

MINOR GAMES IN THE TRAINING SYSTEM OF YOUNG HANDBALL PLAYERS

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ABSTRACT

This article discusses the method of using minor games in the process of technical training at the initial stage of training.

KEYWORDS: *Handball, Minor Games, Training Process, Initial Stage, Control, Coordination, Movement, Talents.*

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In handball, a large number of means and methods for training athletes have been developed and proposed. However, it is minor games that are one of the main aids when working with handball players.

Minor games have a rather long history of existence and occupy a certain place in human life. Their effectiveness and expediency of application is confirmed by modern practice and has scientific and theoretical justifications. Since, in addition to solving the general problems of physical education, minor games allow solving special problems of education and training [1].

The construction of the educational and training process in handball has its own specifics in the use of minor games, suggesting their use in several directions.

Firstly, minor games in combination with control tests allow us to solve the problem of selecting beginners, since the individual characteristics of those involved are most clearly and naturally manifested in the game method [2].

Observing the behavior of those involved in the game, you can evaluate:

- Manifestation of initiative and perseverance;
- Attitude towards opponents in the game;
- Attitude towards teammates;
- Attitude towards own mistakes;
- Discipline, exactingness;
- Attitude towards victory, defeat.

Only in the game can we recognize the child as a versatile personality. Sometimes the most withdrawn, not sociable child reveals his talents only during the game, and as a result, he becomes an effective player.

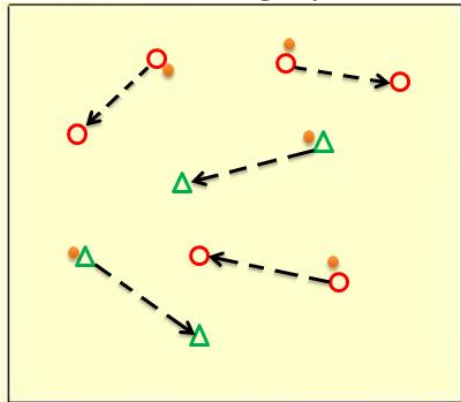
With the help of minor games, the tasks of creating progressively more complex game situations for the development of special physical qualities and mastering the technical and tactical arsenal are solved.

The systematic use of minor games in primary school age allows you to increase and expand the motor fund of those involved, which is a good basis for mastering the proper sports technique. However, the choice and planning of minor games in the structure of the training session must be carried out taking into account the positive transfer of skills. For example, games involving throwing the ball at distance and at the target will have a positive effect on the effectiveness of ball passes. At an older age, minor games are associated with tasks solved at individual stages and periods of training and contribute to a positive transfer of training and mitigation of emotional stress, psychological “stagnation” that occurs due to a significant increase in the volume of physical activity intensity during training. However, depending on the age of those involved, and on the tasks of the educational and training process, the percentage of the use of minor games in relation to other means changes. The use of minor games at the initial stage of preparation is especially important [3].

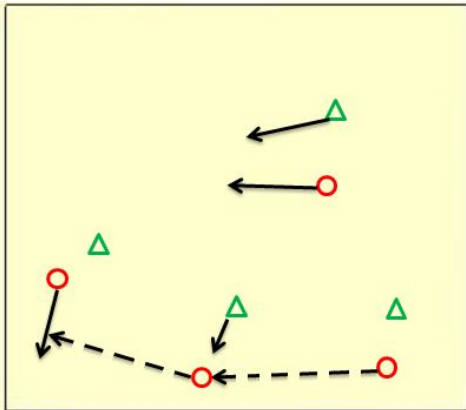
In addition to the special tasks of the training process, minor games solve health problems, having a general beneficial effect on the growth of young athletes, on the formation of correct posture, on the development of large body muscles, and on the development of the cardiovascular system. The necessary physical qualities are developed. Mastering the technique of handball, young athletes in difficult games improve coordination of movements, strengthen control over emotions, which contributes to the development of endurance, discipline in actions, and tact in relation to partners in the game.

