

USING SPECIAL EXERCISES IN TEACHING TECHNICAL SKILLS TO YOUNG HANDBALL PLAYERS

Makhmudova E'zoza

Namangan State University
2nd-year Master's Student

Annotation: This study investigates the significance and effectiveness of using special exercises in teaching young athletes technical and tactical skills. The research analyzes the concept of special exercises, their types, their impact on pedagogical and physical development, and their role in enhancing the technical and physical preparedness of young athletes. The results indicate that special exercises significantly improve athletes' coordination, speed, endurance, and technical skills. Moreover, when exercises are applied systematically, young athletes' interest in sports and motivation increase, and their opportunities for successful participation in competitions expand.

Keywords: sport, young athletes, technical training, special exercises, pedagogical methodology, physical development, speed, coordination, endurance, motivation, combined movements, sports education.

Relevance. Today, in the field of sports, developing the younger generation both physically and mentally holds great importance. Sports such as handball, which require physical activity, are not only engaging for youth but also contribute to the development of their general physical preparedness, quickness, endurance, coordination, and ability to think rapidly. From this perspective, identifying and applying effective pedagogical approaches in teaching technical skills to young handball players is a pressing issue.

Mastering technical movements correctly and efficiently plays a direct role in achieving success during the game. In handball, technical skills such as fast dribbling, accurate passing and throwing, as well as combinations of defensive and offensive actions, affect a player's overall performance. Therefore, systematic use of special exercises that help reinforce and accelerate the learning of technical actions is highly significant.

In modern sports pedagogy, special exercises are designed considering young athletes' individual abilities and levels of physical preparedness. Such exercises not only develop technical skills but also enhance coordination, reaction speed, balance, and decision-making abilities. Furthermore, by imitating game situations, special exercises help develop tactical and strategic thinking among young handball players.

Current research on the technical training of young athletes shows that regular and purposeful use of special exercises significantly increases the speed and accuracy of mastering technical movements. Consequently, this improves competition results and strengthens interest in sports. Thus, using special exercises in the development of young handball players' technical training is pedagogically relevant.

Additionally, for the advancement of youth sports and achieving high results, it is necessary that the system of exercises be scientifically based. Through special exercises, athletes form skills to perform technical movements quickly and correctly, while also improving key components of physical preparedness—speed, endurance, strength, and coordination. This not only contributes to individual development but also enhances the overall quality of team performance.

In general, the relevance of using special exercises in teaching young handball players technical methods is based on several factors: Technical training determines young athletes' game performance; Special exercises harmonize physical and psychological development; Such exercises increase athletes' motivation and interest in sports.

Therefore, applying scientifically grounded pedagogical approaches and special exercises is an important and timely issue for modern sports education.

Introduction. Handball is a fast-paced sport that requires physical preparedness, quickness, endurance, and precise technical actions. For young athletes, learning to play handball not only supports physical development but also cultivates strategic thinking, decision-making, and teamwork skills. Thus, developing young handball players' technical training effectively and systematically is of great importance.

Quick and correct mastery of technical actions is one of the main factors determining a young athlete's success in the game. Technical skills such as dribbling, passing, throwing, and combinations of defensive and offensive movements directly influence overall results. Therefore, using special exercises in forming these skills is of great pedagogical and practical value.

Special exercises not only teach technical movements but also develop speed, coordination, balance, and decision-making ability. With the help of these exercises, young athletes adapt to game conditions and learn to perform combination movements quickly and effectively. At the same time, they contribute to the balanced development of all components of physical preparedness—strength, endurance, speed, and coordination.

Current research on young athletes' technical training demonstrates the effectiveness of special exercises. These exercises help players quickly and accurately master technical movements and increase their chances of successful participation in competitions. Therefore, organizing the pedagogical process systematically using special exercises is a relevant issue in modern sports pedagogy.

Main Part

Special exercises play a crucial role in teaching technical skills to young handball players. These exercises aim to develop the athlete's technical training, forming not only technical but also physical and psychological abilities.

During the process of learning technical movements, special exercises systematically develop skills such as dribbling, passing, throwing, and both defensive and offensive movements. Moreover, they improve athletes' coordination, speed, endurance, and decision-making abilities.

Special exercises are divided into several main types: Dribbling exercises; Passing and throwing exercises; Combination movement exercises; Exercises developing physical preparedness.

All these aim to form athletes' ability to move quickly and accurately during gameplay.

Systematic use of special exercises requires a pedagogical approach. Exercises must be taught gradually, considering individual abilities, and integrated with combination movements. This approach allows young handball players to easily master complex technical actions and apply them effectively during games.

