

## Techniques of Technical and Tactical Training on the Use of Innovative Technologies for Hearing Handball Players

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**Annotation:** to develop information technology for technical and tactical training of skilled handball players with hearing impairments. Application of information technology had an impact on the competitive result.

**Keywords:** handball, olympics, hearing, impaired, competition, efficiency, throw.

In modern handball very player shall be able to accurately and timely make pass or catch ball in very sudden situation, to instantly change direction of dribbling or throw ball in basket without preliminary preparation [1-2]. Activation of defense actions, on the one hand, makes forward with ball to accelerate fulfillment of techniques and, on the other hand, it makes him to change their dynamic and kinematic structure, adapting to new conditions. Activation of game and connected with it changes of conditions of game techniques' fulfillment result in certain changes in methodic of handball players', having health problems, training [2, 3, ]. In particular, methodic of visualization of information, which is perceived by ears by healthy female handball players, has been especially urgent. Such information includes all coach's instructions both during trainings and during competitions, communication of female handball players with hearing problem between each other in the course of trainings and in games. Traditional system of deal-mute communication in the course of trainings reduces motor density of trainings. In this connection working out of technologies, which would permit to maximally visualize and ensure prompt perception of information, usually transmitted in healthy sportswomen's teams with the help of speech, has become especially urgent.

Nowadays training national teams should accumulate up-to-date achievements in all parameters of training in handball. As other kinds of sport handball is a situation kind of sport, where players' actions happen in terms of contact between themselves and opponents. In this connection the main factor of a successful game and playing situations can be quickness of reaction, thinking and correct decisions making in playing situations. The success of playing situations and connections depends, first of all, on the decision, which can take the member of the team. All actions are directed toward playing domination achievement over the team of opponents in all playing situations. In this connection a typical feature of playing situations in handball is that during the whole game it is impossible to predict playing situations and opponents' actions.

Tension of competitive play and a diverse character of playing situations, which are formed during the playing periods, create tension of players' psychic state. Scientific-methodical and special literature analysis showed that the main factors, which demand players' psychological training development, are the following:

- technical-tactical actions taking into account depending on players' type of temperament;
- different playing situations realization depending on the typology of nervous system characteristics;
- a wide arsenal of necessary technical-tactical actions use, fulfilled in a short time periods;

- quick situational problems solution using different actions of a player; - constant control over own actions and playing situation;
- the actions of each player estimation;
- psychic resistance to difficulties and obstacles;
- psycho-regulating means and methods realization during preparatory and competitive periods. Scientific-methodical and special literature analysis showed that many research works consider different sides of training.

For example, V.A. Alatortsev (2009) in psychological research works studies readiness of athletes for competitions, showing the effectiveness of this approach [1].

G.D. Babushkin (1996) analyzes the use of hardware-controlled in fluences during athletes' self-control development as the base of psychological training [2].

S.M. Gordon(2004) considers the necessity to estimate psychological readiness of athletes as the base for successful competitive activity[3].

I.G. Gibadullin and others (2016) consider the necessity to study and control all indices of young athletes' readiness as the base of effective training [4].

I.A. Grigoryants (2001) studies the problems of readiness and pre-competitive training organization among gymnasts.

D.R. Zakirov (2012) studied psychic readiness state of wrestlers, taking into account individualpeculiar features of the personality [5,6].

E.P. Ilin (2009), A.Ts. Puni (2008), studying the psychology of will power, mentioned the importance of volitional training in athletes [7,12,14].

G.A. Kamalievva (2010) offered the system of obstacles and difficulties overcoming in training volleyball players [9].

The group of authors considers functional training as the condition for all sides of readiness demonstration. Aerobic threshold and potentialities of cardiovascular system estimation among cross-country racers (boys) on the basis of gradually increasing bicycle ergometric load demands taking into account psychological component [10,11,13]. The effectiveness and activity of players study depending on their types of temperament were not studied. The aim of this research work was competitive activity studying among the players of student handball teams, taking into account their types of temperament. In order to achieve the aim of the research we gradually solved the following objectives: 1. On the basis of scientific-methodical literature analysis we defined the degree of the problem consideration (the problem of taking into account the type of temperament in competitive training of student handball national team). 2.To reveal the average number and effectiveness of technical-tactical actions of handball players, taking into account their types of temperament. 3. To define the effectiveness and activity of players during the game, taking into account their types of temperament.

Modern movement control studies apply a few theoretical concepts based on the idea of that the central nervous system develops certain in-ternal models for efficiency [8]. These internal mod-els are a interpreted by a theoretical hypothesis of the informational exchanges between the somatomotor and somatosensory systems that largely contribute to the computational capacity of the nervous system and help master and excel every highly coordinated move-ment. It is traditional to classify these internal models into the direct and inverse ones with the relevant mo-tor system dynamics [8].

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