The Effectiveness of the Use of Movement Games in the Early Training Phase of Young Handball Players

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Abstract

The material offered in this article explains how to mold the specific skills of young pupils in handball by using age-appropriate methods rather than their own workouts. The problem of targeting affects on the formation and development of coordination abilities in young learners, accurate stratification of spatial, temporal, and power aspects of movements, and feeling of rhythm can be solved using these techniques.

Keywords: movement games, special game exercises, coordination skills, spatial targeting, sense of rhythm, time and power parameters.

Introduction

Physical culture and sports among schoolchildren are given a lot of attention in all countries throughout the world. Handball is a sport that is included in school curricula, and the earliest preparatory stages of playing this sport in BOSM and specialized boarding schools are 9-11 years. Its popularity and broad use in the physical education system is primarily owing to the sport's low cost of entry (minimal expenses for inventory and equipment purchases, ability to construct the field independently, and relative simplicity of composition), as well as its high emotionality and effect.

Handball is a sophisticated technique that requires many years of instruction and learning, but early specialization is not possible due to the fact that younger students are not yet ready. The development of crucial professional abilities in students at such a young age is almost the only approach to optimize reserve training. Various districts have made such arrangements.

In the learning process, young learners' age and readiness, as well as their individual motor activity features, should be considered. There is evidence that active games and trainings in the form of games are the most effective instrument and strategy for increasing young kids' enthusiasm to participate in sports while also enhancing their emotional state.

To date, positive experience has been accumulated in the use of movement games in primary school to solve a variety of pedagogical tasks.

The study's objective. A feasible answer to the problem could be to develop the specific talents of young kids in handball using instruments appropriate for their age rather than the activity itself. Such tools can be solved with the help of mobile games, special game exercises with unique content, primarily coordination skills: spatial targeting, reaction to situations and changes in time, speed and accuracy of reconstruction, and accuracy of spatial, temporal, and force...
Parameters of movements. Stratification allows for a more focused effect on the development and establishment of a feeling of rhythm.

**Table 1 Sensitive periods of development of motor skills by AA Gujalovsky, ZI Kuznetsova**

<table>
<thead>
<tr>
<th>№</th>
<th>Movement skills</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Coordination</td>
<td>+</td>
</tr>
<tr>
<td>2</td>
<td>Speed</td>
<td>+</td>
</tr>
<tr>
<td>3</td>
<td>Speed is power</td>
<td>+</td>
</tr>
<tr>
<td>4</td>
<td>Power</td>
<td>+</td>
</tr>
<tr>
<td>5</td>
<td>Strength endurance</td>
<td>-</td>
</tr>
<tr>
<td>6</td>
<td>Static resistance</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>Flexibility</td>
<td>+</td>
</tr>
</tbody>
</table>

**Methods of organizing are being researched.** Action games, the content of game tasks, and the manner of application were developed to develop the general and particular movement skills of 9-11 year old girls in handball. The following groups of games were chosen based on the ease with which a given action game may be used:

a) Action games targeted at prioritizing endurance development: "Fortress Defense" and "Storm" games are played with a change in movement direction, as in handball. This game helps you build your speed endurance. "Blue poplar vs. white poplar" (with the call of modernized names, without breaking the chains, the players who take out the palms of their hands quickly return to the palm of their hand). This game focuses on reaction time, followed by the strength and quickness of the muscles that flex the arms and legs, as well as the hips and legs. The "Sakrabodom" sparrows" game is designed to improve jumping endurance.

Furthermore, this game is played with actions that lead to defensive strategies. The game of "shoot and run" aids in the development of general endurance. Leg muscles, heel muscle strength, and speed endurance are all developed in the "hill-to-hill" game. Jumping endurance is developed by using the hook (without releasing it).