Minor games:

Games related to agility of movement:

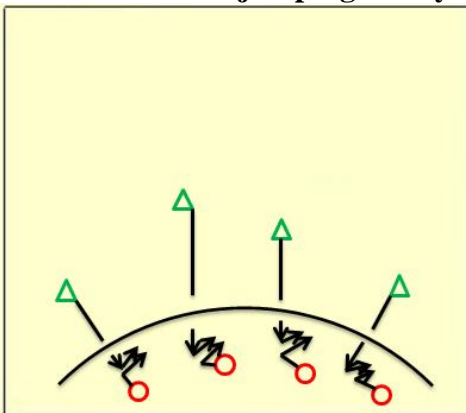


“Playing Together”. Players are divided into teams of 2 people. Each team has the ball and now they have to pass the ball to each other. In addition to running into an empty area to receive the ball, teams must attempt to grab or knock the other team's ball away. The game has a three step rule and a time rule.

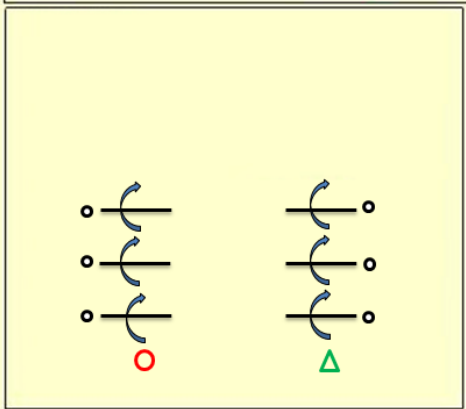


“The game of catching the opponent”.The team is divided into 2 groups. Now it is necessary to pass the ball to the teammate who is in the most comfortable and open position. Opponents must try to touch the player in possession before passing the ball. If the ball is caught by the opponents, or touched by a player with the ball, the opponents score a point and then have possession of the ball.

Games related to jumping ability:

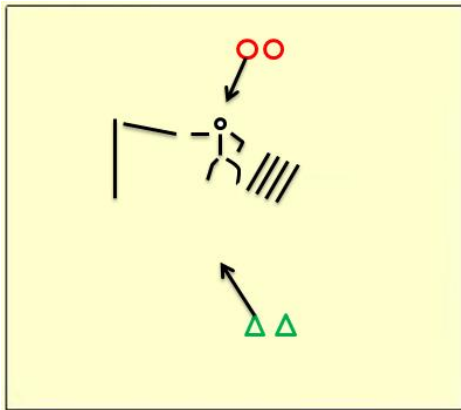


“Attack of Roosters”. There are two teams (four to six players each) in the goalie area. One in attack, the other in defense. After the signal, both teams start jumping on one leg only. The task of the attackers is to push the opponents out of the zone.

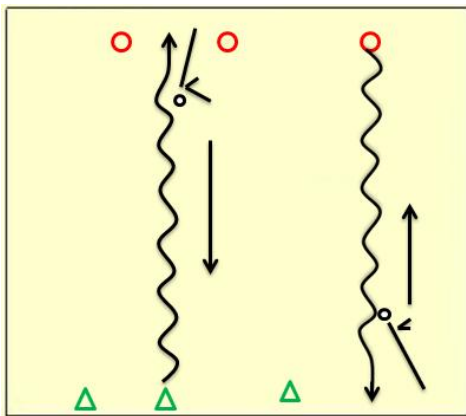


“Jumps”. Players are divided into teams. They lie facing the ground at a fixed distance around the circle. According to the signal, the captains of the team stand up and jump over the lying handball players of their team. Jumping over all the players, they take the starting position. Then the next player continues the exercise. The team whose players complete all the jumps the fastest wins.

Games related to foot strength:

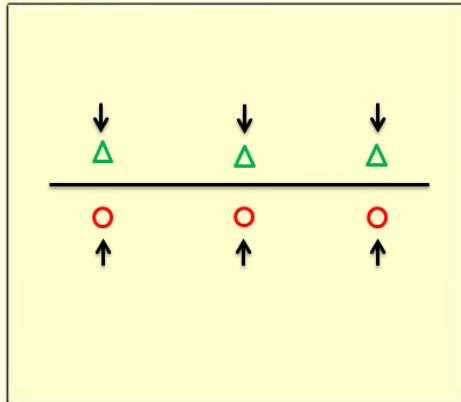


“Who is stronger”. Two elastic bands are attached to the wall or pole of the gym. Both ends of the rubber bands should be free. A series of lines with numbers are drawn on the field. The further the line is from the gymnastic wall, the bigger the number. For example, 2 m - 6 points, 2 m 10 cm - 7 points, etc. Teams line up in two lines in front of their checkpoint. At the signal, the first players run to the wall and, holding the ends of the rubber band with each hand, move away from the wall, try to pull the rubber band and step to the farthest mark with their feet. After that, the player returns to his column and the next player does the task.

