



PHYSICAL TRAINING OF HANDBALL PLAYERS AND THEIR ESSENCE

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Annotation

The article shows how to increase the physical activity of a young handball player and how to train young athletes through the volume of workload used in them.

Keywords: Education, general physical training, special physical training, physical ability, physical quality.

Introduction

Physical training of young handball players is one of the most important components of sports training and is understood as a process aimed at comprehensive development of the body, strengthening health, improving physical abilities and creating a solid functional base for all other types of training.

In modern handball, high demands are placed on physical training.

This can be explained by the following factors:

1. The growth of achievements in sports always requires a new level of development of physical abilities from the athlete:
2. A high level of physical fitness is a necessary condition for increasing the workload of training and competition.

Depending on the nature and direction of the effect of the means used, the physical training of young handball players is studied in groups of general physical training (GPT), auxiliary and special physical training (GPT).

General physical training (SPT) of young handball players is the foundation, the necessary basis for achieving high results. It is aimed at solving the following tasks.

1. Improving the functional capabilities of the body of young handball players
2. Physical qualities Development of strength, speed, endurance, agility and flexibility:

3. Elimination of defects in the physical development of young handball players. Auxiliary physical training of young handball players is aimed at creating a functional basis for effective activities aimed at developing special physical abilities. It has a special direction and is aimed at solving the following tasks:

1. Development of functional capabilities of young athletes, which are reflected in the movement activities specific to the chosen sport.





2. Improving the body's ability to withstand high levels of special loads.
3. Increasing the intensity of recovery processes.

Special physical training (SPT) of young athletes is aimed at developing physical abilities in strict compliance with the requirements of the characteristics of the competitive activity in the chosen sport.

Special physical training of young handball players solves the following tasks.

- _Improvement of physical abilities specific to the chosen sport;
- _ Deepen the development of motor skills necessary for successful technical and tactical improvement in the chosen sport;
- _ Selective development of individual muscle groups that are more involved in specialized exercises;

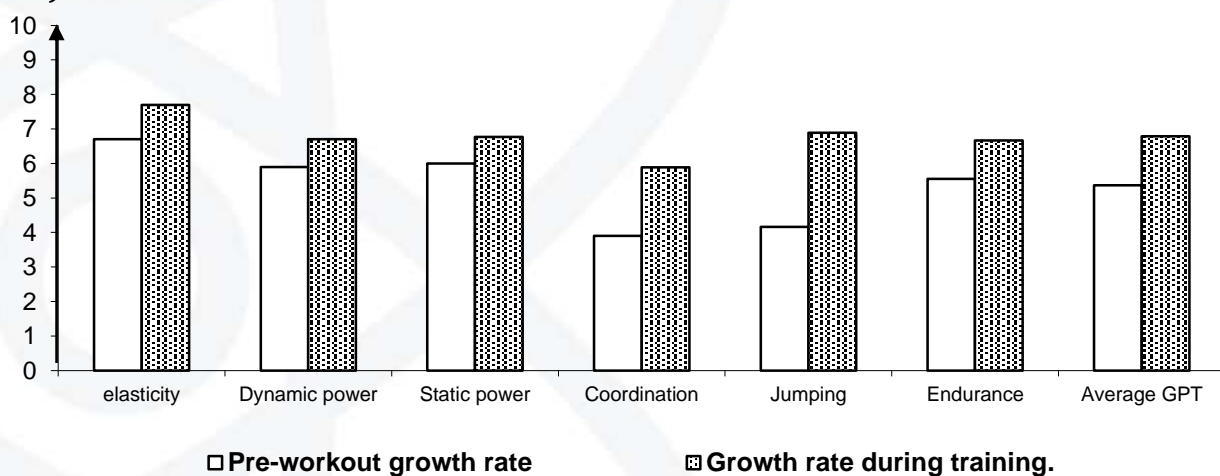
The most important movement in the system of motor skills of young athletes MJT is focused on the development of qualities. Therefore, as the main means of special physical training, competitive exercises are used in combination with various complicating elements that enhance their effect on the athlete's body.

All types of physical training have certain similarities. Physical training of young athletes is closely linked with sports specialization. Inadequate assessment of any type of physical fitness during exercise will eventually hinder the development of sportsmanship. In the training of young handball players, the tasks of the ratio of GPT and SPT, the age and qualifications of athletes, their individual characteristics, stages and cycles of the training process, change the current state of the body.

As the athlete's skills increase, the contribution of SPT tools increases and the volume of GPT tools decreases accordingly.

The level of physical development of young handball players during training.

(Table 1)



□ Pre-workout growth rate

▨ Growth rate during training.





In addition: The formation of the physical culture of young handball players is also an important factor. Therefore, in the process of forming the physical culture of young athletes, participants not only master the movements and knowledge associated with them, but also develop their physical abilities. Currently, the terms "physical abilities" and "physical qualities" are used to describe the ability of athletes to move. Although these concepts are similar in some ways, but not the same. Physical abilities are a set of psycho-physiological and morphological features of a young athlete that meet the requirements of a particular muscle activity and ensure its effective performance. In physical culture and sports, the characteristics of the quality of athletes' abilities are reflected in the terms "strong", "fast", "agile", "flexible".

Currently, five main types of physical abilities are accepted: strength, agility and coordination skills, endurance and flexibility. Each of them manifests itself in different forms in different types of movement activities.

Now there are also basic laws of development of physical abilities.

1. Movement is a leading factor of physical abilities
2. Dependence of ability development on the mode of movement activity
3. Stages of development of physical abilities
4. Uneven and heterochronous development of abilities (belonging to different times)
5. Reversibility of ability indicators
6. Transfer of physical abilities
7. Interrelation and unity of motor skills and physical abilities

As a result, the level of development of physical abilities of young basketball players varies depending on the level of mastery of this or that movement. Therefore, the person conducting the pedagogical process in the field of physical education will have to build it not only in accordance with the principles of education and upbringing, but also in accordance with the principles of development of physical abilities. It should be borne in mind that the principles of training in physical training reflect the unique requirements of handball players: in them, any pedagogical process must be built on the principles of consciousness, activity and others. However, the clear implementation of these principles must be consistent with the tasks at hand.

Thus, the actual values of the maximum load can be determined only in relation to the specific physical condition of the participants.

Of course, in the development of physical abilities, the maximum load should be applied when the trainees have the appropriate training, taking into account their age, individual characteristics, as well as the specifics of the load, in accordance with other principles. The magnitude of the physical load is characterized by its size and intensity. Accordingly, it is possible to clearly distribute the workload.





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