



TEACH HANDBALL TO 19-20 YEAR OLDS USING ACTION GAMES

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Annotation

Physical education, sports and movement games play an important role in the vocational training of students, the development of a culture of independent work and life. The symmetrical alternative practice of certain technical and tactical movements is determined by the presence of the central nervous system as a result of the alternating relaxation of the hands used during play, thus increasing the time spent on training and exercises.

Keywords: Moving games, handball, technique, rules of the game.

Introdcution

Teaching handball-specific exercises should increase your interest in the sport, depending on your age. The number of exercises and the method and technique used play an important role in the process of learning and improving the exercises. Therefore, making the exercises as simple and easy as possible will speed up the children's learning of the sport, the number of exercises of technical and tactical movements should be appropriate to the level of training of children and their individual characteristics, it is too early to ensure the automatic nature of movements at a young age, even at a very early age, some general motivational movements have a high dynamic character, for example: throwing, jumping, rhythmic movements, moving games, can contribute to the formation of the future player. Some studies have shown that a transition event occurs between a dominant hand and a non-dominant hand that is transmitted from a dominant hand to a non-dominant hand with a higher level of performance. 'may be.

It is recommended that the study of technical and tactical movements be performed on the dominant arm or the dominant hand, then start the symmetrical process on the non-dominant side and also apply the non-dominant hand to achieve this positive two-way transmission. llab-supports, according to all research conducted on players to date.





The symmetrical alternative practice of certain technical and tactical movements is determined by the presence of the central nervous system as a result of the alternating relaxation of the hands used during play, thus increasing the time spent on training and exercises. We believe that the asymmetry of technical and tactical movements is important and can lead to the technical development of handball players. The asymmetry of technical and tactical work can have a positive effect on the learning process through the two-way transmission of some new simple and complex specific motivational skills, as well as enriching the range of players' moving movements. General ambidexterity - mainly determined by genetic and biological factors; it can be improved under the influence of environmental factors, especially social and cultural factors.

Handball is one of the most sophisticated sports in terms of technique and tactics. The use of movement games in teaching handball to young students is very effective.

Physical education, sports and movement games play an important role in vocational training, independent work and the development of a culture of life.

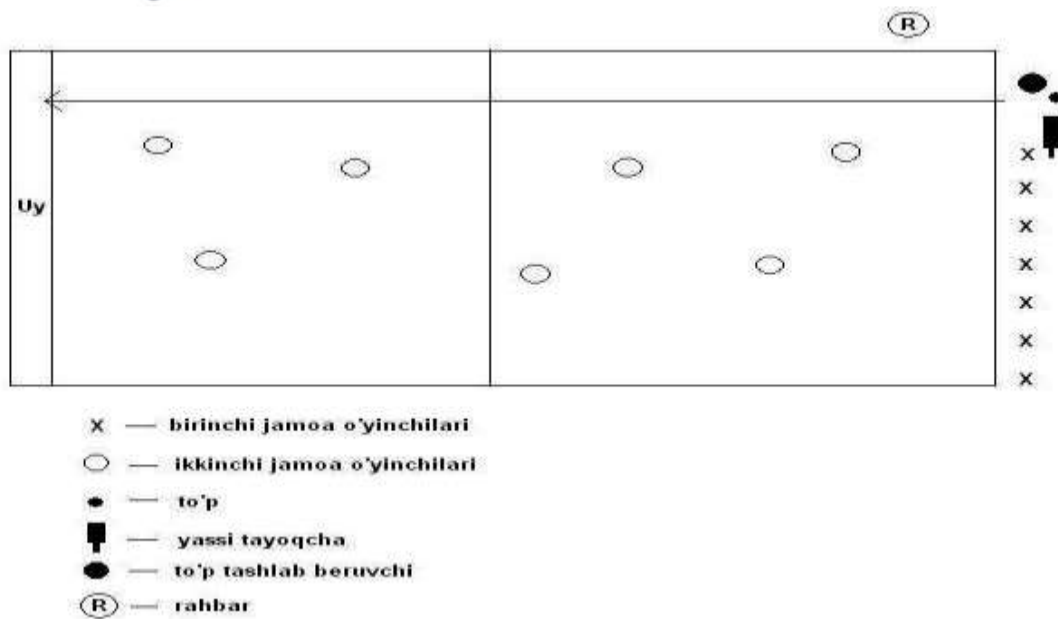
Motion games can teach hand movements and some techniques.

Take, for example, "Shooting", "Ball in the middle", and "Ball next door"! "Shooting" The place of shooting is determined. Draw a circle two steps wide where it is drawn from the line. This circle will be the defensive home of the team that hits the ball. The finish line is set at a distance of 25-30 m from the line of shooting and hitting. Players from both teams draw lots to see who stays on the field. One player throws the ball to the remaining players on the field. The player must throw the ball, if the ball falls too far, he will go to the finish line and return to his place. If the ball does not fall far, then the player enters the house and rests. The defenders take the ball from the ground and target the player who is trying to run to the finish line. The player who touches the ball immediately grabs the ball, hits the defenders and everyone runs to the line of fire, that is, they change places. They have to chase the players of the team who try to replace the ball on the ground. The team that completes the task quickly and accurately wins the game.

Rules of the Game:

1. The player must have time to reach the finish line.
2. A player who fails to touch the ball can take the ball and shoot it again.
3. The player who catches the ball hits the ball.
4. It is forbidden to hold the ball in your hand for a long time





"In the middle of the ball"

Game description. Players are divided into groups and form three or four rounds. The players in each round spread out their arms and leave a space between them. A circle is drawn in front of the toes of the players' feet. A circle is drawn in the middle of each round, in which the mother holds a volleyball or (fill) ball. As soon as the leader signals, the mother-in-law throws the ball to her players in turn and begins to catch the ball they return. The mother-in-law picks up the ball returned by the last player in the round and raises it high. This means that the ball is over.

Rules of the game. 1. When throwing the ball, the mother should not go out of her circle, and the players in the circle should not press her line. 2. All players in the circle must take turns to catch and throw the ball. 3. The player who drops the ball must pick it up and throw it to his teammate in the order of the game.

Note. Once the players have mastered the game, they can move on to consider the quality of the throw or throw the ball for speed. The winner is the round player who drops the ball less or completes the throw faster than the others. The ball can be replaced with light objects of various shapes (relay sticks, spruce sticks, sacks filled with sawdust or sand, etc.).

This game helps students and young handball players learn to hold the ball.

"The ball to the neighbor"

Game description. You have to have a volleyball or a basketball to play. The players form a circle. One of the players is given the ball. One mother is appointed.



The mother is outside the circle, behind the player with the ball. At the signal of the leader, the players begin to pass the ball to their right or left. The mother runs around the circle, trying to petna the man with the ball. If a player is petted while holding the ball, he becomes the mother, and the mother who petted him replaces him.

Rules of the game. 1. Depending on where the mother is, the ball can be passed to the right or to the left. 2. The ball cannot be passed by one or more people in between. 3. The player who breaks the rule and drops the ball during the game becomes the mother.

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