



Psychological Aspects of the Effectiveness of the Athletes' Team on the Example of Handball.

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ABSTRACT

This article discusses the general concept of the game, the main psychological aspects of the team of athletes playing handball, the psychological characteristics of the general game, the motor activity of handball players in the game, the rules of handball, the description of five standard throws of the game.

This affects the provision of high results of playing activities in competitions when playing handball, the formation of general psychological qualities of the athlete's personality, as well as specific features of a sports nature. About the importance in the formation of a harmonious combination of the player's personal characteristics, active participation in game interaction and programming the team's activities as a whole to achieve certain results.

Keywords:

Handball, psychological aspects, harmonic combination, personal characteristics, specific characteristics of the athlete.

Handball was included in the Olympic program only in 1972 at the XX Olympic Games in Munich. Competitions were held indoors, with men's teams participating. The handball players of Yugoslavia won. Women's handball was first included in the program of the XXI Olympic Games in 1976 in Montreal. The performance of the USSR women's team in Montreal, which was crowned with gold medals at the Olympics in Moscow, strengthened the position of the Soviet school of play in the international arena.

This sport has become most popular in European countries - Germany, Sweden, France, Spain, Denmark, Norway, Hungary, Croatia, Russia. Among countries outside Europe, handball is most developed in Brazil, Argentina, the Republic of Korea, and Qatar.

At present, there are more than 109,000 handball players in Uzbekistan, more than 259 specialized children's and youth sports schools, and more than 600 coaches have

secondary and higher education. Domestic championships of the country are held in an organized and stable manner.

The game takes place indoors on a rectangular court measuring 40×20 m. Around the court there must be a security zone of at least 1 m along the touchlines and at least 2 m behind the goal line. The long boundaries of the court are called **the side lines**, the short ones are called **the goal lines** (between the goal posts) or **the outer goal lines** (outside the gate). All lines are part of the areas they bound. The width of all marking lines is 5 cm (with the exception of the width of the goal line between the posts is 8 cm).

The rules of handball describe the five standard throws used at the beginning of the game and to resume it after various situations (goal, out-of-bounds, violations of the rules, etc.).

The initial throw is a way to start the game, as well as to resume it after a goal is scored. One of

the teams is awarded the kick-off at the start of the first half by a draw, the other team takes the kick-off at the start of the second half. The initial throw after a goal is made by the team that conceded the ball. The player taking the initial throw must be in the center of the court (a deviation of about 1.5 m from the center line along the center line is allowed). One of the player's feet must be on the center line and the other foot must be on or behind the center line. The throw is performed at the referee's whistle within 3 seconds in any direction. A throw is considered completed when the ball leaves the player's hand. Other players of the throwing team must be in their own half of the court until the referee's whistle. The opponents of the throwing team must be in their own half of the court when shooting at the beginning of the half, and when throwing after a throw, they can be in either half of the court. However, the distance between the thrower and the opponents must not be less than 3 m in any case.

A shot from behind the touchline is performed in the following situations:

1. The ball has completely crossed the sideline – the throw is made from the place where the ball crossed the line;
2. The ball has completely crossed the outside goal line, and the last to touch it is a skater of the defending team - the shot is made from the point where the touchline joins the outside goal line;
3. The ball touches the ceiling or structures above the court - the throw is made from the point of the touchline closest to the point of contact.

The throw is taken by the opponents of the team whose player last touched the ball. The thrower must place one foot on the sideline, the position of the second foot is not regulated. The opponents of the thrower must be at least 3 m away from him, and if the goal area line is less than 3 m from the place where the shot is taken, they may be directly at this line.

A goaltender's throw is performed when:

1. The ball completely crossed the outside goal line, and the last to touch it was the goalkeeper of the defending team or any player of the attacking team;

2. A player of the attacking team stepped into the goal area or touched a ball that is rolling or lying in the goal area;

3. The goalkeeper has taken control of the ball in the goal crease or the ball is lying in the goal crease;

The shot is taken by the goalkeeper of the defending team. The goalkeeper taking the shot must be in the goal crease and direct the ball so that it crosses the goal area line. A throw is considered completed when the ball completely crosses the goal area line. Opponents can be directly at the goal area, but they are not allowed to touch the ball until the shot has been taken. A goal scored into one's own net immediately after the goalkeeper's shot is not counted.

