

TECHNIQUE IN HANDBALL

Yarasheva Dilnoza Ismoil kizi

Asia International University

Lecturer, Department of Physical Culture

Email: yarashevadilnozaismoilqizi@oxu.uz

Abstract: In handball, technique is a set of all movements used by players in the process of attack and defense, and is the most important component that determines the effectiveness of the game. This article discusses the main types of handball techniques, their formation mechanisms in the training process, methodological principles, and their importance in training athletes on a scientific basis.

Keywords: handball technique, game moves, shooting, passing, dribbling, blocking, technical and tactical preparation, methodology.

Introduction

In sports, perfect mastery of technical movements is one of the main factors ensuring the success of the game. Technique serves not only to perform effective movements during the game, but also to gain an advantage over the opponent in competitions. Handball technique is an important tool for players to effectively operate in attack and defense. An athlete who has mastered the elements of passing, receiving, dribbling, shooting and defense can adapt to the fast rhythm of the game and quickly respond to the opponent's actions.

The perfection of technical movements directly affects not only the physical qualities of the athlete, but also his psychological preparation and tactical thinking. Because the correct application of the technique during the game requires a high level of coordination, concentration, speed of decision-making and mental stability from the athlete. Therefore, technique plays a key role in the overall training system of a handball player, and by combining them with tactical methods, the team's playing efficiency is significantly increased.

The essence of technique in handball

Technique is the most appropriate, effective and economically correct system of movements of an athlete in his game activity. In handball, technique is mainly:

- Ball passing techniques (one-handed, two-handed, dribbling and arc).
- Dribbling is a means of freely moving the ball and deceiving the opponent.
- Shooting techniques include shooting from above, below, from the side, jumping and moving.
- Receiving the ball is controlling the ball in different hand positions.
- Defensive techniques include blocking, retrieving the ball, and returning the ball to the goalkeeper.

Technique is the foundation for tactical actions. Without technical skills, a team game system cannot be formed.

Stages of teaching the technique

Teaching technique in handball takes place in three main stages:

1. The initial introductory phase shows the actions in a simple form and the player learns them in general terms.
 2. The stage of deepening and automation involves repeating exercises many times, and coordination is formed.
 3. The consolidation and application phase in competition conditions combines technique with tactical actions in a game situation.
- In training, players perfect their technique by first practicing simple drills and then applying them in a game situation.

Methodological approaches to developing technology

- The principle of "from simple to complex" is that simple technical methods are taught first, and then complex combinations.
 - Continuity and repetition: Technical exercises must be performed regularly and repeatedly.
 - Individualization takes into account the physical and psychological capabilities of each athlete.
 - Integration is the development of tactics and physical qualities as well as technique.
- For example, if ball passing exercises are combined with agility and speed exercises, the effectiveness will be even higher.

Technical errors and their correction

In the process of mastering handball techniques, athletes may make the following mistakes:

- Incorrect ball handling.
- Inability to maintain balance while throwing.
- Losing control of the ball while dribbling.
- Putting the wrong foot in defense.

The coach must monitor these errors and use special corrective exercises to correct them.

Conclusion

Handball technique is the most important factor determining the effectiveness of an athlete's game. Only when the techniques of passing, receiving, dribbling, shooting and defending are mastered, team tactics can be effectively implemented. Because technical preparation serves as the main foundation for a handball player to quickly and accurately make tactical decisions.

In the process of teaching technique, it is necessary to adhere to scientifically based methodological principles. In this, the principle of moving from simple to complex, regular repetition of exercises, training players according to their age, gender and individual characteristics, as well as identifying and eliminating technical errors are of great importance. Technique is not only the correct execution of movements, but also their optimal speed, accuracy and efficiency. It also includes doing with.

Psychological preparation is also important in the formation of handball technique. Because the player must maintain his technical skills even in stressful situations, under high pressure. Along with technique, physical qualities (speed, agility, strength, endurance and coordination) must be developed, because they directly affect the quality of technical movements.

From a practical point of view, special game exercises, the use of simulators, video analysis and modern monitoring methods give high results in the formation of technical skills. Visual cues and game methods increase efficiency, especially in teaching technique to young athletes.

Therefore, the technical preparation of handball athletes is the main foundation that determines their success in competition, and when combined with the methodical approach of coaches, a scientifically based training process, and the personal aspirations of the players, leads to maximum efficiency.

References:

1. V.K. Balsevich (2002). Teoriya i metodika sportivnoy trenirovki. Moskva.
2. Dilnoza, Y. (2023). SUB'YEKTIV VA SPORT.
3. Dilnoza, Y. (2024). SOG'LOMLASHTIRUVCHI MASHG'ULOTLARNING TURLARI VA SAMARADORLIGI.
4. Yarasheva Dilnoza. (2023). SPORTS PEDAGOGY BASED ON PSYCHOMOTOR AND DEVELOPMENT THEORIES. American Journal Of Social Sciences And Humanity Research, 3(12), 26–41. <https://doi.org/10.37547/ajsshr/Volume03Issue12-05>
5. Yarasheva Dilnoza. (2023). PHYSIOLOGICAL REACTIONS TO INTERNAL LOAD STUDY. American Journal Of Social Sciences And Humanity Research, 3(12), 47–56. <https://doi.org/10.37547/ajsshr/Volume03Issue12-07>
6. Yarasheva Dilnoza. (2023). SPORTS, CULTURE AND SOCIETY. American Journal Of Social Sciences And Humanity Research, 3(11), 152–163. <https://doi.org/10.37547/ajsshr/Volume03Issue11-17>
7. Yarasheva, D. (2024). IN HANDBALL GYMS: SAFE PHYSICAL EXERCISES AND INJURY PREVENTION. Modern Science and Research, 3(2), 23–32. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/30639>
8. Yarasheva, D. (2024). USE OF HANDBALL INDUSTRY AND TECHNOLOGY. Modern Science and Research, 3(2), 9–15. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/30575>
9. Yarasheva, D. (2024). THE IMPORTANCE OF ENDURANCE IN HANDBALL. International Bulletin of Engineering and Technology, 4(3), 73–77. Retrieved from <https://internationalbulletins.com/intjour/index.php/ibet/article/view/1406>