

Improving Tactical Training of Skilled Handball Players

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ABSTRACT

Training and improvement in tactics is a very important and complex part of training. In addition to physical and technical preparation, the ability to use one's own opportunities correctly and skillfully, that is, tactics, is of great importance in winning over the opponent team. However, tactics depend on many factors: knowing the technique and using it correctly, being able to properly distribute one's strength during the game, considering the conditions of the competition, interpreting the rule, correctly evaluating the actions of partners and opponents, etc.

Knowing how to properly organize a sports fight is an art that can be learned systematically. That's why during training, players should acquire all the knowledge about strategy and tactics and master a lot of skills and abilities.

In the process of tactical preparation, the following tasks are solved:

- 1) education of skills necessary for successful acquisition of game tactics;
- 2) to learn how to act individually, as a group and as a team, to form the ability to use technical methods and tactical actions individually to solve the tasks assigned to the players in an effective way;
- 3) training and improving the ability to switch from one tactical system to another, from attack to defense;
- 4) improvement of tactical preparation, taking into account the playing place of each player in the team.

In improving the tactical skills of handball players, repeating the mastered and learned exercise many times is the main method of education and training in tactics. So the result of the training is molded into the game tactics of handball players.

Tactical training involves mastering individual, group and team actions. It consists of mastering and improving the basic tactical actions (blocking the path of the ball, choosing the types of defense and attack, passing the ball and shooting at the goal, etc.) and is carried out in games and special exercises.

It is very important to know how to play a game according to a tactical plan, as well as to be able to correctly solve tactical tasks depending on the specific situation during the game.

Accordingly, two-way games are held along with special game exercises. It is necessary to teach and improve the ability to apply the acquired "combinations" and systems in the game against familiar and unfamiliar teams.

The scientific theory of training of qualified athletes has been working in two directions in recent years. The first is mass, and the second is to pay attention to the quality of each technical and tactical method, each exercise, which is carried out by increasing the size and number of training sessions.

We all know that during the game, the athlete needs to use his specific tactical skills without losing his game image for a moment.

According to a number of experts who have searched for a solution to these delicate problems of the game, not only the physical fitness of the athletes, but also the technical and tactical preparation of the team for the game is of great importance for success in competitions.

In this regard, volleyball experts say that mastering the technique of a movement or a set of movements requires sufficient development of physical qualities such as strength, quickness, agility, endurance, and flexibility. It is desirable that the order and direction of the exercises that develop these qualities correspond to the technique of the game skill being taught (to be mastered).

Tactical preparation is closely related to theoretical-intellectual preparation and psychological preparation processes.

In theoretical training, not only the private (personal) tactical capabilities (tactical methods, tactical thinking, tactical planning, tactical decision-making, etc.) of the participants and the team are formed, but also the tactical templates (models) of future rival players and rival teams are carefully studied. must be taught. It is advisable to regularly organize modeled game exercises and control competitions against a specific rival team. In order to effectively organize the tactical training process, it is necessary to analyze the tactical capabilities of the team players and the players of the opposing team with the help of video films.

Most experts believe that the easiest way to monitor the fitness and skill of athletes is to monitor the benefits they bring to the team and their contribution to victory.

A key factor in winning competitions depends on players performing at a high level of their individual tactical movements (TSX). By SHTX, we understand the general actions of the players in each game, depending on the conditions of the game.

In the case of a tight competition schedule in each game, the mood, technical and tactical preparation of the athletes, to correctly assess their abilities, to play or replace them at the right time.

Another important factor that is considered the guarantee of team success is ShTX and GTX (group tactical actions). Special attention should be paid to team and group combined games.

Especially if there are 2-3 players in the team and they understand each other well, the game will be interesting and the result will be as desired. Sports games, including group tactical actions of the handball team, technical-tactical games of the whole team are of great importance for leading specialists to achieve high results in competitions.

According to some coaches, every athlete should have his own technical and tactical actions in the game, and these actions should be a secret for the opponent. These movements should be practiced during preparation for competitions. Especially attackers should pay close attention to this.

The most important condition for the success of the team is the team, tactical actions are JTX. In the game, clear technical and tactical actions of the team (JTX), combinatory games, and mutual

understanding of the players are necessary and necessary for victory.

Tkhorev V.N. (1984) in their researches emphasized that the level of technical-tactical training of handball players is always high, and that the result of the connection of physical-technical-tactical qualities in handball situations is the result, and according to the results of the analysis of the competitive activity of handball players, they mentioned that the game function of the attacker on the field is the most complex.

Pashev V.B. (1977) stated that in sports games, quickness-power qualities should always be at a high level, and this is also very important in the sport of handball. In his opinion, in the fight for the ball with the opponent in the team game, he can be superior to the opponent only if he can do it with skill, strength, speed. For this, it is important that the quality of the operational force is at a perfect level.

Isaac V.I. (1974) stated that the handball players' ball shooting and passing in the positional attack of the team are important in training and competition activities.

According to handball experts, the best understanding in today's sports games is to be able to play together in attack and defense.

According to some coaches, it is necessary to spend a lot of work and a long process to teach a fast game. For this, it is necessary to spend a lot of work during training and to teach to use the subtle technical and tactical methods learned during training in the game.

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