ISSN: 2350-0328

International Journal of Advanced Research in Science, Engineering and Technology

Vol. 6, Issue 12 , December 2019

Evolution of Physical Performance and Techniques of Handball for Girls Aged 11-12

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ABSTRACT: We have seen how it is possible to combine several handball skills with the use of special children. Twelve girls born in 2007 were tested. Exercises during this period have led to significant improvements in performance and physical performance for children. Data were collected at the beginning and end of the study period and showed significant ($p < 0.0005$) significant gains for the experimental group.

KEYWORDS: handball, girls, evolution, physical performance and techniques.

I.INTRODUCTION

Recent interest in handball and learning about handball has grown significantly thanks to the analysis and evaluation of everything that happens during games and training, using tools and techniques. case review. The goal is to improve the learning process, identify cause-and-effect relationships, and identify progressive trends in sports. Having different technical and tactical knowledge is a plus for each player and a surprise for the opponent. The number of exercises and methods used play an important role in the learning and refinement inherent in handball. Therefore, the exercises should be as general as possible and the number of technical and tactical exercises should be consistent with the level of training and individual characteristics of the players, both at an early age and even at an early age to ensure the automatic nature of the movement. Also, some general motivational actions are of a highly dynamic nature, such as throwing, jumping, rhythmic movements, which can facilitate the formation of a future player.

Handball depends on ball management and technical skills. [2]. Coaches should emphasize all players from an early age (children and adolescents) and develop the necessary functions and knowledge of the game coordinator. We can understand this ability by any player who has the ball and should start to take possession of the ball, but the most important moves (counter-attack, fast-forward) are essential for a careful attack. [1] The investigated team has been evaluating various somatic, physical and technical tests since 2010 [4]. During these years, the development of children has been positive, and they are achieving much better results from one trial to the next. We believe that children should be assessed at different intervals by various tests.

A. Hypothesis. For a handball game, the goals of technical and tactical actions are to learn specific ambiguity, to be practical and effective with a specific strategy (goals, methods, tools, assessment methods, etc.) in a specific training process. is possible. Effective use of modern teaching methods and age features can significantly improve physical performance and techniques in a cohort of 11-12 year olds.

B.Duties. To prepare for our study, we have the following tasks:

* Development and implementation of the operating system for handball players aged 11-12; * development and application of tests to assess group readiness;

* data collection and interpretation is an examination of the effectiveness of our research and applied research methods.

In our research, we used a number of known methods to verify the parameters we investigated. We used the following methods to solve tasks: literature review, lesson observation, test method; educational experience; Statistical and mathematical method.

The content of the experiment. The experiment was held in a handball club in the 2000s. During the experiment, over 200 classes were conducted. Twelve girls participated in this experiment. During the experiment (March 2018 - March 2019), an average of 3 practices were conducted each week. The participation of children in the study group was

ISSN: 2350-0328

International Journal of Advanced Research in Science, Engineering and Technology

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more than 90%. In the experiment, a group of children underwent physical and technical tests (speed 6m, 20m, 6x9m, 20m forward, running back, transferring the ball to the partner within 1 minute, transferring the ball to the target).

Trials. 1. Speed 6m, 20m, 6x9m, 20m forward, running back (synthetic field). In the training we used:

- Practice for developing reaction, movement and coordination rate (10 minutes / 3 times a week)

Ball transfer methods (10 minutes / 3 times a week) - sensation and control of the ball (5 minutes / training) - 20 minutes of ball exercises (3 times a week).

The results obtained. Table.1

N	**First Name**	**Speed 6m**		**Speed 20m**		**Speed 6x9m**	
		Mar. 2019	**Mar. 2018**	**Mar.2019**	**Mar. 2018**	**Mar 2019**	
1	Razzokova M	1,18	1,12	3,11	2,97	6,85	6,74
2	Amrullaeva M	1,39	1,34	3,24	3,15	6,78	6,66
3	Nurullaeva N	1,40	1,33	2,90	2,81	6,32	6,20
4	Khaitova M	1,38	1,30	3,00	2,90	6,42	6,33
5	Panjieva M	1,42	1,35	3,20	3,14	6,30	6,23
6	Giyasova G	1,52	1,47	3,11	3,00	6,40	6,34
7	Davronava O	1,38	1,34	3,21	3,12	7,10	7,01
8	Azimova M	1,41	1,36	3,30	3,23	7,22	7,15
9	Najimova G	1,40	1,33	3,15	3,06	6,91	6,80
10	Chorieva U	1,39	1,34	3,21	3,10	7,10	7,02
11	Nurullaeva M	1,35	1,30	3,55	3,49	8,00	7,92
12	Samadova F	1,41	1,35	3,19	3,13	7,11	7,04
	X+ DS	**1,38+ 0,07**	**1,32+0,07**	**3,18+ 0,15**	**3,09+ 0,17**	**6,87+0,48**	**6,78+ 0,49**
	CV	**5,54**	**5,87**	**4,99**	**5,56**	**7,09**	**7,24**
	t	**19,9(a)**		12,71(b)		14,64(c)	
	p			**< 0,0005**			

