

HANDBALL GAME**Sattorova Zukhra Kamoliddin kizi¹**¹ 2 years undergraduate faculty of Physical Culture**Aslonova Malokhat Akramovna¹**¹ Scientific supervisor**ARTICLE INFO****ABSTRACT:****ARTICLE HISTORY:***Received: 30.10.2024**Revised: 31.10.2024**Accepted: 01.11.2024***KALIT SO‘ZLAR:***handball, experience,
physical quality,
development, training
process, throw the ball.**Results of scientific research from handball players in the article (According to the stylish t-criterion), in the development of general and physical fitness ways to choose the right exercises and give anaerobic and aerobic loads the procedure will be considered.***INTRODUCTION.**

Currently in children's and teen sports programs, general secondary education handball sports game in institutions, academic Lyceum and higher education issues Eastern Renaissance: Innovative, education, natural and Social Sciences the systematic organization of the training process is one of the pressing problems in. To software sources in the construction of the period, cycle, stage of the rain training on request for justification. In the one-year training process of handball players, their physical (general and special), theoretical, psychological, technical, tactical organization in practical practice on functional rigor, there are theoretical rigors are coming.

Handball sports game is a very active, emotional, fast and very popular game is. In handball, elements of several sports are combined. Examples are sports such as basketball, athletics, rugby. Handball sports game through physical (action) qualities develop. Handball is important communicativity is important in the development of abilities. Game during the course, all players will have to help each other. This sport in their game, each player will be able to participate in both offense and defense. In the game of handball, many types of methods of throwing, throwing, exaggerating the ball available. Each player organizes the game using these methods during the game will. Learning to shoot technically correctly

leads to the expected result can come. To do this, you need to take a sports training to learn each shot it is necessary to practice throughout the entire period. Each player is perfect for all the methods of shooting during the game must occupy and do them correctly and strongly, both right and left-handed is.

High scoring handball in handball game competition the technical and tactical training of the players will bend the main places. Handball a huge number of scientific research works in the development of shooting the ball into the bottleneck in the game conducted and currently also graduate in qualification work, dissertations, given in monographs. The article describes the skills of handball players to shoot and receive the ball analysis of scientific and methodological literature on development, pedagogical control, pedagogical experiment (modular. natural, laboratory), mathematical-statistical and scientific study of physical culture, such as the use of a questionnaire methods were used.

In the one-year training process of handball players, their physical (general and special), theoretical, psychological, technical, tactical and organism practical and theoretical preparations for functional training are carried out are coming. Handball sports game is a very active, emotional, fast and very popular game is. In handball, elements of several sports are combined. Examples are sports such as basketball, athletics, rugby. Handball sports game through physical (action) qualities develop. Handball is important communicativity is important in the development of abilities. Game during the course, all players will have to help each other. This sport in their game, each player will be able to participate in both offense and defense. In the game of handball, many types of methods of throwing, throwing, exaggerating the ball available. Each player organizes the game using these methods during the game will. Learning to shoot technically correctly leads to the expected result can come. To do this, you need to take a sports training to learn each shot it is necessary to practice throughout the entire period. Each player is perfect for all the methods of shooting during the game must occupy and do them correctly and strongly, both right and left-handed.

Handball a huge number of scientific research works in the development of shooting the ball into the bottleneck in the game conducted and currently also graduate in qualification work, dissertations, given in monographs. (distance), throwing handball to distance and accuracy (times, meters), handball throwing his ball at the target (Martha, meter) was used. Mathematical-statistical in the research process from Method, the formula for " Stylish t-criterion " is used using. Accuracy through the " stylish t-criterion the level (P) is also

defined. -if, the error in the study conducted is 5% -1% small if the result is reliable.-if the error is greater than 5%, the result is unreliable defined.

In handball, the way the ball is fired into the drum to the general styles of shooting based (A.N. Evtushenko). Accuracy of shooting the ball correctly assess the situation ability, as well as the correctness of the initial position and the time the ball was released will depend. Shooting can be done to strengthen the strength of power and speed, and depends on the amplitude of movement (deviation). Pedagogical experience was carried out in children's and teenage sports schools. A total of 20 handball players took part in the pedagogical experiment. 10 handball players participated in each group, divided into experimental and control groups. Control tests were carried out at the initial stage of the pedagogical experiment. 1-the table gives the results of control tests.

Conclusion

In the development of general and special physical training of handball players training in aerobic and anaerobic environments is also important. Example for aerobic activities such as walking, running (long distances), swimming we will be able to enter the training. Mainly strength in anaerobic training and the development of physical qualities of endurance is taken into account. To this training short-distance running, heavy lifting, overcoming external resistance we can include exercises.

In place of the conclusion, the general and special physical training of handball players optimally organize both physical technical and tactical exercises in development it is necessary to do. 5 physical qualities in the development of general physical fitness it is required to develop (strength, speed, agility, flexibility, endurance). At least 80-90 physical exercises in 1:30-2: 15 minutes of training are performed by the athlete being given to the body, it is the basis for the growth of its physical capabilities as well serves.

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