



When planning the training of handball teams of university students, take into account the functional status of athletes by their temperament types

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ABSTRACT

The article discusses the problems of improving the handball training of university student teams. It is emphasized that the success of a team in competitions depends in many ways on its ability to manage the mental state of each handball player. In this regard, the study of players' temperament types as part of their psychological preparation helps to bring players to the highest level of readiness for competitions.

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Materials and research methods

The article presents the results of the assessment of the functional state of athletes, including the psychological state by type of temperament. A comparative analysis of the D&K-TEST was conducted, taking into account the temperament types of the team's players.

Results

An algorithm has been developed to control the state of mental readiness of handball team players based on the temperament types of the players. Analysis of psychological and pedagogical tools is carried out. Here is an example of handball players planning a weekly microcycle using additional funds that cause additional difficulties in game situations.

Conclusion

Psychoregulatory tools can be implemented at different stages of the training macrocycle, but they should be systematized and used taking into account the individual characteristics of the mental state of

the players.

Introduction

The modern competitive activities of university handball teams are characterized by an increase in speed, speed and quality of play, teamwork. According to experts, this will be helped by improving the quality of professionals working in national teams by looking for different innovative ways of training. In the process of interaction of opponents in stressful situations, handball players with the same training are required to have a high level of their mental preparation.

Planning the psychological readiness of players, taking into account the requirements of temperament, as well as assessing their functional readiness. The state of mental readiness of players to overcome obstacles and challenges requires an expansion of the scope of functional and psychological preparation. This problem is of interest to many scientists, so V. A. Alatortsev (2009) emphasizes the importance of the component of psychological preparation for competitions in the performance of the athlete [1].

G. D. Babushkin (1996) notes that the quality of self-management in athletes has improved in competitions [2].

I. A. Grigoryants (2001) considers the problem of readiness of gymnasts for competitions [3].

D. R. Zokirov (2012) in his works emphasizes that the functional state of wrestlers depends on their temperament type and different levels of reality during competitions [5].

G. A. Kamaliev (2010) considers the formation of a state of mental readiness as a condition not only for increasing psychological readiness, but also for increasing self-confidence [7].

A number of authors consider functional training of athletes as the basis for increasing the effectiveness of sports training [4,3,5].

Yu. Radchenko (2009) considers the relationship between psychophysiological functions and the timing of the performance of technical actions by athletes, which confirms the importance of the psychological components of sports training [10].

The use of psychological and pedagogical tools in the process of training highly qualified athletes is demonstrated by many experts.

Summarizing the above, we can conclude that the problem of psychological training in sports is updated every year. This, on the one hand, is due to the increasing importance of competitions, with another - with the need to conform to the level of competitive struggle.

Assessing the functional status of team players, taking into account their behavior, can, in our view, be the basis for shaping mental readiness for successful competitive activity.

The aim of this study was to examine the importance of students' functional status based on the manifestation of temperament types in the planning of learning tasks.

Materials And Methods

The article uses the results of the analysis of literary sources. With the help of the software complex "D & KTEST" the temperaments of the players of the university national team in Izhevsk handball were determined. [6] Assessment of functional status, including psychological state, of athletes

according to temperament types. A comparative analysis of the D&K-TEST was conducted, taking into account the temperament types of the team's players.

Table 1 shows the functional status of the handball team players on the “D&K-TEST” - test (2018-2019 season).

The indicator “D&K-TEST”	The range of the individual. changes in indicators « D&K-TEST”, %	Type of temperament				
		phlegmatic choleric (introvert)	sanguine-choleric (intr)	Sanguine choleric (extra-intr-t)	sanguine-melancholic	Melanholik
ANAME	(+57)till(-57)	52.63	65.83	58	51.2	49.8
AME	(+33) till (-30)	215.76	216.6	214.5	211.9	201.3
OME	(+24) till (-30)	238.39	278.39	268.79	224.78	221.2
ANAME / OME	(+43) till (-44)	20.37	25.57	25.43	23.98	20.37
AME / OME	(+21) till (-13)	73.63	79.63	79.63	76.83	73.45
MKF	(+63) till (-61)	48.77	51.77	50.77	45.67	43.67
MGL	(+46) till (40)	32.00	34.00	32.00	31.00	30.67
MPC	(+26) till (-23)	66.55	79.78	75.45	59.78	55.83
FS darajasi	from 1 till 45 Points	25	37	39	25	22
Integral shartni darajasi		O’rtacha	Yuqori	Yuqori	O’rtacha	O’rtamiyona