To some extent, the game "Shooting" promotes speed endurance as well as coordination skills in running. Football improves strength and endurance by driving the ball into the foot. The activities "circle cake" and "Indian dance" serve to improve overall endurance and arm strength. When played over lengthy periods of time, the game also improves strength endurance. The game of "three-legged jump" aids in the development of jumping endurance. The game of "spinning whip" improves speed endurance.

b) Priority development of speed games: "Jaguar" aids in the development of movement speed, while "White Poplar, Blue Poplar" aids in the development of reaction and movement, as well as speed. The game "Day and Night" improves starting speed and moving speed. The game "Race" aids with the development of movement speed in a variety of situations as well as the capacity to discover suitable tactical solutions. The games "Space" and "Empty Circle" improve response time and action unity. The game "White Poplar, Blue Poplar" improves reaction time and speed.

c) "Controversy" game, an action game for prioritizing power development. The strength of the shoulder girdle and the strength of the palms develop during this game. The game "Powerful target" assists in the development of hand strength and the ability to precisely touch the target. "Riders" help to build leg strength. The game "Get out of the circle" improves arm and leg strength. For handball players, the game "15 passes" (with filling balls) develops a specific power.

"Chambarak" improves the arm and abdominal muscles' strength. The game "Draw in a Circle" aids in the development of shoulder girdle muscle strength. The game "Pulls in pairs" helps to develop the muscles of the arms, the game "Rabbits in the garden" helps to develop the strength...
of the arms and legs, the game "Beetle and Spider" (with filling balls) helps to develop the strength of the back and legs. The hook develops the explosive power of the legs. The game "Dongdan-Dongga" develops the strength of the legs and arms, the game "Aravakash and Tirkash" develops the strength of the muscles of the arms and legs.

g) Games that prioritize the development of individual coordination skills and agility in the context of the game as a whole: "Dance components" help to improve the vestibular system and coordination abilities. The game "Hunters and Ducks" aids in the development of the capacity to analyze movement criteria such as precision, targeting, and movement reconstruction.

The game "Bear in the Wrestling Garden" aids in the rapid reconstruction of movement and the development of targeting speed. The game "Fight for the Ball" aids in the development of initiative and tenacity, as well as the capacity to aim and the speed with which movements are reconstructed.

The game "Don't mistake" aids in the development of consistency and efficiency in action. Speed and timeliness are developed in the game "Wolf in the Ditch." The game "Moving Target" improves target and estimation accuracy, as well as the precision of varied movement action parameters. The game "Castle Defense" aids in the development of a variety of crucial coordination abilities for handball.

d) Action games that emphasize flexibility development: The game "Take the Stick Back" improves shoulder joint mobility and spine flexibility. The game "Beetle and Spider" improves shoulder joint mobility, "Rises and Rounds" flexibility, and handball-like movements. The "stuffed ball over the head-to-toe" game improves shoulder joint and spinal flexibility.

The game "Cat" improves spine flexibility, whereas "Ball Race" improves shoulder joint and spine flexibility.

The “pass the ball on your feet” game helps handball players develop the flexibility they need to make falls and rolls. The game "Aravakash and Tirkash" develops the flexibility needed to pass the ball and hit the goal. The Who's Faster game develops flexibility by incorporating elements of handball technique into the game. The game “Guards and Spies” helps to develop flexibility.

e) Priority development games for jumping: “Hook” (by altering the starting) promotes leaping with an emphasis on timely depressing, while “Storm” aids agility and jumping. “Riders and Horses” aids in the development of maximum high jump leaping skills. It is recommended that you play "Wolf in the Ditch" at a high level so that you can improve your jump. The Moki game assists you in completing this assignment and allows you to boost the game's difficulty.

In fast-jumping situations, "jumping relay" boosts the leap. As long as you reach the maximum height, the game "Who is taller" aids in the development of jumping. “Running with sticks and jumping over them” assists you in jumping in time and standing up.

The findings of the research. To prepare young school pupils for handball, specially designed movement games and enjoyable exercises emphasize the development of their motor abilities through the use of complexes on a daily basis. Furthermore, the games stated during the production process are used to prioritize the development of specific physical characteristics. This enables the use of multi-purpose activities to assist youngsters acquire sportsmanship without overtaxing their nervous system, as well as the use of certain workouts to have a consistent effect on different muscle groups by changing situations.

**Conclusion.** It is recommended to include a system of mobile games as extra material in the process of establishing a program for the orientation of small school-age children to sports and the selection of sports schools for handball. These games should focus on honing specific movement skills and their combinations (general motor skills), as well as creating distinctive physical attributes (special talents) that suit the demands of the sport of handball. Training on movement games twice a week as part of training sessions and twice a week outside of class time.
is very useful.

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