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**INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED  
HANDBALL PLAYERS**

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**Annotation:**

The article is devoted to the study of the psychological training of qualified handball players. It was found that its individualization contributes to a significant ( $p < 0.05$ ) increase in the level of functional capabilities, an increase in the indicators of concentration and attention switching, a complex sensorimotor reaction, and emotional stability.

**Key words:** handball, training, psychology.

Statement of the problem and its connection with important scientific or practical tasks. Psychological preparation of athletes is a complex methodological education, consisting of separate elements, each of which performs a specific function and does not correspond to others. In the training of qualified athletes, the main task is to search for the reserves of the body of athletes precisely in psychological training. The working model of the structure of the process of psychological training can include only those means of this type of training that are certainly necessary for it. They are either absent or used and cannot be included in its structure. This, of course, does not mean that they should not be used in sports training, but they should be studied further.

The study was carried out in accordance with the plan of the research work of the Department of Theory and Methods of Physical Education and Sports of Zaporozhye National University "Theoretical and methodological foundations of individualization of the educational and training process in game sports".





Analysis of recent research and publications. Modern sports games are characterized by a high intensity of game actions, fast switching during the game, a wide variety of used game techniques in attack and defense, as well as complex tactical schemes [4, 12]. All this requires from athletes not only good technical and tactical readiness, but also a high level of psychological stability, which will ensure their implementation in various game situations [1, 3]. The state of tension, anxiety caused by dissatisfaction of needs, objectively insurmountable (or subjectively so understood) difficulties, obstacles on the way to overcome them during the match - leaves its mark [6, 9].

Analysis of the literature on handball showed that the attention of researchers is directed to the study of ways to control the training process based on the analysis of the dynamics of mental functions of athletes [1]; taking into account their individual psychological characteristics [11]; the use of special exercises for the development and improvement of individual mental and psychophysiological functions that affect the quality of technical and tactical actions [2, 4]. The works of these authors make a certain contribution to the improvement of the training process in sports games, including handball. Nevertheless, the formulation of the issues under study is somewhat generalized. At the same time, the analysis of the available scientific and special literature in handball indicates that the possibilities of using special exercises in the leading microcycles of the training process between rounds of the competitive period to correct "weak" psychomotor and psychophysiological qualities in athletes - handball players were not specially studied.

The aim of the study is to increase the level of psychological training of qualified handball players in the preparatory period of the macrocycle.

Research methods: analysis and generalization, pedagogical observation using instrumental techniques, pedagogical experiment, methods of mathematical statistics.

Research results. At the first stage of the research, we carried out pedagogical observation using a complex of psychological, psychophysiological and pedagogical methods to determine the level of psychological readiness of athletes [5, 8, 10].

The analysis of the results of pedagogical observation made it possible to reveal in some athletes the level of psychological (emotional stability, low frustration tolerance), psychomotor (complex sensorimotor reaction and psychomotor coordination), psychophysiological (concentration and switching attention) and characterological (motivation and exactingness) qualities.





The analysis of the results of our pedagogical observation became a prerequisite for the development of the psychological and pedagogical characteristics of each athlete. The structure of the characteristic included:

- analysis of the features of the functioning of the psychomotor and psychophysiological spheres;
- analysis of the level of development of special readiness of athletes with the concept of "strengths and weaknesses" of its sides and factors;
- personalized recommendations, taking into account the CMC, physical, psychological and functional readiness.

The experimental factor of our research was the individualization of the psychological preparation of a team of qualified handball players for the next round, improving the level of development of "weak" psychophysiological qualities of athletes.

The selection of the means of sports training was carried out on the basis of the principle of conjugate influence on the technical-tactical and psychological aspects of the athletes' fitness. We recommended special preparatory and basic exercises, which made it possible to improve the level of development of "weak" psychophysiological qualities of athletes. At the same time, their technical and tactical actions were improved. The methods of sports training were planned based on the characteristics of the competitive activity of handball players and their neuromuscular activity. So in the lead-in microcycle, repeated, interval-serial and sensory training methods were used.