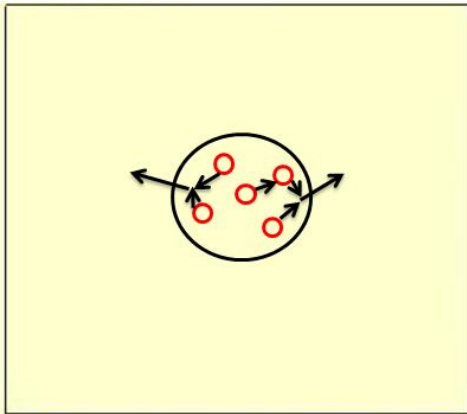


“Rabbits and Walruses”. On opposite sides of the field, behind the "home" lines, two teams face each other. Players sit on their feet with their hands on their knees. At the signal, all players jump forward (like "rabbits") and try to quickly cross the opposite "home" line. The first team to reach the new "home" (complete the jump) wins the game. Backwards, players use their hands and feet to support the floor (like "walruses").

Games related to strength of hand:



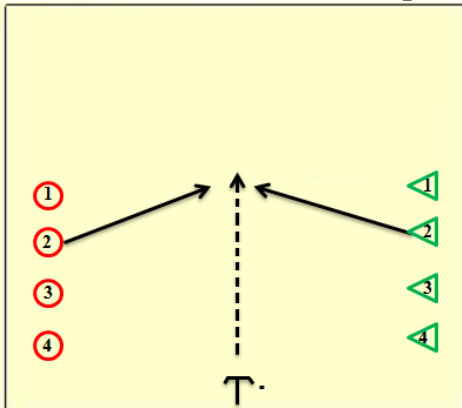
“The ball is behind the wall”. Teams face each other in front of the middle line of the field: behind each team there are three stuffed balls at a distance of 2 m. Holding hands (hugging around the waist) and putting their shoulders (chest) on the opposing players, both teams (with the coach's signal) try to push the opponent towards his balls. The game stops when one of the players touches the ball. The ball is out of play. The team that loses all three balls loses.



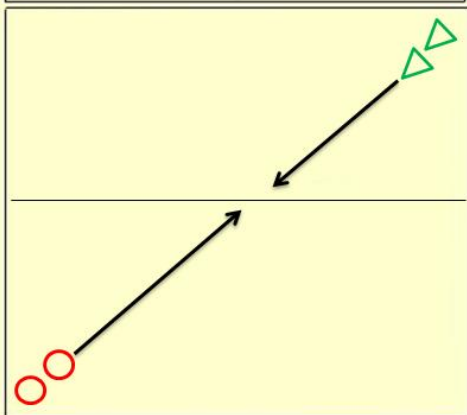
“Fighting in circles”.A circle with a diameter of 3 m is drawn. With a signal, a fight begins: everyone tries to push the other out of the circle. Whoever manages to do this can push the next player, the struggling couple, to continue the fight. The one who pushes the most players out of the circle is the winner.

Variation: There can be an odd number of players in a round. You can push with only one arm, squat, only with shoulders, etc.

Games related to movement speed:

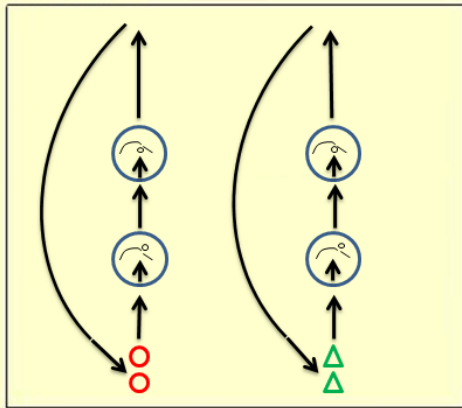


“Running after the ball”.The coach stands between two teams with the ball in his hand. Players of both teams are given conditional numbers and are placed in order. The coach throws the ball forward and calls the number. Both players of the teams with this number try to get the ball first. The player who gets the ball first scores a point for his team. The team with the most points wins the game.

