

## **SPECIFIC FEATURES OF TEACHING STUDENTS FOR EXTRACURRICULAR BALL SPORTS**

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### **ANNOTATION:**

This article summarizes the theoretical and practical aspects, methods and approaches of teaching handball. In this process, it is necessary to organize regular classes with the participants and pay special attention to their age, physical condition, abilities, interests and norms of workload.

**KEYWORDS:** Mass sports, handball, sports strategy, agility and agility, refereeing, technique, tactics, style, goalkeeper, national team, Olympic sports.

### **INTRODUCTION:**

Meaningful organization of leisure time for students, national types of children's tourism and their implementation in mass sports and physical education, the construction and renovation of sports facilities in accordance with world standards have become a matter of state policy. The main issue that needs to be addressed today is to bring up healthy, strong-willed, well-trained and skilled athletes who will be able to defend the honor of our country.

Extracurricular and extracurricular activities are required. The organization of leisure time for students, including the improvement of existing types and forms of mass sports and physical education, sports tourism, the restoration and implementation of national species and forms.

### **MAIN PART:**

It is advisable for all age groups, whether they are young students or older, to engage in a certain type of physical activity. Because the educational function of physical education is to impart knowledge and skills to members of the school and higher education, the other most important function is health. This process is organized with the help of exercise, regular training in a particular sport, mass health activities.

The problem of training young talented and competitive goalkeepers, who have great potential for intensification of competition and continuous growth of results in the field of handball, increases the need to develop alternative and effective pedagogical technologies. This, in the end, requires special attention to the process of training highly qualified personnel in the sport of handball, as well as the need to revise the mechanism of these systems and shape them on the basis of modern requirements. This situation imposes a great responsibility on teachers and coaches working in this field, who must pay special attention to their technical and tactical training in the process of training players in handball.

All sports use a known method or strategy for the formation of skills, here is a description of the strategy: Strategy is the art of wrestling management. Sports strategy represents the system and laws of knowledge about sports competition. It is necessary to know these laws in order to know in advance the conditions and nature of future sports competitions. Strategy is the practical activity of a coach because he prepares the team for future competitions and leads the team during the competition.

In recent years, many scientific articles, guidelines and manuals on calf ball have covered the issues of calf training and selection of young calfs. In particular, K.A. Sperling's science-based ideas are especially

helpful. According to the author, in the present period, the training or preparation of the ball should be considered as the only process that governs their preparation.

In handball, physical qualities such as speed and agility are mainly polished. At the initial stage, students are given a brief overview of the rules and equipment of the history of this sport, of course, in this process it is necessary to pay attention to such important aspects as the correct organization of training, selection of children.

We first recommend the following by arranging the concepts to be taught to a physical education teacher or coach.

### **HISTORY OF HANDBALL:**

- history of handball
- emergence and development stages of the lunar month in Uzbekistan
- the essence and description of the month of handball

The essence and description of the month of Handball:

- rules of the month
- area and size of necessary equipment
- arbitration and team rules

Methods of teaching in the month of handball:

- description of training methods in the month of handball
- methods of teaching attacking techniques in the ball of the hand
- ways to teach the goalkeeper the technique of the moon in the month of handball.
- methods of teaching protective techniques in the ball of the hand.

Types of preparation for the month of handball:

- improving the theoretical knowledge of players.
- improving the physical fitness of players.
- improving the technical training of players.
- improving the tactical training of players

Ways to learn the technique of handball:

- the technique of the moon in the ball
- attack and defense techniques on the ball.
- distractions in the ball of the hand
- ways to remove the ball in the moon.
- the technique of the goalkeeper month.

Ways to learn the tactics of the ball:

- tactics of the month in the ball of the hand.
- attacking tactics in the ball game.
- defensive tactics in the ball

In the selection and training of young callers, special classes on elongated balls in secondary schools, which extend the day and deepen the training, play an important role. At the same time, children love the ball and learn the secrets of playing the ball. The opening of special classes on handball in each sports school will further increase the content of training sessions. Classes are held twice a day. Today, the daily development of the ball requires the selection of the most physically energetic and talented players. That is why the most important issue in the preparation of stayers is the selection of promising young people. As stated in the Regulations of children's and youth sports schools and sports boarding schools, the selection of talented and

promising athletes is carried out in the whole flow process. At the time of enrollment each year, the issue of selecting students or transferring them from one age group to another is addressed through a comprehensive review of them.

Therefore, handball players organize and improve their methods during the month in a simplified way. It is advisable to teach two or three methods in each lesson.

The location of the players on the field and their movements must also be properly assessed. There are some basic concepts that need to be taught in the organization of the training:

Methods of teaching attacking techniques in the ball of the hand

Methods of teaching protective techniques in the ball of the hand

Ways to teach the goalkeeper the technique of the moon in the month of handball.

Most of the theoretical knowledge that students need to be taught in school physical education classes is automatically taught in the classroom and in the classroom. Curricula for schoolchildren also include special hours for handball.

### **CONCLUSION:**

The popularity of the ball is one of the most important tasks for the country's sports, as the national team of Uzbekistan has faced a number of challenges in recent years, especially in the Olympic sports.

From the results of experience and analysis, we conclude that the method of training the ball requires first a thorough theoretical knowledge and practical skills from the coach or instructor, because this sport requires agility and agility, left-handedness, vigilance.

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