Summarizing the data of scientific and methodological literature [2, 7] and practical experience, we have developed two leading microcycles for training qualified handball players, which are based on the individualization of the training system with an accentuated impact on the "weak" psychological aspects of each of the athletes. The prerequisites for their implementation in educational and training work were the following:

- the use of special exercises for correction, taking into account the strengths of the handball player (throw in motion, outplay and "fly-in" on step 2, false swing, etc.);
- exclusion of reasons limiting the effectiveness of performing a certain action (weak legs, poor imitation, etc.);
- use in the main training session up to 30% of special corrective exercises of the total volume;





- the frequency and time of special corrective exercises fulfillment were determined depending on the level of development of one or another sports significant quality.

- Qualified handball players improved the "weak" psychological qualities 30% of the time from the total amount of sports training. In addition, given that the load in the lead-in microcycles should functionally prepare handball players for a large volume of loads in the shock microcycle, we recommended:

- in training sessions aimed at developing special endurance, reduce the duration of the series until the end of the session in the following options: 14, 12, 10, 8, 6, 4 minutes. or 12, 12, 10, 10, 8 min. etc. The rest intervals between them were 3-5 minutes. (the time required to restore the heart rate after exercise to 110-120 beats / min.), by the nature of the rest - active (special exercises were used to develop tactical skills);

- in training sessions, which are aimed at improving technical and tactical actions, while maintaining the existing level of functional capabilities, the alternation of the duration of the series of exercises was: 10, 5, 10, 5, 10 minutes. etc. At the same time, the duration of the rest intervals almost doubled and amounted to 6-8 minutes. (the time required to restore the heart rate after exercise up to 90-100 beats / min.), the nature of the rest remained active (special exercises were used to develop technical skills);

- "throw" training was carried out from the favorite points of the athletes' site, without resistance of the opponent and external stimuli, from a distance of no closer than 9 and 10 meters in series of 20 throws each, the number of series from each distance - 8-10, the rest interval between series - 1 minute

-; increased resistance in group and team exercises on the principle of "handicap".

Since the integral indicator of the fitness level of athletes in handball is the final result of the match, which is determined by the largest number of goals scored into the opponent's goal, we were interested in analyzing the effectiveness and playing actions of athletes.

Pedagogical observation of the competitive activity of the handball players of the "UzMU" team in the Championship of Uzbekistan made it possible to determine that, in general, the team coefficient of the effectiveness of game actions was quite high and amounted to 0.61. It should be noted that a special place in our observation was occupied by shots at the goal from the 6-meter line and long distances.





As a result of our research, we found that even with an opponent of the same class, the players had excessive excitement. This factor influenced the effectiveness of throwing the ball into the goal from the 6-meter line and, especially, from the 9-10-meter distance, which can be explained by the peculiarities of competitive activity and insufficient level of psychological readiness.

At the second stage of the study, at the end of two realized leading microcycles with an individual approach to improving the psychological preparation of each handball player, pedagogical observation was carried out.

The analysis of the results obtained made it possible to establish a significant ( $p < 0.05$ ) increase in the level of functional capabilities of the body of athletes, indicators of concentration and switching of attention, complex sensorimotor reaction, emotional stability, with the formation of a motivational target setting for training, with a program of focusing consciousness on the fulfillment of motor actions. ... In addition, a tendency towards improvement of such factors as frustration tolerance and psychomotor coordination was revealed.

Thus, the data obtained by us confirm our assumption about the expediency of individualization of the psychological training of qualified handball players in the use of special preparatory and basic exercises in the leading microcycles between rounds of the competitive period.

At the end of the pedagogical experiment, control games were also held, which made it possible to reveal an improvement in the accuracy of throws from the 6-meter line among the leading players of the team. The coefficient of the effectiveness of the implementation of throws was stable in all games and amounted to (0.74). This made it possible to predict the successful performance of the team in the next rounds of the Championship of Uzbekistan and win all subsequent matches, which made it possible to lead the standings.

#### Conclusions and prospects for further development

1. It has been established that the individualization of the psychological training of qualified handball players with an accentuated impact on the "weak" sides of psychological preparedness, using special preparatory and basic exercises in the lead-in microcycle, contributes to a significant ( $p < 0.05$ ) increase in the level of their functional capabilities, concentration indicators and switching attention, complex sensorimotor reaction, emotional stability.







2. It was revealed that during the first and second stages of the pedagogical experiment, the coefficient of the effectiveness of game actions increased by 0.13 and amounted to 0.61 and 0.74.

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