CONSTRUCTION OF THE TRAINING PROCESS OF HIGHLY QUALIFIED HANDBALL PLAYERS BASED ON THE USE OF THE MEANS OF SPECIAL POWER TRAINING

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ABSTRACT
This article presents the scientific basis for improving the physical qualities of highly qualified handball players in training through special exercises.

Keywords: speed-power, coupled influences, analytical, short-term efforts, de-adaptation, speed-power movements.

INTRODUCTION
In recent years, great importance has been given to playing sports, including handball. The championship of Uzbekistan among women's and men's teams of the major league is held on a regular basis. The national handball teams of the Republic of Uzbekistan regularly take part in the Asian championships and other international competitions.

The study of scientific, methodological and special literature indicates that over the past two decades, a significant number of experimental and theoretical works have appeared on the methods and means of speed-strength training of athletes in many sports.

The main part of specialists and scientific workers comes to the conclusion that exercises in the training process should be strictly analyzed and selected in accordance with the structure of the main movement.

METHODOLOGY AND LITERATURE REVIEW
Recently, many specialists in the process of training activities use the method of "conjugate influence", the essence of which is a special selection of physical training means that provide directed development of motor qualities and at the same time contribute to the improvement of the technique of movements. The implementation of the method of "conjugate influences" in sports practice is carried out using two methodological techniques:

a) specialized dynamic exercises aimed at developing strength and coordination capabilities directly in the structure of a sports motor skill;
b) specialized isometric exercises aimed at developing the strength of certain muscle groups.

One of the main methods of increasing muscle group strength and speed of movement is resistance training. Such experts agree with these recommendations as but in addition to what has been said they recommend a number of special technical exercises as close as possible to competitive activity and performed in a conjugate mode.

Characterizing the methodology for the development of special speed-power qualities in athletes of the highest qualifications, some experts put forward the assumption that the development of special speed-power qualities occurs, first of all, due to the formation of the necessary neuro-coordinating relations, bearing in mind:

a) intramuscular coordination, the improvement of which is facilitated by the involvement of a larger number of motor units in short-term work, increasing the "explosive" strength of individual muscles;

b) muscle coordination, with the improvement of which the magnitude of the manifestation of the "explosive" force of all muscles carrying the main load increases, due to the establishment of a more coordinated work between them and with antagonist muscles to improve intramuscular coordination.

In some cases, some coaches recommend exercises with weights that are greater than in a competitive exercise, and to improve muscle coordination, exercises with weights are less competitive.

In the process of improving speed-power qualities, according to a number of scientists and practitioners, they should be classified as follows:

1) exercises of non-specific impact;
2) analytical exercises aimed at the development of muscle groups leading for this sport;
3) exercises that improve strength within the framework of the main sports skill.

According to other specialists, when training strength, it is necessary to pay special attention to the magnitude of resistance, while the following can be considered the main methods of training strength:

1) repeated lifting of unsatisfactory weight until severe fatigue;
2) lifting the maximum weight;
3) lifting unsaturated weight at maximum speed.

To educate speed, some coaches use the following sequence: holistic education of speed in a specific movement; analytical improvement of the factors that determine the maximum speed of movement. According to some scientists and practitioners, the special physical training of a handball player is directly aimed at developing the
physical abilities characteristic of playing handball (running with the ball, throwing at goal, fighting for the ball, etc.). It is carried out simultaneously with the improvement of the technical and tactical elements of handball. Unfortunately, this important methodological provision is not always observed in practice.

Speaking about the importance of physical and, in particular, SSP, some scientists and trainers recommend a number of exercises: for development of strength exercises with weights; to develop speed - running 20, 40 meters, sharp short jerks with a change in direction (5, 10, 15 m). Performing such exercises contributes to the ability to "break away" from the opponent or "open" to receive the ball in order to complete the attack with an effective shot at goal. It should be remembered that it is necessary to perform the above exercises in a straight line and with a change in the direction of movement with sudden stops, followed by an increase in speed. For the development of jumping ability, the authors recommend performing high jumps from a run in any way: from a place and from a run so that at the highest point to throw the ball or imitate this throw.

Some leading scientists warn practitioners against trying to view games and play exercises as a universal means for improving the physical qualities of an athlete. They note that for the correct construction of the training process, it is necessary to focus on a significant intensification of running and, first of all, on an increase in running with maximum speed. When working with an increase in the level of power qualities, they are offered to systematically perform exercises with a barbell and weights, which are selected so that they correspond to the nature of the handball player's efforts and increase the power of his movements.

Among a large number of coaches and scientific workers, there is an opinion that for the development of running speed among handball players, repeated running exercises with a maximum speed and a rest duration of 5-8 minutes are necessary between series. To develop starting speed - jumping and tempo exercises with a barbell. It is also recommended to use the exercise to develop strength in the preparatory period, and speed in the competitive period.

