

**EVALUATION OF THE PHYSICAL FITNESS OF 10-12-YEAR-OLD CHILDREN
PLAYING HANDBALL THROUGH TESTS**

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Abstract:The article analyzes the methods and means of assessing the physical fitness of children aged 10-12 involved in handball through tests and selecting them. Based on the analysis, the scientific and methodological aspects of the problem of directing and selecting young handball players to sports at the initial training stage, the issues of directing, selecting and selecting children and adolescents to sports are covered.

Keywords:handball, physical fitness, selection, assessment, testing, initial stage of training, scientific and methodological aspects

Relevance of the topic. Nowadays, the sport of handball is developing rapidly, therefore, it is very important to select talented athletes for handball players in our country. Therefore, it is necessary to use selection methods and tools, starting from the process of admission to sports schools and ending with the process of admission to the national team.

Handball, due to its speed, agility and quick decision-making, and its versatility and generality, is a factor in the development and upbringing of physical qualities, which is why the role of handball is very important.

In sports, the purpose of selection is to comprehensively study the personal abilities and capabilities of students that meet the requirements of a particular sport, and to achieve high results and always raise the flag of our country at World Championships.

One of the important principles of selection in sports is the issue of selection stages. Each of them has its own method of organization and selection, as well as features such as early identification of the abilities of talented and gifted athletes.

In our republic, special attention is paid to the further development of physical education and mass sports, to attracting all segments of the population, especially young people, to regular physical education and sports, to selecting talented athletes from among them and to improving the system of targeted training, to effectively use the created conditions. At the same time, the fact that representatives of our country are achieving high results in prestigious competitions, the prestige and sports potential of Uzbekistan in the world are further increasing, and the role of children's sports in the popularization of sports games is noteworthy.

The purpose of the study. Assessment of the physical fitness of children aged 10-12 involved in handball through tests.

The objectives of the study:

- to identify effective methods and means of selecting talented young handball players based on information obtained from sources of scientific and methodological literature;
- to analyze the level of development of existing methods and means of initial selection in handball;
- to improve the methods of comprehensive assessment of the abilities of children aged 10-12 for selection for specialized training in handball;
- to substantiate the effectiveness of methods and means of initial selection of talented young handball players aged 10-12 involved in handball sports in pedagogical experience.

Results and discussion of the study. Today, many children love handball and consider it a game, but children who have a special attitude to handball are considered the most important thing in their lives.

When observing the results of the competition, the children selected, the experimental group included children whose fathers and relatives were engaged in handball, and these children treated the exercises as if they were serious work. (This relationship was carried out on the basis of a questionnaire.)

The results of the final control test of the children who were trained for six months showed that the experimental group achieved significant achievements.

Firstly, the 2nd task of the Competition was fulfilled, the purpose of which was to determine the level of ability of each participant. At the beginning and end of the 2nd stage

A) conducting a test according to a special program

B) comparing the strengths and weaknesses of the participants in the control test exercises.

B) assessment of the growth rate of results that determine the ability to learn

D) taking into account the qualities of the participants, such as their readiness for training, work ethic, literacy, and discipline.

The selection methodology includes the following:

-Methodology for determining physical fitness

- Methodology for determining disabilities

- Methodology for determining the main characteristics of the nervous system

- Methodology for determining physical fitness and special qualities

- Methodology for accepting control exercises and assessment of indicators. Let's consider them one by one:

1) Methodology for determining physical fitness - height, weight, chest, thigh, hip, shoulder girths and spirometry for candidates for a sports school for adolescents. The description of the physical fitness of children aged 10 and older is supplemented with a biological age assessment.

2) Methodology for identifying talents - using a questionnaire to obtain comprehensive information about talents, which covers issues such as the reasons for choosing football, attitude to it, understanding of the difficulties of training, and striving for high results - based on the scores on these indicators, it is possible to determine the depth of interest in football training.

3) In describing the main characteristics of the nervous system - the method of observation and analysis is used.

The main attention in the analysis is paid to the breadth of talents, aspirations, endurance and goal-setting.

The focus of the observations is on reliability, combativeness, perseverance, and initiative. Based on the results of the analysis and observations, it is possible to think about the strength, mobility, and balance of the candidate's nervous system.

4) Methodology for determining physical fitness and special qualities - test indicators are used to determine physical fitness and special qualities.

5) Methodology for accepting control exercises and indicators - holding the jump from a standing position. The result is determined using a jumping device created by VM Abalakov. 3 attempts are made and the best result is taken into account.

Table 1

Test results from 9-12-year-old handball players (control group)

(Before and after study)

No	F. I. S.	30 meter dash (seconds)			Throw tennis ball distance (meters)			Standing long jump (centimeters)			Shuttle per hundred meters (seconds)			Throwing the ball into the corners of the goal		
		before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate
1	A-OB B	7,2	6,9	0,3	22	23	1	150	155	5	40,1	39,8	0,3	5	7	2
2	M-OB C	6,3	6,1	0,2	19	21	2	155	157	2	38,3	36,5	1,8	4	6	2
3	C-ye B H	6,8	6,0	0,8	23	22	-1	145	150	5	41,2	39,7	1,5	5	6	1
4	E-av K	7,1	6,8	0,3	21	22	1	140	145	5	36,9	36,1	0,8	6	7	1
5	V-ye v Y u	6,5	6,0	0,5	24	23	-1	150	152	2	39,4	38,9	0,5	4	6	2
6	A-ye v D	6,9	6,3	0,6	18	20	2	145	150	5	36,8	37,0	-0,2	7	8	1
7	F-ye v P	6,4	5,8	0,6	21	22	1	154	155	1	38,7	37,5	1,2	5	7	2