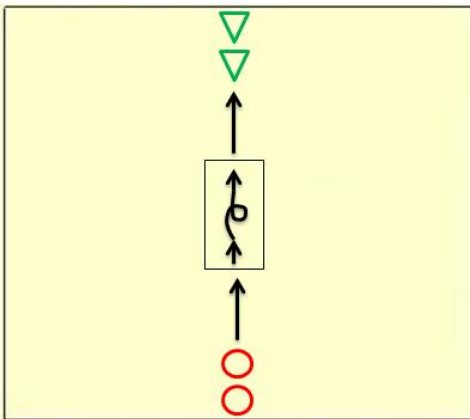


“Who is faster”.The two teams are facing each other in different corners of the field. At the coach's signal, the first players of each team run towards each other along the center line. The first player to arrive earns one point for their team. Then the next pair of players continues the game, and so on. The team that manages to score the most points in the game wins.

Games related to flexibility:

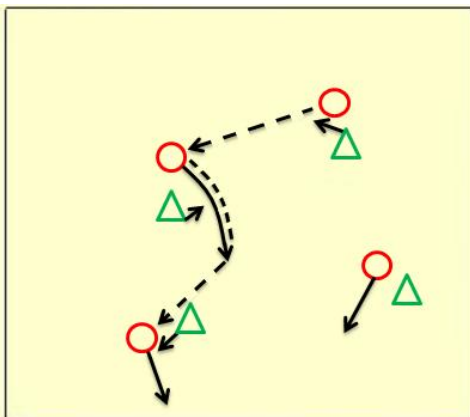


“Bridge and Mouse”. The players of the two teams stand one by one at the starting line. A circle with a diameter of 1 meter is drawn in front of them 5 and 10 steps away. At the signal, the first numbers run forward, and when they reach the first circle, stand in the "bridge" position. Then the second player runs forward. He crawls under the bridge and runs to the far circle, where he assumes a crouched resting position. Player number one now runs to the far circle and passes between the lion's arms and legs. After that, both players hold hands and run towards their team. The next pair of players repeats the actions of the previous players. After each pair completes the task twice, the relay ends.

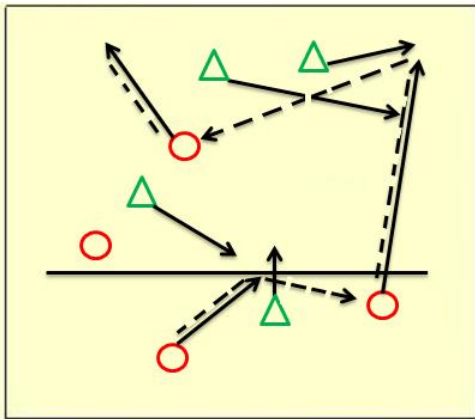


“Ups and downs”. Participants stand in opposite or parallel columns. One or two gymnastic mats lie in front of the players. The player who runs forward, on the signal, makes a jump in a ball and goes to the end of the opposite column. Look - the player standing in the opposite column performed the same exercise. During the return run, players turn their backs to the mats, take a sitting position, and perform a head roll, then run toward their own line.

Games related to Endurance:

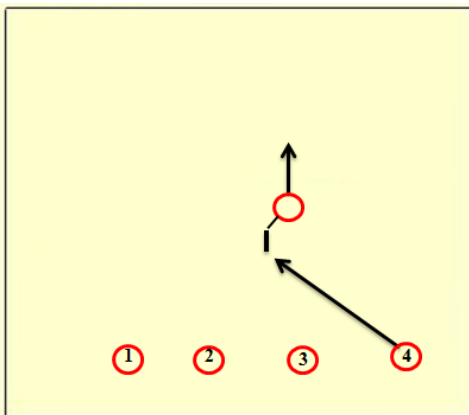


“Get the ball down”. The game is played according to handball rules, but with a spare ball. Two teams play on a handball or volleyball court. The surface line marks the landing spot of the ball. The task of each team is to land the ball in the opponent's zone. The team with the longest possession of the ball (carrying the ball) wins. 30s incentive for each ground ball. It will be added. A team that fails to put the ball on the ground even once cannot be declared the winner of the game.