Note: ANAME-anaerobic metabolic capacity; AME-aerobic metabolic capacity; ANAME / OME-anaerobic utilization capacity; AME/ OME-aerobic utilization capacity; MCF - creatine phosphate power supply; MGL - glycolytic power supply capacity; MPC-maximum oxygen consumption; FS-functional state

According to the results of the initial study of the university handball team, it was noted that the functional status of handball players, taking into account their age, differs from their temperament, the functional state of the organism and the level of reserve capacity. Depending on the type of temperament, it is noted that the indicators that characterize the energy resources of the handball players' bodies vary in the recommended ranges. In players of the phlegmatic-choleric type, the average level of anaerobic capacity of the functional state of the organism was noted (52.63 ed.), Which characterizes the average level of readiness to perform training loads. The same pattern is observed in the sanguine-melancholic (51.2 us. Ed.) And melancholic (49.8 us. Ed.) Types. Deviation from the individual model is up to 30% for players, while aerobic metabolism (AME) describes the aerobic capacity of handball players. In our study, the minimum level of values showed sanguine-melancholics (211.9 us.ed) and melancholics (201.3 us.ed.).

The aerobic and anaerobic genotypes of the players are characterized by ANAME / OME and AME / OME indicators. The average level of representatives of all temperament types of these

indicators was noted.

In sanguine-melancholics and melancholics, the minimum level of maximum oxygen consumption at the level of maximum manifestation of creatine phosphorus and glycolytic potency was noted in the power supply. Thus, at minimal values of the manifestation power of aerobic capacity in this type of temperament, there is a sharp performance of these energy supply systems as an indicator of mood intensity in stressful situations.

Representatives of the sanguine-choleric (introvert) and sanguine-choleric (extra-introvert) temperament types are noted at high values of aerobic and anaerobic capacity, aerobic performance at maximum values of MCF and MGL in regulating the effectiveness of aerobic action. and the use of an anaerobic power supply. The range of oscillations of the average values remains the same in all representatives - 25-34%.

An important component of successful psychological training of university handball players is the formation of an effective state of mental training. When armed with coaching indicators, indicators that describe the functional state and the body's reserve and adaptive capabilities, the state of mental readiness of the player, and the adjustment of training effects are much easier.

It is well known that the state of mental preparation before a game, if it is indeed combat readiness, helps to achieve good game performance. But virtually all players don't wake up because they experience the upcoming game differently. With this rule in mind, it is necessary to plan lessons by simulating game situations and creating motor tasks specific to the temperament types of the players. This approach helps to create an effective state of mental readiness and mental reliability. The main components of a state of mental preparation for the game are the need for sensations, well-being, activity and mood. The state of mental confidence can be formed depending on the emotional and motivational manifestations of stability, self-control, stability and immunity to noise. In representatives of different temperament types, the presented components of the state of mental readiness and confidence are manifested in different ways. The formation of these situations in players, taking into account their temperament types, can lead to the creation of effective game relationships and teamwork combined between representatives of different temperament types.

Table 2 presents the results of the analysis of the psychological and pedagogical tools used for handball players of the national teams of the country and notes the advantages and disadvantages of their use among university teams.

**Table 2 Psychological and pedagogical tools for handball players in different areas
(according to Yu.M. Portnov, 1996)**

Tools	Characteristic	Terms of implementation	Advantages	Disadvantages
Creating internal mental support for players	Aimed at building player confidence in his potential capabilities	Provided the player clearly has the strengths of preparedness	You can model game situations	The weaknesses of player training are not taken into account. Game

				tasks are created for all members of the game bundle.
Rationalization of funds	Characterized by an explanation of the player's emerging game situations, unfavorable to the player for regulation	In sports training at all stages	Requires the ability to detect symptoms of increased levels of arousal or apathy before the game	Not all players can adjust their state, as not everyone understands the mechanism of the state
Sublimation	Characterized by an action aimed at switching mental state	Implemented at all stages of preparation	Control of emotional state and sensations	The complexities of understanding the protective mechanism of the psyche
Desensitization	Use is unfavorable. game situation with the aim of repeated mental repetition	Taking into account the individual features of the players	Reduces the negative impact of factors	It is not suitable for players with weak nervous system
Decitation	Characteristics of rivals from their weaknesses	In the training process and at competitions	Taking into account the weaknesses and strengths of rivals	Can weaken the strong-willed qualities of players

The above psycho-regulatory tools can be implemented at different stages of the training macrocycle, but they should be systematized and used taking into account the individual characteristics of the mental state of the players.

