

DEVELOPMENT OF MOBILITY AGAINST A GOALKEEPER AGAINST AN ATTACK KICK IN A HANDBALL GAME

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Annotation: the article covers the theoretical and practical foundations for the development of the goalie's offensive kick foresight abilities in handball. The results of the study are aimed at improving the resultant in-game performance by increasing the intuition abilities of the goalkeeper.

Keywords: handball, goalkeeper, attack kick, foreplay, reaction, sports methodology.

GANDBOL O'YINIDA HUKUM ZARBASIGA QARSHI DARVOZABONNI QARSHI HARAKATLANISH QOBILIYATLARINI RIVOJLANTIRISH

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Annotatsiya: Maqolada gandbol o'yinida darvozabonning hujum zarbasini oldindan sezish qobiliyatlarini rivojlantirishning nazariy va amaliy asoslari yoritilgan. Tadqiqot natijalari darvozabonning sezgi qobiliyatlarini oshirish orqali o'yindagi natijadorligini yaxshilashga yo'naltirilgan.

Kalit so'zlar: Gandbol, darvozabon, hujum zarbasi, oldindan sezish, reaksiya, sport metodikasi.

РАЗВИТИЕ ПОДВИЖНОСТИ ВРАТАРЯ ПРОТИВ АТАКУЮЩЕГО УДАРА В ГАНДБОЛЬНОЙ ИГРЕ

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Аннотация: В статье освещены теоретические и практические основы развития навыков предчувствия атакующего удара вратаря в игре в гандбол. Результаты исследования направлены на улучшение результативности вратаря в игре за счет улучшения его сенсорных способностей.

Ключевые слова: гандбол, вратарь, атакующий удар, предчувствие, реакция, спортивная методика.

INTRODUCTION

Handball is a sport that requires quick movement and a clear strategy, in which the goalie's task directly affects the overall result of the team. In particular, effective response against offensive shots depends on the goalkeeper's reaction rate and foresight. The goalkeeper must be able to adjust his position by anticipating the opponent's style of hitting, direction of movement and speed.

This article aims to highlight important aspects of developing handball goalkeepers' offensive kick foresight skills. Specific training methodologies, techniques to improve the efficiency of goalkeepers by improving reflexes and increasing decision-making speed are considered. The article analyzes the results of scientific and theoretical and practical research on this topic. The role of the goalkeeper in the game of handball is very important, and his ability to anticipate attacks directly affects the outcome. This study analyzes scientific approaches in the directions of increasing the tactical and psychological training of the goalkeeper.

MATERIALS AND METHODS

Scientific work on the tactical training of the goalkeeper in Handball has been studied in many areas. L. Studies by vakhtin (2010) show the importance of goaltending and decision-making skills in the game. In their opinion, the goalkeeper should be able to accelerate his reactions, make optimal decisions in recent times during the game.

T. Pavlov (2014), on the other hand, emphasizes the psychological readiness of the goalkeeper and expresses the need to increase his resistance to stress. Also, K. Gritsuk (2018) carefully studies tactics and techniques in handball, emphasizing the importance of harmonizing the individual activities of the goalkeeper with the group game. In addition, a. Ibrahimov (2020) writes about the need to apply modern techniques and techniques in the physical preparation of goalkeepers.

The article used experimental and theoretical research methods. Quantitative and qualitative methods of analysis were used to accurately assess the results of

experiments. The study participants consisted of young and professional goalkeepers, whose actions were monitored, assessed through special tests and sports diagnostic technologies.

Study participants: the study involved 30 handball goalkeepers between the ages of 18-25. Participants were divided into three groups according to the level of experience:

- 1. Starting level goalkeepers*
- 2. Experienced goalkeepers at the intermediate level*
- 3. Top-level professional goalkeepers*

Research methods: the following techniques were used during the study:

The observation method is to assess the response reactions of goalkeepers to offensive shots in the game.

Testing is the measurement of athletes ' visual perception, rapid reaction, and decision-making abilities.

An experimental training program is to conduct special training aimed at the development of anticipatory abilities.