There is another point of view, it is believed that among the means of physical training of handball players, exercises that develop strength should take the first place. The authors believe that such exercises should be applied systematically, throughout the year, with speed-strength exercises being a priority.

Some handball experts argue that speed is valued most in handball, and they suggest exercises for developing speed, the basis of which is running at a maximum speed of segments of 30, 40 and sometimes 10 m. At the same time, it is indicated that it is necessary to supplement team training with individual lessons.
Noteworthy is the point of view of some leading handball coaches who determined the motor activity of highly qualified handball players by timing the players' activities during the game. They found that during the competition handball players perform: from 150 to 170 runs at various distances (without the ball and with the ball); from 35 to 60 jerks with maximum speed, etc. Experts suggest increasing the time for the development of speed in a training session, using athletics exercises with a competitive bias.

A number of leading scientists believe that the most effective means of educating special physical qualities are play exercises, which, by their nature and emotional coloring, are most adequate to play. The authors propose short-term (40-45 minutes), but intense in terms of load, emotionally redeemed workouts aimed at special physical and game training. They believe that 3x3 and 4x2 games develop tactical skill, but are insufficient as a means of physical fitness. At the same time, games 2x1, 3x2, 1x1, 3x3 meet the maximum requirements, because allow to show in single combat and speed, and strength, and efficiency. At the same time, it is noted that multiple repeated games and exercises with medicine ball, outdoor games without a ball, etc. also develop special qualities necessary for handball players: starting speed, jumping ability, agility, strength, etc.

There is an opinion that the development of strength must be carried out in accordance with the development of technology, while it should be remembered that the preparation process will be more effective if exercises that develop strength and exercises that improve the technique of ball handling will be associated with an effect on motor skills. As a result of their research, the authors come to the conclusion that complex training with the use of a special mode of work for the development of strength with a fifty percent ratio of isometric and dynamic exercises is useful for improving technique and developing special physical qualities.

Some handball experts state that in team training, players are engaged in improving the accuracy of throws, and they pay very little attention to the development of throwing power, considering that throwing power is an innate quality.

According to scientists and practitioners, the power of a throw can be developed in the same way as running speed, jumping ability, and other qualities. To do this, it is necessary to include in the training special exercises that develop the mobility of the wrist joint and develop the speed of the swinging movement.

To develop the strength and speed of handball players, some scientists suggest exercises in the training process, from which they distinguish the following:

a) the actual power movements (lifting weights, resistance exercises, with medicine balls and some others);
b) high-speed power movements (throwing the ball, taking the ball, pushing the shoulder, throwing in the ball).

The experts listed above believe that special exercises for the development of speed-strength qualities should correspond to the nature of playing activity.

Strength-building exercises are performed in both dynamic and isometric modes of work, while the special mode of work has the most positive effect on the development of strength and ball handling. It is recommended that the main part of the work on the development of the strength of handball players be carried out during the preparatory period of training, so that during the period of the competition, periodic and well-planned work can not only maintain strength, but also develop it in parallel with other necessary qualities.

A number of experts in sports games believe that the following combinations of methods can be used to develop speed-strength qualities in the practice of teams work:

1) conjugate, short-term efforts, repeated;
2) analytical, short-term effort, repeated;
3) variable, short-term effort, repeated.

The above data on the study of the specific gravity of the application of the above methods in the training process show that in handball conjugate and analytical methods are most often used.

Recently, a large number of scientific research works, both in sports games and in handball, are associated with the assessment of the physical fitness of athletes at various stages of the preparation of the competitive period. Most often, the purpose of such studies is to find the optimal training regimes for each handball player separately and for the team as a whole.

**RESULTS AND DISCUSSION**

The rational construction of long-term training of highly qualified handball players is decisively conditioned by the laws of the formation of sportsmanship. The structure of competitive activity in a specific sport and, in particular, handball, the factors that determine its effectiveness, the patterns of adaptation of functional systems and mechanisms that carry the main load in the process of training and competitions, predetermine the growth rate of sports achievements.

The implementation of this or that variant of the structure of long-term training in handball is due to a complex of reasons, first of all, - the age at which the athletes began to practice handball, as well as the nature of training at the first stages of long-term improvement. According to a number of specialists, differences in the rates of
biological maturation, which determine a significant (up to 3-4 years) range of biological development, are of great importance here.

Some coaches and researchers believe that the traditional structure of long-term training, in which high results are achieved after 7-10 years of handball practice (women at 17-20 years old, and men at 18-22 years old), can be considered as basic, and the prospects further growth of achievements is largely associated with the implementation of one of the identified typical variants of the structure of long-term training, which to the greatest extent corresponds to the characteristics of a particular athlete.