A survey of players found that psychological training was seen by them as a way for everyone to self-suggest and motivate them to achieve game results.

Forty-five percent of players expressed confidence that their success depended on the effective implementation of the training program and tactical schemes of game activities. 23% of players point out that success depends on how team leaders interact with other handball players.

32% of players report a strong willpower training, mainly in psychological training, so the performance of training tasks in the context of overcoming obstacles and difficulties creates a high combat environment.

In this context, the following is an example of planning training tools using additional challenges aimed at shaping a high level of mental preparation.

Table 3 - Training sessions created additional challenges for handball players

Exercises	The direction of the class	Methodical techniques	Action control
1. Playing in complicated conditions	Educating strong-willed qualities and confronting fatigue	Introducing a job not known to players	Changing player mood
2. Playing with a reduced number of players	Raising self-confidence	Complicating the playing conditions	Player interactions
3. Game exercise on speed of movement	Educating speed qualities	The development of speed qualities	Psychological resilience
4. Switching the game on the coach's command from defense to attack with a simulated game situation	Gaming compatibility	Changing the conditions of the game situation	Composure
5. Removing the strongest players from the game	Improving the reliability of self-control	Changing the conditions of the game situation	Sustainability and reliability
6. Playing with frequent player replacements	Psychological readiness and resilience	Changing the conditions of the game situation	Switching attention
7. Improving interaction options in the links, in attack, in defense, in a state of fatigue	Forming a state of mental readiness	Changing the conditions of the game situation	Increased psychological resistance to stress
8. Performing mathematical tasks on the coach's team during the game	Intensity of attention and operational thinking		Answer accuracy

An example of the weekly planning of the national handball team was sharpened in terms of the above rules, and psychological and educational training tools were provided (Table 4).

During such a microcycle, players rebuild the game and prepare them for future competitions. The use of psychoregulatory tools, taking into account the temperament types of players, allows them to correct their state of mental readiness in a timely manner. This approach allows each player to maintain a high and stable level of mental reliability.

Conclusion

Scheduling a workout that takes into account the temperament types of the players allows you to

control the intensity of the training process. Increasing the intensity of training loads, on the one hand, brings them closer to a competitive level, on the other hand - can lead to a decrease in physical performance and the intensity of psychological processes.

Table 4 - An example of a week-long post-competition training plan

Weekly microcycle	The content of the training sessions
Monday	Recovery activities after the game taking into account the types of the players temperament. Psycho-regulatory training: questionnaires to study sensations after the game, auto-training, performing a set of exercises for relaxation.
Tuesday	Technical-tactical training Speed-strength work in the form of circular training Analysis of each player's game
Wednesday	Aerobic training (running with change of direction and running conditions)
Thursday	Training game, aerobic ability training, running on stairs
Friday	Aerobic training. The game with repetition and play of standard game situations taking into account the types of the players temperament (for each formulated its own situation)
Saturday	Preparation for the game Analysis of game situations acceptable to the mental state of the players

The assessment of the functional status of the players of the handball team, according to the "D&K-TEST" - tests, shows the range of individual fluctuations within the normative limits of the studied indicators. Depending on the type of temperament, it is noted that the indicators that characterize the energy resources of the handball players' bodies vary in the recommended ranges. The state of mental preparation is influenced by the functional status and genotype of the players' energy sources.

Psychoregulatory tools can be implemented at different stages of the training macrocycle, but they should be systematized and used taking into account the individual characteristics of the mental state of the players. Before, during, and after the competition, it is necessary to determine the attitude of the players to the use of various psychoregulatory tools in order to plan the training aimed at increasing the effectiveness of the psychological training of the players.

Planning means that training of players of different temperament types using additional exercises will help to form a high state of mental preparation.

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