

## THE IMPORTANCE OF MENTAL TRAINING FOR PHYSICAL EDUCATION STUDENTS IN HANDBALL

**Norov Sherzot Usmonovich\***

\*Teacher,

Faculty of Physical Culture of Navoi State Pedagogical Institute,

UZBEKISTAN

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### ABSTRACT

*Purpose: the technology of preparation of athletes in accordance with the requirements of the system approach. Team management methodology disclosed in terms of the training process in the competitive period between rounds of the regular championship of region. A number of scientists put forward a statements, which concern model micro-cycles: quantity of exercises' repetitions, intensity, duration, intervals and character of rest between series. The main condition of continuation of exercises' fulfillment was signal of cardio leader by data of HBR sensors, which shall have not reduced more than the lowest pulse frequency.*

**KEYWORDS:** *Handball, Microcycle, Preparation, Process, System.*

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