing Long Jump (cm)	Long- Distance Ball Throw (m)	Dribbling and Finishing Shot
Athlete 1	4,6	62,5	240	78	9,1
Athlete 2	4,6	62,8	248	73	8,8
Athlete 3	4,7	64,0	218	69	8,9
Athlete 4	4,4	63,0	223	71	9,1
Athlete 5	4,3	64,0	231	73	9,2
Athlete 6	4,5	64,1	238	75	8,7
Athlete 7	4,6	61,3	230	68	8,7
Athlete 8	4,8	61,9	215	69	8,9
Athlete 9	4,3	62,3	210	71	8,9
Athlete 10	4,4	63	203	72	8,7

Conclusion

Only 3 of the 15 handball players achieved the model speed indicator (4.3s). 4 players achieved a good result (4.4s), 3 showed satisfactory results, and 5 failed to meet the required standards.

The analysis shows that the more developed a player's specific physical qualities are, the more effective their technical and tactical actions will be.

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