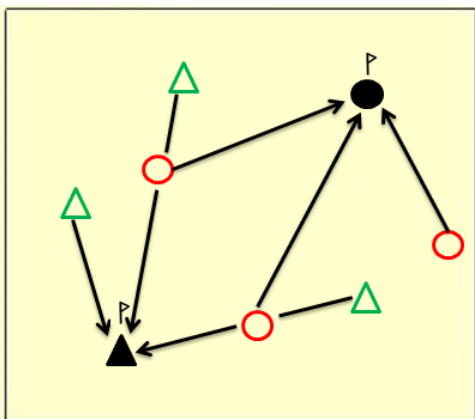


“Rugby – football”. Two teams of seven to nine players are played for two halves. In the first half, they try to take the ball outside the surface line of the field (toward the opponent). The ball may be passed from player to player in any manner, but backward passes are prohibited. If the ball hits a player of the opposing team, the ball is taken to the opposing team and the game is played from there. In the second half, the spare ball acts as a soccer ball, which must be put into the goal of the opposing team. The team with the most goals or ground balls in total wins. The duration of the periods is determined by the coach.

Games related to coordination:



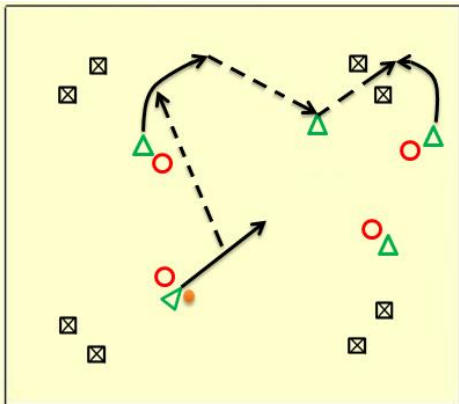
“Grab the stick”. Players stand in a circle 3-4 steps away from the starter. The beginner holds a gymnastic stick vertically on the floor (he presses it with the palm of his hand from above). All players have a sequence number, including the starter, who called which number: he himself ran back. The called player must let the stick fall and catch it. If he fails to do so, he goes to the starter's place, and the starter takes his place. If it succeeds, the previous host remains in place. A player can face, back, or side to the center of the circle. The player who doesn't start even once is the winner.



“To their flags”. Players are divided into groups and walk in a circle in different areas of the field. In the center of each circle stands the leader holding a flag with his hand raised (Flags are of different colors). At the first signal, all players, except those holding the flag, spread out on the court, at the second signal, sit down and close their eyes, facing the starter. Coach "everyone to their flags!" With the command, the players open their eyes, look for their flags and run in that direction and line up in front of the flag.

Action games using technical elements:

Games related to catching and passing the ball:



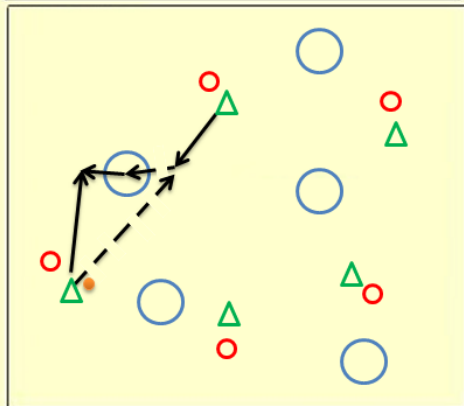
“Hitting the ball between the chips”. Badminton court is available for this game.

Several gates are placed on the court, each made of 2 tiles.

A goal is scored when the ball is passed to a teammate between the chips and caught by the teammate.

If an opponent touches the ball before it is caught, no score is awarded even if the team is still in possession of the ball.

The game continues until a team scores, for example, 10 times.



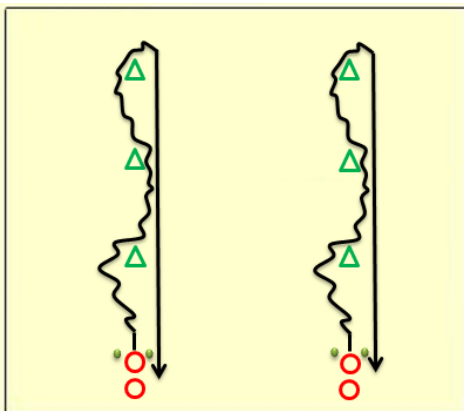
“Flying Ball”. Badminton court is available for this game. 5-6 gymnastic rings are spread across the court.

Players are divided into 2 teams. A goal is scored when the ball is passed to a teammate through the hoop and caught by a teammate.

If an opponent touches the ball before it is caught, no score is awarded even if the team is still in possession of the ball.