Statistical analysis is the assessment of the results obtained through mathematical modeling and statistical methods.

Experimental program: the experiment, which lasted 12 weeks, included the following stages:

- 1. Initial assessment is a measure of the initial indicators of goalkeepers.*
- 2. The stage of training is the development of anticipatory abilities based on special training.*
- 3. Final assessment-analysis and comparison of the results achieved after training*

Data processing: the results of the study were analyzed statistically. The data obtained was processed by mean value, dispersion and correlation analysis to verify the reliability of the results. Statistical analysis was carried out using the SPSS program

Theoretical foundations

Offensive kick prediction factors: developing a goalkeeper's ability to anticipate offensive shots in a handball game is a complex psychophysiological process that depends on the athlete's perception, decision making and reaction skills.

The role of the ability to perceive and analyze: the ability of the goalkeeper to perceive in advance depends on several important factors:

Visual perception-observation of the movements of the opponent and the direction of the blow

Detection of initial signals-predicting the direction of the blow using the body movement and hand movements of the opponent

Decision – making in time-positioning in the optimal position and expressing a reaction

Psychophysiological processes: the goalkeeper's ability to anticipate an attack kick depends on information processing processes in the brain. This process is associated with the following factors:

Neural network activity - rapid analysis and response reaction formation

Attention and reflex-training sessions to increase the speed of decision making

Automation of movements-reduction of reaction time through repeated training

Experimental approach: theoretical studies show that special techniques and techniques should be used to increase the ability of goalkeepers to anticipate an attack shot. This includes:

Training with trainers-development of visual and psychomotor skills

Simulation games - reworking real-world situations

Team analysis and game tactics – training aimed at predicting the actions of the opponent

RESULTS AND DISCUSSION

Research program and participants: the experiment took place over 12 weeks and involved 20 professional goalkeepers. Participants were divided into two groups: experimental and control group. The experimental group was given special attack shock anticipatory training, while the control group remained in normal training mode.

Results obtained: participants in the experimental group showed significant improvements during 12 weeks of training:

Reaction time was reduced: the rate of response to Game States dropped from an average of 0.75 seconds to 0.60 seconds (20% improvement).

The rate of Return of the ball increased: the goalkeepers' correct response to offensive shots and the coefficient of Return of the ball increased by 10%.

Predictability of situations has evolved: goaltenders' ability to predict the actions of attackers has improved significantly, increasing their defensive effectiveness.

Statistical analysis: the following results were confirmed to be statistically reliable ($p < 0.05$):

- In the experimental group, the sensing time was improved to 0.15 seconds.
- Ball blocking performance increased by 10% compared to offensive shots.
- The psychological confidence of goalkeepers increased, and this had a positive effect on their performance.

The development of the goalkeeper's foresight against attacking shots is a complex and multifaceted process. The formation of this ability depends on the age, experience and individual characteristics of the athlete. The results of the study show that special training aimed at developing intuition increases the goalie's ability to make quick decisions during the game.

Psychological factors also play an important role. It is recommended to use stress management methodologies to increase the goalkeeper's ability to make the right decisions under pressure during the game. Simulating realistic playing conditions in training, analyzing typical movements of attackers, and performing visual perception exercises lead to effective results.

In addition, goalkeeping consistency and team cooperation are also important. Acting harmoniously with The Defenders is of great help in anticipating attacks and taking effective countermeasures. Therefore, coaches should pay special attention to team defense strategies in training.

The results show that training aimed at developing the intuition of goalkeepers against an attack shot plays an important role in increasing productivity. In the

future, more effective results can be achieved by continuing research in this area, using new technological approaches and developing scientifically based methods.

CONCLUSION

The results of this study showed that the development of handball goalkeepers' ability to anticipate an attack shot is important in improving their play efficiency. By improving special training methodologies, visual and psychological training, the defensive tactics of goalkeepers are improved. Experimental results confirmed that with the development of foresight, the effectiveness of goalkeepers against attack increases. In the future, more in-depth research and innovative approaches should be applied in this area.

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