8	A- ye v K	7,0	6,2	0,8	22	21	-1	155	15 6	1	41, 4	38, 7	2,7	6	7	1
9	V- uv V	6,4	5,8	0,6	20	22	2	150	15 2	2	39, 6	37, 9	1,7	4	5	1
1 0	C h- ov M	6,8	7,2	- 0,4	23	25	2	145	14 8	3	42, 2	40, 7	1,5	7	7	0
1 1	Y a- ov A	5,9	6,2	- 0,3	24	22	-2	138	14 5	7	38, 9	36, 5	2,4	5	7	2
1 2	S- av R	6,7	6,1	0,6	25	24	-1	148	15 2	4	36, 9	36, 8	0,1	5	6	1
1 3	K- ye v J	6,3	5,8	0,5	25	26	1	156	15 5	-1	39, 8	37, 4	2,4	7	8	1
1 4	E- ye v Y u	7,2	6,9	0,3	21	22	1	160	15 8	-2	36, 5	35, 9	0,6	7	7	0
	\bar{x}	6,6	6,2	0,3	22	22, 5	0,5	149 ,3	15 2,1	2,7	39, 0	37, 8	1,2	5,5	6,7	1,2

Table 2

Test results of selected 9-12-year-old handball players (experimental group).

(Before and after study)

No	F. I.	30 meter dash	Throw tennis ball distance	Standing long jump	Shuttle per hundred meters	Throwing the ball into the
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	S.	(seconds)			(meters)			(centimeters)			(seconds)			corners of the goal		
		before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate	before the research	After 6 months	growth rate
1	D-ye v V	6,0	5,5	0,5	25	27	2	158	165	7	35	33,8	2,8	8	10	2
2	N-ye v N	5.9	5,1	0,8	26	28	2	160	165	5	36	34,5	2,5	9	11	2
3	J-ov I	6,3	5,2	1,1	24	26	2	155	160	5	37	34,9	3.9	10	12	2
4	E-av Yu	6,2	5,2	1,0	23	25	2	159	168	9	35	33,7	2,7	8	9	1
5	P-av B	6,1	5,4	0,7	24	27	3	162	170	8	35	33,5	2,5	7	10	3
6	V-ye v K	5,8	4.9	0,9	26	29	3	165	173	8	36	34,6	2,6	5	9	4
7	F-av J	6,3	5,2	1,1	24	25	1	160	170	10	34	33,5	1.5	7	10	3
8	Y-ov K	6,1	5,1	1,0	23	25	2	162	169	7	36	34,7	1,7	10	11	1
9	A-ye	6,2	5,2	1,0	25	28	3	158	16	7	36	33,	3.2	9	11	2

	v S								5			2				
1 0	C h- ye v U	5,7	4,9	0,8	26	27	1	163	17 0	7	35	33, 7	2,7	9	12	3
1 1	M - ov A	6,1	5,3	0,8	24	29	5	157	16 5	8	34	33, 3	1,3	6	9	3
1 2	U- ov R	6,0	5,0	1,0	23	25	2	161	17 2	11	36	34, 8	2,8	10	12	2
1 3	I- ov J	5,9	5,5	0,4	25	28	3	157	16 9	12	35	33, 5	2,5	9	11	2
1 4	E- ye v Y u	5,8	4,8	1,0	26	27	1	156	16 7	11	34	32, 8	2,8	8	11	3
	\bar{x}	6,6	6,2	0,3	22	22, 5	0,5	149 ,3	15 2,1	2,7	39, 0	37, 8	1,2	5,5	6,7	1,2

The coaches say that the way the competition is conducted determines the future of our handball. They focus on all the necessary qualities, first of all, agility, harmony of physical indicators, the child's ability to behave in a team, etc.

Initially, no one was told that he was not suitable, although various, for example, children with a large weight also came. It was immediately clear that some of them would not benefit, but they tried to politely advise them to choose another sport.

The children who passed the competition trained in a large group for a month, and by this time it usually becomes clear who is stronger, who comes to training on time, and who is lazy.

Thus, from the first 60 people, two or three groups were formed, from which 40 people began regular training in November, and a coach was assigned to each of them, who continued to do this in the future.

As interest in handball has waned, recently schools have been set up to assess abilities.

Now, many people believe that sometimes it is necessary to pay more attention to physical characteristics: height, weight.

In short, even the best selection method based on the best data may not be complete and successful. The talent and abilities of young handball players grow and improve during daily training. The improvement of a young handball player's sports skills depends on how correctly the training process is organized from a methodological point of view.

The theoretical foundations of selection in sports, the method of selecting promising handball players, allow us to organize a scientific study.

From the scientific research conducted at the BOSMC, it can be seen that the control tests for selecting handball players developed by leading handball specialists have shown their effectiveness. We have tested and applied this in our own experience.

Conclusion. The experimental work carried out for six months has shown positive results. In this case, the analysis of the control exercises intended for conducting competitive tests shows that they, in terms of their volume and indicators, easily meet the modern requirements necessary for the game of handball. Because they provide an objective assessment of the physical abilities of young people based on the execution of movements.

Now there are opportunities for extensive research of players, and it is possible to find out whether the strength or weakness of the ligaments in players causes their injuries. Previously, such mistakes were made not only in our country, but also abroad. It is also necessary to determine whether they are mentally stable or unstable. Sometimes our sports schools have to do what the "training room" does for coaches. We need to pay more attention to the result, to the level of high-level athletes. In general, this has changed for the better, and in recent years, 13-14-year-old handball players and national teams of the same age have been increasingly recruited from youth teams.

RESOURCE:

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