



# The Role of Handball Workouts in Motor Disorders

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## ABSTRACT

The article highlights the factors that help in handball training, allowing sports sections to strengthen the physical qualities of girls.

## Keywords

educational process, effective, harmonic, university, sports, handball, training process, physical, student, health, organization

At present, the organization of the educational process in educational institutions of higher education does not always correspond to the functional capabilities of the student. Major changes have taken place in the educational process. The necessary mode of remote learning forces us to look for new forms of physical activity. Online lessons and homework also using a computer can be attributed to an intensive learning mode. "Healthy lifestyle" is one of the important goals of the curriculum reform.

In addition to physical education courses, healthy lifestyle knowledge, skills and attitudes are introduced through various subjects and lifelong learning models to encourage students to develop healthy lifestyles and habits, including participation in sports activities. Characteristic features of the women's group, to which students belong, are an active life position, the desire to find ways of self-knowledge, self-determination and self-affirmation as a subject of social life. These traits are realized among students somewhat differently than in other groups of young people.

The health of girls, their mental and physical development, social and psychological adaptation are largely determined by the conditions of his life, and, above all, the

conditions of life during his studies at the university. The development of effective measures to improve the health of girls is of exceptional importance for modern educational institutions. The establishment of a harmonious relationship between education and health provides a qualitative shift towards increasing the efficiency of the educational process, that is, the implementation of an integrated approach to the problem and is directly related to education.

Annual competitions held in educational organizations serve as an excellent tool for instilling a love for sports in girls. Every academic year, competitions are held within universities, the winners of which can show their qualities not only at regional, but also at republican competitions. Professional recommendations of teachers, who often hold open classes, will help to gain more knowledge in their sport at the preparatory stages of the competition. Sports sections for girls help them develop their physical data, deepen their knowledge and develop skills in a particular sport. Sports sections, in addition to strengthening physical qualities, enable girls to work more often in a team. Handball is a high-intensity team sport where accuracy, timing and throwing speed are very important. Among

them, handball accuracy and timing of shots are more related to technical and tactical training.

The training process of a handball player is a factor that helps a student gain muscle strength, endurance, develop logical thinking, quick reaction and decision-making speed. Physical training is the basis for providing sports, and physical training in handball is a prerequisite for improving the quality of sports.

From the point of view of teaching handball, handball belongs to the category of tough confrontational sports that place high demands on the physical fitness of girls, so the physical preparation of handball will be a fundamental guarantee of improving the quality of handball. In this regard, this article begins with the role of physical training in handball and discusses the effectiveness of physical training. According to many researchers, university students are distinguished by a higher level of general erudition, social and consumer activity. Based on the foregoing, the research problem is that, on the one hand, girls in universities have a desire for self-improvement and the development of knowledge; on the other hand, studying at a university does not contribute to a radical increase in the level of health culture and students' perception of health as an independent value. Strengthening and protecting health, increasing the efficiency of girls is one of the main tasks of improving the training of highly qualified personnel, since the state of health of female students, along with the professional level, should be considered as one of the indicators of a competitive specialist. The state of health of girls students indicates that this problem is the most urgent for society and the state, in connection with which state support for health and the formation of a healthy lifestyle is needed, including the development and implementation of a student health system. In many regulations, targeted programs, among the priorities in the field of improving the health of the population, the task of creating a favorable and safe environment for health in educational institutions is set. The process of a healthy lifestyle of female students in the educational process must comply with well-coordinated. It was held to test the provisions obtained as a result of theoretical

analysis and generalization of literary sources and data of pedagogical observations on the development of physical, technical and tactical qualities through handball. It is necessary to build the training of beginner handball players taking into account the uneven possibilities of their physical abilities and their distribution by position.

In student handball, you can encounter players who have had some training in handball, their skills are more or less known and the position that the player was trained in is practically matched. For beginners, after an introductory training, you can choose a position on the field, thanks to the demonstrated physical qualities, anthropometry and reaction speed. Faced with the rare popularity of handball in universities, the recruitment of players to the handball section in an educational institution almost always includes everyone who wants to, and through them reveals its elements to other students.

We have considered the elements of technical and tactical training of handball players, mainly in the role of winger, lineman and welterweight player. The vault has its advantages and disadvantages. It is somewhat easier than jumping. Passing the ball in the support position is more accurate, since the welterweight player is not limited by time parameters, especially in the early stages of mastering the jump shot, when weak legs cannot push young handball players to the proper height. Therefore, the number of ball losses when performing passes from a support position is less than when performing them in a jump.

Support shots are performed by welterweight players from positions when the goalkeeper is covered by their own defender, as a result, the percentage of implementation of the support throw is quite high and unpleasant for goalkeepers, especially for those who do not read the game well. In addition, the support throw is included in the constructions: "the threat of a support throw - leaving - a throw on goal" or "screed" and "feint-throw". These combinations are the most effective form of beating a defender and completing an attack used by back line players. But in order for the

throw threat to work, you need to score a goal, and in order to score, you need to master the vault. That is why the best players in the back line of the world handball have in their arsenal both a jump and a vault. The number of structures associated with the use of a vault is greater than with the threat of a jumping throw. All this makes the vault one of the main technical elements of handball. Improving the game performance of handball players is possible with the help of a rational system for managing the training process, in which adjustments are continuously made, effective means and methods of training are used, and the properties of the functions of the female body are studied.

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