

TECHNOLOGIES FOR DEVELOPING TECHNICAL AND TACTICAL TRAINING OF YOUNG HANDBALL PLAYERS

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ABSTRACT: This article examines modern technologies for developing the technical and tactical training of young handball players, the methods used in training sessions, and ways to organize effective practice. It also analyzes the role of innovative approaches in strengthening technical skills and forming team game strategies.

KEYWORDS: Handball, technical training, tactical play, young athletes, training, technology, coordination, strategy.

INTRODUCTION

Today, handball has developed widely worldwide and has become one of the popular sports among youth. In recent years, handball schools in Uzbekistan have improved their systems for training young athletes according to modern standards. Developing technical and tactical skills from an early stage directly affects the future performance of young handball players. Therefore, coaches must use scientifically-based and technological approaches in the training process.

MAIN PART

1.Essence of Technical Training

Technical training is the level of mastery of fundamental actions by a handball player, such as handling the ball, moving, passing, retaining the ball, and delivering accurate shots at the goal. For young handball players, technical training is developed in the following areas:

- Drills for receiving and passing the ball;
- Development of coordination and balance during movement;
- Shot techniques (jump shots, floor shots, side shots);
- Defensive positions and ball interception drills.

2.Role of Tactical Training

Tactical training provides young athletes with skills to analyze the game, anticipate opponents' actions, and execute team strategies. It is developed in the following areas:

- Learning simple and complex attack strategies;
- Practicing defensive systems (6-0, 5-1, 4-2);
- Developing quick decision-making against opponents;
- Improving collaboration in team play.

3.Application of Modern Technologies

The training of young handball players uses the following pedagogical and digital technologies:

- Video analysis technology** – recording games to identify and analyze mistakes;
- Interactive simulators** – measuring shot power, speed, and accuracy;
- Virtual training** – analyzing game situations using 3D models;
- Sensor devices** – measuring reaction speed and agility.

4.Technological Model of the Training Process

Stage	Training Content	Technological Tools	Expected Result
1. Preparatory	Warm-up, coordination	Video instructor	Increased physical

Stage	Training Content	Technological Tools	Expected Result
	exercises		activity
2. Main Part	Ball drills, shot techniques	Interactive board, sensor devices	Development of technical skills
3. Tactical Exercises	Team play, defensive and offensive tactics	Video analysis	Formation of game strategy
4. Final Stage	Analysis and discussion	Multimedia tools	Self-analysis skills

CONCLUSION

Modern technologies play a crucial role in developing the technical and tactical training of young handball players. They improve the accuracy of movements, speed of game thinking, and ability to manage team actions. Coaches should effectively combine technological approaches with traditional methods to organize efficient training sessions.

RECOMMENDATIONS

- 1.Introduce interactive training programs in handball schools.
- 2.Conduct methodological seminars for coaches based on video analysis.
- 3.Identify and analyze individual technical mistakes of young athletes.
- 4.Integrate technical and tactical elements in every training session.
- 5.Implement incentive systems to increase the game motivation of young handball players.

SUGGESTIONS

- 1.Organize handball training on a technological basis: use video analysis, interactive boards, and digital tools to identify and individually correct player mistakes.
- 2.Develop individual training programs for young athletes, tailored to their technical and tactical levels and physical abilities.
- 3.Improve coaches' qualifications: organize seminars and online training on "modern handball technologies" using international experience.
- 4.Increase team tactical exercises: regularly conduct "mini-games," "situational drills," and "strategic game models" to strengthen team cooperation.
- 5.Strengthen psychological preparation: conduct sessions with a sports psychologist to develop stress resistance, confidence, and competitive spirit.
- 6.Enhance technical-tactical integration: link technical drills with tactical game situations to improve quick thinking and adaptability.
- 7.Use innovative equipment: implement electronic devices (sensors, speed meters) to measure shot power, reaction speed, and coordination.
- 8.Analyze handball games on digital platforms: conduct video analysis after each competition using software like Dartfish or Hudl to identify strengths and weaknesses.
- 9.Promote women's handball: increase competitions, select talented girls, and prepare them with specialized programs.
- 10.Establish experience-sharing systems between sports schools: organize seminars, training camps, and joint sessions to facilitate knowledge exchange among coaches and players.

INTERESTING FACTS ABOUT HANDBALL

- 1.Handball is one of the fastest sports. In professional matches, the ball can reach speeds up to 150 km/h, comparable to some cars.

2. Handball was originally played outdoors. It appeared in Denmark in the late 19th century on football-sized fields and later moved indoors.
3. Each team has 7 players: 6 outfield players and 1 goalkeeper, with unlimited substitutions during the game.
4. Handball is part of the Olympic Games: men's competitions since 1972 and women's since 1976.
5. Uzbekistan's early international achievements: young Uzbek handball players reached the finals of Asian championships multiple times; in 2023, Uzbek referees officiated the Asian Games final for the first time.
6. Handball requires fast thinking: players must make decisions every 2–3 seconds.
7. Top scorer — Kiril Lazarov (Macedonia) with over 1,500 goals in his career.
8. An average game has over 50 goals, making matches dynamic and exciting.
9. Handball players perform special “determination drills” to enhance quick thinking and movement coordination.
10. Modern handball uses artificial intelligence for player movement tracking and game strategy analysis.

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