

The Role of Action Games in the Training of Female Handball Players

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Annotation: In this article, the selection of girls in handball training in higher educational institutions, special attention to their training, the importance of teaching handball training through mobile games, the role of mobile games in the training of handball girls and importance, as well as the main aspects of training 18-21-year-old handball girls, enabling them to develop physical qualities such as coordination, flexibility, speed, flexibility, strength and endurance, as well as to develop tactical thinking, team movement.

Key words: handball, training, action games, physical activities, physical qualities, handball players

The development of science and technology in the field of sports, as in all fields today. The complex context of the handball game is defined by simultaneous and unpredictable cooperative and adversarial relations between the players, which make action games and sports games in the performance of tactical actions adapted to the demands of the game. 'requires learning.

Action games are one of the best ways to encourage student activity and increase their motivation to perform, as they rely on team dynamics during games and competitions. It improves the performance of various sports skills. As a result, the use of action games provides students with various skill exercises, such as making quick and accurate passes, holding the ball, changing positions, and recognizing the movements of fellow players and opponents. (Dhiba, 2013).

According to Al-Sheikh (2000), movement games are physical activities that are considered one of the important areas of the physical education lesson due to the nature of fun, enjoyment and relaxation for the participants, as well as the flexibility of the rules. These games contribute to the improvement of physical and skill abilities and are characterized by their adaptability to different educational situations, because they can be performed without equipment or with alternative materials.

Action games are an effective way to meet the needs of students and players to maximize their participation on the playing field and use the available time to allow players to have more ball possession and improve their motor skills. will be These are ideal competitive situations for players to get fun and exciting. Also, action games are considered as a suitable learning environment for independent decision-making, problem solving, and development of agility skills through frequent action and choosing the best solutions when participating in these games (Mahmoud & Wahab, 2021) .

Active games have an educational and social content that distracts students from fatigue, so they have a milder effect on the body. Also, these games are very useful for improving the special skills of the chosen sport. The game has gained great importance in human development.

According to M.A. Godak, the comprehensive training program of young handball players will have its own characteristics.

First of all, its content should reflect all the actions and mental qualities of the player as fully as possible.

Secondly, the results of the inspection are taken into account not only for the planning of downloads, but also for the selection and identification of talented young people with a future.

According to Al-Azzawi (2009), action games are an important part of educational activities and occupy an important place among various activities. These games become one of the required components of any educational program, because educational curricula can be developed based on these games to achieve the best results in sports and develop advanced levels of performance.

Action games in handball training are the most effective means of all-round physical training of athletes. The main feature of action games is that they are accepted by young handball girls with great excitement and joy. All this opens up unlimited opportunities for the coach-teacher to manage the initiative of the students and instill in them the will aimed at achieving specific goals. (1)

The introduction of action games in training sessions makes it possible to solve a number of special tasks, is well received by the participants, and increases their enthusiasm for training sessions.

The evaluation of the development of handball creates new tasks of the training process for coaches and athletes. Action games are becoming more and more common in fitness as a style and exercise.

The presented action games are designed for early and faster mastering of handball sports software.

They include:

- strengthening theoretical knowledge (handball rules, technical and tactical basics, etc.)
- thorough mastering of the most important elements, that is, technical and tactical exercises (movement, catching the ball, catching, passing, shooting, etc.);
- education of physical qualities, as well as development of thinking abilities.

By skillfully combining movement games with other exercises and tasks, the coach achieves a conscious attitude of students to the game of handball. Action games, like the game of handball itself, are widely used by the coach to solve various educational issues. The importance of action games held in training sessions is that they interest students in the fight for victory, and are used as a tool for mastering handball techniques and tactics. In addition, participation in competitions requires certain training and physical training from handball players.

The classification of action games can be very different. Action games are mainly divided into two groups:

action games used for the development of the first group-physical qualities;

the second group is action games used to develop technical and tactical skills.

Such a classification allows almost every game coach to perform multifaceted tasks aimed at developing the technique and tactics of behavior on the handball court and training students' physical and individual qualities.

The inclusion of action games in the training of students in higher education helps to solve a number of special tasks.

Action games during training activate the attention of handball players, increase their emotional state, have a positive effect on the development of work ability, the phenomena of mutual induction, excitability and inhibition of different groups, inductive inhibition of nerve cells. the "active rest" effect associated with The large physical loads and multiple repetitions required to create strong skills often cause a kind of psychological "stop" and even the most understanding and hardworking athletes, especially the athlete, lose interest. This is a natural reaction of the body to the same work.

The following tasks are included in the educational processes of the participants in the initial training stage of higher education students, for general and special physical fitness, i.e. the participant's age, qualification, o The stages of the training process can be changed based on the state of mastering the

training of the participants. As the sports skills of young athletes increase during their training sessions, the share of special physical training equipment from their general physical fitness increases.

J.A. In the information provided by Akromov [2008], he expressed his opinions about the various manifestations of the training system of handball players. The author noted in his sources that the multi-year training system of handball players includes a period of 15-20 years, from the first selection of 10-12-year-old children to the training of high-level teams.

The handball player's ability to relax muscles depends on the development of flexibility.

It shows how important it is to develop balance and flexibility using all available tools, including movement games. It is necessary to select such games specially, because they are often intended to have a local (local) effect on certain muscle groups, tendons and joints, with a specific goal.

Highly developed coordination skills are especially important in handball (the conditions for performing actions are non-standard and change at different times). The game, as a type of activity, has its essence in most cases based on these characters.

As noted by several researchers-scientists, the complexity and diversity of the manifestation of coordination abilities in handball causes certain difficulties in their development and improvement.

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