

Aufbau des Trainingsprozesses von hochqualifizierten Handballern auf der Basis für den Einsatz von speziellem Krafttraining

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Abstrakt: Der Beitrag beschäftigt sich mit der Gestaltung des pädagogischen Ausbildungsprozesses auf der Grundlage der Methodik des speziellen Krafttrainings zur Entwicklung von Schnellkraftfähigkeiten bei hochqualifizierten Handballspielern. Es wurde eine Methode zur Anwendung von Mitteln des speziellen Krafttrainings für Handballspieler mit gezieltem Fokus auf die Entwicklung der Explosivkraft und Reaktionsfähigkeit der Streckmuskulatur der oberen und unteren Extremitäten entwickelt. Die in der Arbeit gewonnenen Daten können sowohl bei der Vorbereitung von Handballspielern als auch von Sportlern anderer Spielarten in der Phase der sportlichen Verbesserung in der Vorbereitungsphase des Bildungs- und Ausbildungsprozesses verwendet werden.

Schlagworte: Kraft, Schnellkraft-Krafttraining, Handballer, Bildungs- und Trainingsprozess, Explosivkraft, Reaktivität, Langzeittraining, Training.

Building the training process of highly qualified handball players on basis for use of special power training

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Abstract: The paper deals with the issues of building the educational-training process on the basis of the methodology of special strength training for the development of speed-strength abilities among highly qualified handball players. A method of using means of special strength training for handball players with a purposeful focus on the development of explosive strength and reactive ability of the extensor muscles of the upper and lower extremities has been developed. The obtained data in the work can be used in the preparation of both handball players and athletes of other game types at the stage of sports improvement in the preparatory period of the educational and training process.

Keywords: strength, speed-strength training, handball players, educational and training process, explosive strength, reactivity, long-term training, training.

INTRODUCTION

Long-term training and education of high-class athletes is a complex process, the quality of which is determined by a number of factors [8, 9]. The progress of domestic sports in the world arena is due to the improvement of scientific and methodological support for the training of sports teams of the country and its sports reserve, in connection with which a number of normative legal acts have been adopted in our republic: laws, decrees, government decrees, which provide for: creating favorable conditions for holding fundamental research works in the field of physical culture and sports, the development of recommendations for the widespread use of innovative technologies, the provision of scientific and methodological assistance and methodological assistance to coaches of national teams [1, 2, 3].

The modern composition of national teams in sports games, in particular in handball, apparently should be made up of players representing a potentially high level of training, namely speed-strength, since you have to play at high speeds as long as possible at an accelerated pace, therefore the problem of specialized speed strength training of athletes is gaining significant importance and paramount importance in the sports training of the long-term educational and training process. At the same time, it should be noted that at present it is the issues of speed-strength training of athletes of various sports, including handball players, that are a flaw in the methodological plan of the training process [4,5,6,7,8,9].

To date, scientifically grounded recommendations related to the use of means, methods, methodological techniques and approaches both for the development and improvement of special strength qualities and control, assessment of their level in an integral system of speed-strength readiness of athletes in relation to their improvement with technical parameters of sportsmen's skill [8,9]. A huge set of judgments and the lack of consensus among scientific experts on the construction of the training process, taking into account the monitoring of both the entire training process and competitive activity, and its individual aspects of readiness, is one of the primary tasks that fully affect the effectiveness of management of the process of training highly qualified athletes, in general, and players of high qualification in handball, in particular, indicates the relevance of the problem under study.

MATERIALS AND METHODS

Based on the results of pedagogical observations, pedagogical testing, analysis of competitive activity and control of the loads of training sessions, we have developed a methodology for the development and improvement of special strength qualities, and an increase in the level of speed-strength readiness in general, of highly qualified handball players. We carried out pedagogical observations of the training and competitive activity of the handball players of the teams "GC AGMK" (Almalyk) and "Tashkent" (Tashkent). The study involved 28 highly qualified handball players.

In the course of work on the topic of research, we developed a methodology for using the means of special strength training, one of the tasks of which was the development of explosive strength and reactive ability of the extensor muscles of the arms and legs, realized in specific conditions of fatigue that develops during the game of handball. The program is designed for 72 days, it uses several types of basic

exercises such as squats with a barbell, jumping with a barbell, a deep jump, jumping on a dais, lifting a barbell to the chest, and a barbell press.

As a result of the pedagogical experiment, the methodology developed by us, intended for handball players with good preliminary training and having a solid foundation for the development of physical abilities, showed superiority over the traditional system of handball training sessions among high-class athletes. The developed methodology contributed to an increase in the level of speed-strength readiness of highly qualified handball players in general by 14.6%, an improvement in special strength qualities by 19.7%, an improvement in the level of general physical training and TFP by 12.8% and 14.6%, respectively.

Analyzing the results obtained during the pedagogical experiment, it can be noted that statistically significant differences were obtained between the experimental and control groups ($n = 28$). The analysis of the results indicates an improvement in the results at the level of significance ($p < 0.05$) in the standards: 30 m running; triple jump from a place; Throwing a medicine ball weighing 1 kg (right hand); Throwing a medicine ball weighing 1 kg (left hand); throwing a medicine ball weighing 1 kg with both hands from behind the head; throwing a medicine ball weighing 1 kg with both hands behind the head; outlining chips 30 meters with the right hand; outlining chips 30 meters with the left hand; throwing a handball at a distance.

The developed methodology for using special strength training means with the purposeful development of explosive power and reactive ability of the extensor muscles of the arms and legs is based on the principle of gradually increasing specificity and intensity of the load. As a result of the studies carried out, it was revealed that in the process of training, the maximum leg strength in squats increased by 13.7%, which made it possible to increase the weight in jumps with a barbell on the shoulders of athletes, as well as in lifting on the chest, which amounted to about 40% of the maximum in barbell squats. The developed and tested methodology was successfully used in the educational and training process of highly qualified handball players in the preparatory period at the turn of the special training stage.

CONCLUSION

The development of a methodology for the use of special strength training means with the purposeful development of explosive power and reactive ability of the extensor muscles of the arms and legs, actively complements the program for the selection of special strength training means for highly qualified handball players, which makes it possible to significantly improve the general level of speed-strength readiness of highly qualified handball players, which in turn allows a wide variety of an individual arsenal of technical and tactical actions of an athlete and thereby will increase the effectiveness of competitive activity. The results obtained confirm the effectiveness of the developed methodology and will contribute to an increase in the reliability and effectiveness of the participation of highly qualified handball players in responsible competitions by improving the indicators of the development of explosive strength and reactive ability of the extensor muscles of the upper and lower extremities. This technique can be successfully used in other game sports to increase the efficiency of building the educational and training process.

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