(a), (b), (c) - Significantly different from February 2018 (p <0.0005)

ISSN: 2350-0328

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N	First Name	20m running back		Transfer the ball 10m (1 minute)		Carry the ball across the field 20m	
		Mar. 2018	Mar. 2019	Mar. 2018	Mar. 2019	Mar. 2018	Mar. 2019
1	Razzokova M	3,51	3,42	31	46	6	4
2	Amrullaeva M	3,90	3,84	33	53	6	4
3	Nurullaeva N	3,93	3,80	14	24	6	4
4	Khaitova M	3,94	3,80	11	18	10	7
5	Panjieva M	4,11	4,02	5	11	8	4
6	Giyasova G	4,25	4,18	9	16	9	6
7	Davronava O	3,86	3,79	21	30	8	5
8	Azimova M	4,14	4,07	9	14	8	5
9	Najimova G	4,00	3,91	9	18	7	4
10	Chorieva U	4,13	4,07	5	8	8	6
11	Nurullaeva M	3,98	3,90	6	12	6	4
12	Samadova F	3,88	3,80	11	21	6	4
	X+ DS	**3,96+ 0,18**	**3,88+ 0,19**	**13,66+ 9,61**	**22,58+ 13,98**	**4,75+ 1,05**	**7,33+ 1,37**
	CV	**4,76**	**5,04**	**70,34**	**61,91**	**22,21**	**18,69**
	t	**11,71(d)**		**6,65(e)**		**13,38(f)**	
	p	**< 0,0005**		**< 0,0005**		**< 0,0005**	

(d), (e), (f), - 2008 yil fevral oyidan sezilarli darajada farq qiladi (p <0.0005)

Interpretation results * 6m speed. This year, players have been able to move forward between both tests. The 2019 test results are much better than the 2018 tests. (T = 19.9, p <0.0005, Table 1). The values of the coefficient of variance represent group uniformity.

* Speed 20m This year, players have been able to move forward between both tests. The 2019 test results are much better than the 2018 tests. (T = 12.71, p <0.0005, Table 1). The values of the coefficient of variance represent group uniformity.

* Speed 6x9m. This year, players have been able to move forward between both tests. The 2019 test results were significantly better than those in 2018 (t = 14.64, p <0.0005, Table 1). The values of the coefficient of variance represent group uniformity.

* Running back - 20m. This year, players have been able to move forward between both tests. The 2019 test results are much better than the 2018 tests. (T = 11.71, p <0.0005, Table 2) The coefficient of variance indicates group homogeneity.

* Transfer the ball (minutes). In addition, this exercise is a good evolution of test results. From Table 2, significant differences were noted, and players significantly increased between trials (t = 6.65, p <0.0005). The coefficient of variability (CV = 61.91) indicates that the group is not the same.

* Carry ball in the designated area. It also improves the results between tennis ball shooting in a designated area. Table 2 shows significant differences this year, with players significantly increasing among tests (t = 13.38, p <0.0005). The 2018 dispersion test coefficient indicates that the group is scratched. Testing for the 2019 index (18.69) represents the average uniformity within this group.

ISSN: 2350-0328

International Journal of Advanced Research in Science, Engineering and Technology

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Learning to identify students' psycho-emotional behaviors in physical education, sports, and sports can lead to a better understanding of their personality and selective and purposeful people with special skills. facilitates engagement in practice

Conclusion. He highlighted significant differences between group comparisons on physical and technical indicators. We believe that the tools used by our practice are related to the fact that there has been a study focused on the impact of specific handball development on handball. The very good results from these tests by the children confirm that the hypothesis came to work.

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