

### Analysis of the Developmental Process of Approximate (Initial) Activity of Handball Players

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#### ABSTRACT

*This article discusses handball competitions consisting of many "rounds" to have an optimal program to ensure that the players are physically and psychologically prepared for each "round" at a high level.*

Looking at the process of orientation, we are easily convinced that it is the activity of a specific system, because it connects the controlling loop to the spiritual part, the controlled loop to the synergistic loop to the spiritual part, the controlled loop to the synergistic part, the subject and the object. has interdependence between and the main goal of system activity - result - the factor that creates the system. (P.K. Anokhin, 1968, 1973). Based on this, P.K. It should be studied from the point of view of Anokhin's theory of functional systems. It is possible to understand the operation of the "Orientation" functional system by analyzing its general architecture.

General architecture of a functional system. (P.K. Anokhin).

The process of afferent (aspiring to the center) conclusions or the conclusion of the factors affecting from the inside is carried out by the influence of 4 factors.

1. Equipment afferentation is the athlete's ability to perceive a specific game situation as fully as the level of development of analyzers, the main working idea (attention) and the duration of the game allow.

2 and 3. Reasoning and memory - at the same time, the determination of a specific goal of the activity, which is carried out by using the accumulated experiences on the way to achieving this goal at some point. Reasoning and memory have a common effect on afferent inference.

P.K. Anokhin (1974) shows the result of the interaction of the first three factors as follows: "The

ability to distinguish evidence (reasonableness) from a particular life experience (by correcting the external environment) leads to the adoption of this decision and not any other conclusion." .

4. A trigger stimulus, or a set of external and internal signs that determine the start of system activity.

As can be seen from the drawing, the afferent conclusion is the interconnectedness of all incoming events. Then the orientation process goes to the decision-making period, or to the period when the program of actions is formed, which consists in choosing a certain (set of rules) of afferent symbols that determine the selected driving action in space, time, voltage - in all dimensions.

Centripetal effects (efferents) go to the muscles, and their dimensions are directed to the receiver (acceptor) of the action result in the form of an engraving pattern (matrix) and form the internal return (reverse) connection of the system.

The dimensions of the result of the action are those who move towards the receiver (acceptor) of the result of the action and form the external feedback of the system.

In our opinion, the athlete's orienting activity has a cyclical nature, in other words, the external conflicting communication formed as a result of the previous movement serves as a factor for accepting the decision of the next movement.

Such periodicity is explained by the fact that during the entire game, the rapid change of situations requires the athlete to constantly orient himself to build his actions.

It is necessary to determine which parts of the athlete's orientation processes differ from each other in the process of game and tactical training.

According to P.Ya Galperin (1966, 1976), N.F Talizina, Yu.V Yakovlevler (1968), any orientation of a person (at the same time - orientation of athletes in the game) has its own orientation basis, in other words , is a set of conditions that the athlete orients in organizing his activities. Or the orientation basis of the movement - the basis of afferent conclusions are the information.

According to P. Ja Galperin's classification of types of orientation, the mental activity of the athlete in the game can be included in the type of orientation based on incomplete orientation of the movement. This assumption seems reasonable to us, because there is no possibility to make a perfect conclusion due to the lack of time for the player's activity on the field.

The first reason why the conclusion is not perfect in such a situation is that the athlete does not have time to fully master the game situation; the second - he does not know the intentions of his opponent who is looking for ways to win in this part of the game.

As we noted above, after the afferent inference stage, the afferentization process moves to the decision-making stage, in other words, it selects a certain set of actions and begins to apply the solution to the action situations in practice. Yu.M. Zabrodin (1976), D.N. Zavolishina (1976) made a decision based on the fact that solutions and methods are not always the same in achieving such a result.

They offer 3 ways to do it;

1. Activation of the action method (algorithmic selection of actions among strictly defined actions).
2. Selection of methods of actions (when there is a set of algorithms in a problematic situation).
3. Compilation (construction) of the method of actions (problem in the absence of ready-made traffic drawings in the situation).

The given classification can be changed in accordance with the characteristics of the acceptance of game activity solutions.

1. Choosing a style of play and choosing a way to implement it among the styles strictly defined by the coach.
2. In a difficult situation of the game, choosing a game style from a set of previously mastered actions and skills and choosing ways to implement it.
3. Building new styles of action. In our opinion, the 2nd and 3rd types of decision-making are more suitable for the conditions of game activity, and the first one is less common. So, it can be noted that the orientation of the game activity is classified based on incomplete orientation.

Now we will consider the features of orientation in the process of memorizing a set of actions, which is the main tool of the athlete's tactical preparation.

When memorizing (learning) standard game situations, the athlete's orienting activity is based on the full surrounding conditions, because the situation has been modeled in advance and there is enough time to accept (master) it. Since the environment afferent is a specific factor for the activity of orientation, memory and starting afferent, (P.Kamokhin, 1974), here we are completely different from the game in the classification of P.Ya Galperen as orientation based on full orientation.

We encounter a type of orientation activity called

Then the methods of action in the situations offered to the player are modeled in advance, so the type of decision-making (D.I. Zavolishina 1976) in this case is somewhat different than in most game activities; choosing among several strictly defined methods of action.

Analyzing the types of orientation, O.K. Tikhomirov (1974) found that the creative activity of a person corresponds to the type of orientation based on incomplete orientation of movement, it is a standardized activity based on the type of full orientation.

Thus, in game activities and summation learning activities, we encounter different types of quick thinking.

#### 1.5. Pedagogical control of sports teams in competitions.

Advanced experience and scientific studies have shown that one of the problems of developing the skills of athletes is the system of controlling athletes in competitions.

According to researchers, it is the main direction of pedagogical control. They emphasize the diversity of the players. Competitions are the basis for many unique scientific conclusions.

Today, attention is being paid to the technical and tactical level of training of each player and to record them separately (8,10,28).

According to a number of researchers, in the development of technical and tactical skills, the quality and quantity of the movements performed in its amplitude are taken into account. (4)

According to some experts, the team's victory over the opponent in the competition, the team's technical-tactical preparation and the players' skills are evaluated depending on the position taken by the team.

Possible Yu. D. Zheleznyak, one of the leading experts of volleyball, expressed his objection to the above-mentioned opinion.

A number of leading coaches believe that it is appropriate to use special rules that players understand on magnetic tape when considering their technical and tactical actions.

Later, they found it acceptable to use EHM. In practice, it is common to use code that writes

punch lines.

Due to the fact that it is not possible to use EHM everywhere, the use of special characters and their inclusion in the game protocol has become popular. Pedagogical observation takes into account first of all the offensiveness and mutual solidarity of the players in repelling the opponent's attack.

Polishkis M.S. and others observed the individual and collective actions of football players using a special recording method. Pedagogical research shows that the outcome of the game depends on the tactical actions of the group.

According to the authors, the pedagogical control of the group's tactical actions helps to evaluate the performance of the players.

Based on the considerations, when evaluating the technical-tactical preparation of athletes, it is necessary to pay attention not to the number of actions performed by the player, but to when and at what necessary or unnecessary point. G. I. Goldenko's research is devoted to this problem.

Serious pedagogical control of athletes is necessary, especially if the image of the game continues at a high level.

In recent years, there has been an increase in modeling, modeling and matching in the world of sports. Taking a model from the most famous team or equaling great athletes, learning their technical and tactical skills.

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