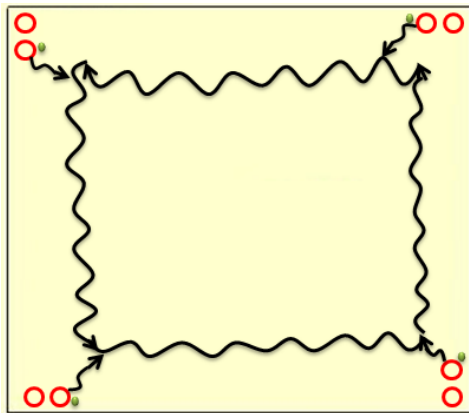
The game continues until a team scores, for example, 10 times.

Games related to dribbling:



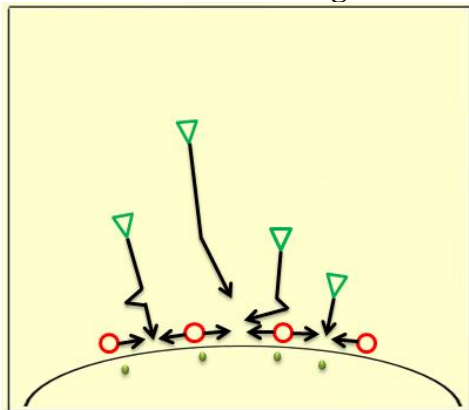
“Take the ball and throw”.The teams start from the goalkeeper's field. The captains of the teams will start the competition. At the coach's signal, they carry two balls at the same time - a handball (scattered on the field) and a soccer ball (on their feet). Running distance is marked by bars and it forms a broken line. After crossing the finish line, players take both balls and pass the ball to the next player on their team. The first team to finish carrying the ball is the winner.

Variation: the game can be complicated by various obstacles at a distance, where it is necessary to perform appropriate exercises (gymnastics mat - jumps (forward and back), gymnastic donkey - jumps, leg jumps, gymnastic bench - jumps, etc.).

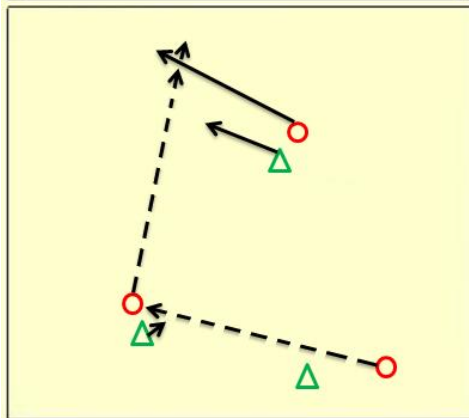


“Race of players carrying the ball”. Players are divided into four teams, each of them occupies one of the corners of the field and is lined up in columns. The first players will have the ball. At the signal, the ball is carried to the right along the touchline. Each player carrying the ball tries to catch the player in front during the circle, for which his team is awarded 1 point. Corners can be filled with bollards or filler balls to prevent players from crossing corners. Upon reaching his team, the player passes the ball to the next digital player, who immediately enters the game. The game will be finished based on the sum of the most points scored by the teams.

Games related to feinting:



“Break into the zone”. One team - the defenders (six to eight people) - is positioned along the line of the goalkeeper's area with several balls. The other team - the attackers - is placed on the playing field. The striker's task is to enter the goalkeeper's area and shoot the ball out of there. Attackers change positions, move quickly, set up blocks, use deceptive moves and try to enter the zone to receive balls. A player who enters the zone can only take one ball from there and then go back. Teams regularly switch roles. The team with the most balls wins.



“Get the ball into the zone”. The game is timed on the handball court. The team is divided into two. The ball is only allowed to pass (except carry the ball). If a player without the ball touches an opponent, the ball is forfeited. A point is awarded to the team that managed to place the ball behind the end line or in a certain place in the goalkeeper's area.

The health value of handball is exceptionally high. The primary influence is on the functional state of the central nervous system. The possibilities of other functional systems of the body are expanding, and especially the cardiovascular system, during the game, positive changes occur in the musculoskeletal system, bone tissue is strengthened, and muscle strength increases.

Researchers of play activity emphasize its unique opportunities not only for the physical, but also for the moral education of children, especially for the development of cognitive interests, the development of will and character, the formation of the ability to navigate in the surrounding

reality, and the development of a sense of collectivism. The game process ensures the development of the educational potential of the individual, his individuality, creative attitude to activity.

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