A free throw is awarded for a foul, as well as a way to resume play after it has been stopped, even if there has been no foul (e.g., after a timeout). A free throw is taken by the team against whom the rules were violated or who had possession of the ball before the game was stopped. When a free-kick is awarded against a team in possession of the ball, its player must immediately release the ball or put it on the floor. A free throw is taken from the place where the foul occurred or where the ball was at the time of the stoppage of play. If the throw is to be taken from outside the goal area of the throwing team or from an area bounded by the opponents' free-throw line, it shall be taken from the nearest point outside these zones.

The rules of the game provide for 3 types of personal punishments:

- Warning;
- Removal for 2 minutes;
- Disqualification (removal for the rest of the game).

These penalties can be imposed on both players and team officials.

A warning is issued for violations directed against an opposing player or unsportsmanlike behavior (demonstration of dissatisfaction with the referee's decision, violation of the 3-meter rule when the opponent performs a standard shot, active blocking of a shot or pass with a foot below the knee, "theatrical performance" in order to mislead the referees, etc.). A warning is

accompanied by [a yellow card](#). Maximum number of warnings in a single game:

- All players on the same team - 3 warnings;
- All officially maximum warnings for further violations are subject to harsher penalties. A warning is also not issued to a player who has already been sent off in this game for 2 minutes.

If we consider the psychological aspects of the effectiveness of the athletes' team on the example of handball, we can observe in modern handball, with the increasing universalization of players, the main requirement remains a clear separation of them. Until now, the distribution of game functions among players is carried out taking into account only anthropometric and physical data. At the same time, the psychological characteristics of the athlete's personality are almost not taken into account, which is relevant at the moment for the development of this sport. The psychological characteristics of the game of handball were compiled on the basis of the study of literature, personal observations and experience of the game, teaching in this sport. It contains a description of the main objective requirements for the activities of handball players, the implementation of which leads to the formation of personal qualities.

Handball, as in any sports game, is characterized by a high tempo, rapid change of the game situation and a wide variety of actions of the players, who must take the most active part in attack and defense, persistently fight for the ball, overcoming the resistance of the opponent, and selflessly defend their goal. The physical and mental load on each handball player is quite significant, but it is variable.

The motor activity of handball players in the game is not just the sum of individual techniques, but a set of actions united by a common goal to achieve victory in a single dynamic system. The success of motor activity depends on the stability and variability of motor skills, the development of physical qualities and intellectual abilities of the athlete.

Competitive activity in the game of handball, along with the general psychological qualities of the athlete's personality, forms specific features

of a sports nature that ensure high effectiveness of game actions.

All players of the team, when performing certain functions in the game, differ in the characteristics of motor activity. Based on the analysis of objective performance indicators of handball players of various roles, we can compile their psychological characteristics.

Active participation in the game interaction and programming of the team's activities as a whole, inherent in the playing role of a point guard of a handball team, forms a harmonious combination of his personal characteristics. He is the organizer of all the team's attacks, the dispatcher who facilitates the interaction between the lines and the flanks, i.e. he is the functional leader. His main place is in the center of the back line of attack. All other things being equal, the team that has more invention, initiative, personal discipline, offensive activity, and organization in the actions of the point guard wins. More than others, he must show self-control, composure, courage, prudence in the most difficult situations of the game, having a good understanding of the game, and have a penchant for combinational actions, as well as foresee the development of events on the court [Ignatieva V. Ya.]. This player must be able not only to offer a program of actions in a particular game episode, but also to be able to organize partners and manage their actions

For a midfielder, the most significant ability is determination. The midfielder has two roles: the first is that of a "scorer", and the second is to attract the opponent's attention through certain actions so that his teammates have the opportunity to score. They are often characterized by a sense of superiority and confidence. The best of them are distinguished by decisiveness, courage, independence in their actions, so they must have a complex of such personal qualities that provide them with a high level of emotional and volitional regulation of actions in difficult conditions of sports competition.

A lineman is constantly at the forefront of the attack, in the thick of the opponent, and fights hard for the ball with one or the other of them. One of the prerequisites for the successful actions of a lineman is the presence of moral and

volitional qualities in the player, first of all, collectivism, responsibility, initiative. The characteristic features of this role are energy, independence, the desire for confrontation and physical opposition to the opponent [Kostyukova V. A.].

Wingers are usually distinguished by quick decision-making and firmness in the execution of goals. The personality of an extreme player should be characterized by the desire for dominance, perseverance, firmness in the execution of the goal, energy, enterprise, decisiveness, and quick decision-making.

In the future, the general psychological characteristics of handball players of various positions may allow team coaches, as well as teachers of physical education and sports, to select players taking into account the specifics of the personal level of their mental regulation, temperament and character, etc.

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