The given data on the peculiarities of the formation of sportsmanship with different variants of the structure of long-term training should become one of the key reference points for the differentiation and individualization of the long-term process of training handball players at different stages of sports improvement. They also make it possible to objectively assess the prospects of a particular handball player, comparing the individual course of the formation of his skill with the anatomical and physiological characteristics and adaptive capabilities of the organism.

The constant growth of sports achievements in women's handball indicates that not all the available reserves of the body have been used. A review of special literature, the study of the experience of advanced coaches working with handball teams, show that an active search for directions to improve the technical and tactical skills of athletes is currently underway, taking into account the level of their speed-strength training.

Some scientists and handball coaches argue that the dynamics of the formation of the state of the highest readiness during the training year is due to many reasons. Among them are the individual characteristics of athletes: the structure of muscle tissue; the initial, hereditarily predetermined level of capabilities of the circulatory and respiratory systems; aerobic and anaerobic performance; mobility of adaptive reactions; resistance to maladjustment; the preserved adaptive resource, etc. The system of constructing annual training is of no less importance - its general structure, the orientation of the training process in different months of the year, the ratio of means and methods of training, the calendar of competitions and the construction of direct preparation for various competitions, etc.

It is known that the improvement of long-term adaptive reactions necessary to achieve the planned results in the process of sports training of handball players is formed in stages throughout the year, as well as in individual microcycles. This is due to a number of factors:

firstly, effective adaptation is possible only with a certain amount of stimuli and their optimal concentration in time; secondly, adaptation to various stimuli proceeds
heterochronously. In particular, it is possible to achieve changes in the functional capabilities of skeletal muscles or cardiac muscle faster than the components of readiness, which, due to the diversity and complexity of the coordination structure of motor actions, along with morphological changes in the coordinated work of regulatory and executive systems.

The point of view of other well-known experts in handball deserves attention. In their opinion, an increase in the adaptive capabilities of individual organs and systems creates the necessary prerequisites for long-term adaptation of functional systems to integral manifestations of motor abilities, and the latter, in turn, determine the effectiveness of the organism's adaptation to the requirements of effective competitive activity. This causes the gradual long-term adaptation of the athlete's body to the factors of training impact and the exceptional complexity of managing his adaptive reactions in the process of building various structural formations of the annual training process or a separate macrocycle.

However, it is necessary to remember that the effectiveness of adaptive reactions of handball players of various roles and levels of preparedness is determined by the dynamics of the load, its correspondence to the qualifications of athletes, their preparedness, the reactivity of functional systems in terms of the formation of adaptation responses to various stimuli.

There is an opinion that in a separate training macrocycle highly qualified handball players need a certain time for the formation of the whole complex of adaptive reactions that provide the state of the highest readiness for sports achievements. The specificity of the sport, which is expressed in the optimal structure of the athletes' fitness, is due to the ratio of various qualities and abilities to achieve high sports results. The individual characteristics of athletes here, too, significantly affect the rate of formation of long-term adaptation and the amount of work required for the formation of a given level of adaptive reactions.

**CONCLUSION**

The carried out theoretical analysis of the scientific, methodological and special literature made it possible to determine the research problem, which consists in improving the speed-strength readiness of highly qualified handball players at various stages of training in the annual cycle. Speaking about the scientific study of this problem and ways of solving it, one should dwell on two main components:

- firstly, the lack of methods for assessing the special speed-strength readiness of highly qualified athletes, taking into account the characteristics of the organism;
secondly, the lack of quantitative characteristics of the relationship between the processes of development of speed-strength qualities and the formation of motor skills.

In the process of studying the special literature on handball, it was found that the existing standards for assessing the level of general and special physical fitness of athletes do not change for a long time. In addition, there is no scientific substantiation of the proposed normative requirements reflecting the level of special physical fitness of players at various stages of sports improvement.

It is known that the chosen method of increasing the level of speed-strength readiness of handball players makes an increase in the requirements not only to the scientific and methodological substantiation of the training process, but also to the current and long-term planning of sports training, the final test standards at various stages of the annual cycle in preparation for responsible competitions. In this regard, there is a need to change both the content of the educational process and make appropriate adjustments to it. Meanwhile, this important methodological position is still insufficiently reflected in the specialized literature.

At the present stage of handball development, the problem of specialized training of athletes is becoming increasingly important and is widely discussed in special literature. It should be noted that at present there are no scientifically grounded recommendations related to the control and assessment of the improvement of their technical skill. There is also no consensus among the majority of specialists on the control of competitive activity as one of the necessary conditions for the effective management of the process of training highly qualified handball players. The recommended assessment methods, as a rule, are either excessively laborious or do not fully reflect the nodal components of competitive activity.

The carried out theoretical analysis of scientific, methodological and special literature made it possible to determine the research problem, which consists in improving the speed and strength training of highly qualified handball players and to develop practical recommendations for the purposeful improvement of their technical and tactical skill.

REFERENCES