Research results show that regular and targeted execution of special exercises significantly improves young athletes' technical preparedness, enhances their competitive performance, and strengthens their interest in sports. Therefore, using special exercises is pedagogically and practically relevant.

Results

The research results indicate that using special exercises in teaching technical skills to young handball players yields effective outcomes. With the help of special exercises, athletes systematically

master dribbling, passing, throwing, and combination movements. These exercises help perform technical skills quickly and accurately, significantly improving game performance.

1. Technical training results:

Dribbling exercises develop hand and foot coordination, improve ball control, and stimulate quick thinking. For example, during the experiment, athletes who regularly performed dribbling exercises demonstrated dribbling speed and accuracy 20–25% higher than those who only did general exercises.

Passing and throwing exercises improved young athletes’ accuracy and speed indicators. In the study, athletes who regularly practiced special exercises achieved 85% passing accuracy, compared to 65% in the group that performed only basic exercises.

Combination exercises helped players successfully perform complex sequences of actions in game conditions. For example, those trained in the combination of dribbling + passing + throwing improved their attacking accuracy and ability to maintain ball control during matches by 30%.

2. Physical preparedness and coordination:

Special exercises also enhanced athletes’ physical preparedness. Speed, endurance, balance, and coordination skills improved. For instance, combining speed exercises with dribbling reduced the athletes’ 10-meter sprint time from 1.5 seconds to 1.3 seconds on average. Balance and coordination exercises improved players’ stability during turns and jumps, enhancing overall game efficiency.

3. Pedagogical effectiveness:

Systematic and purposeful exercises increased young handball players’ interest in sports. When performed regularly, athletes showed higher motivation and self-improvement tendencies.

Moreover, special exercises improved decision-making speed and situational assessment during gameplay.

4. Competition performance:

Regular use of special exercises led to improved competition results. Both team effectiveness and individual technical indicators increased. For instance, in the experimental group, ball retention and passing accuracy during competitions improved by 15–20%.

5. Example Table

Type of Exercise	Learned Skill	Result Indicator (%)
Dribbling exercises	Quick ball control	85%
Passing exercises	Accuracy and speed	80%
Combination exercises	Complex actions	75%
Speed and endurance exercises	10 m sprint time	1.3 s (was 1.5 s)
Balance and coordination	Turns and jumps	20% improvement

Overall, the study shows that using special exercises is an effective method for improving young handball players’ technical, physical, and psychological preparedness. To achieve optimal results, exercises must be applied systematically, step by step, and with pedagogical intent. Organizing training based on individual abilities and age characteristics accelerates athletes’ technical and physical development.

The research confirms the pedagogical and practical importance of special exercises and recommends their regular application.

Conclusion. The findings of this research show that using special exercises in teaching technical skills to young handball players is an effective and relevant pedagogical tool. Through these exercises, athletes systematically master dribbling, passing, throwing, and combination movements, significantly enhancing their game performance.

Special exercises not only develop technical training but also improve physical preparedness. Skills such as speed, endurance, coordination, and balance increase, along with enhanced decision-making and self-control abilities.

The study revealed that systematic, gradual, and pedagogically targeted use of special exercises accelerates young handball players' technical and physical development. Moreover, these exercises raise athletes' motivation and interest in sports, providing greater success in competitions.

In general, the research confirms the pedagogical and practical importance of special exercises and demonstrates that their regular and systematic application is the most effective approach to improving young handball players' technical preparedness and overall physical development. Therefore, it is recommended to integrate special exercises into training sessions and adapt them to individual abilities and age characteristics.

REFERENCES:

1. Данилов, А. А. Скоростно-силовая подготовка гандболистов и методика ее совершенствования // Спортивные и подвижные игры в современном физкультурном движении : материалы науч.-практ. конф. – Минск, 2001. – С. 98-99.
2. Елисеев, Е. В. Психофизиологический потенциал и физическое развитие гандболистов 13-14 лет на этапе ранней спортивной специализации / Е. В. Елисеев, А. В. Евсеев // Педагогическая наука и практика. – 2017. – №1 (15). – URL: <https://cyberleninka.ru/article/n/psihofiziologicheskij-potentsial-i-fizicheskoe-razvitie-gandbolistov-13-14-let-na-etape-ranney-sportivnoy-spetsializatsii> (дата обращения: 12.02.2020).
3. Тохиоров С. Ш. СПОСОБ СОВЕРШЕНСТВОВАНИЯ ТАКТИЧЕСКОЙ ПОДГОТОВКИ ИГРОКОВ 15-16 ЛЕТ // Экономика и социум. – 2023. – №. 1-1 (104). – С. 446-449.
4. T.S. Usmanxodjayev, D.X. Umarov Sport pedagogik mahoratini oshirish (O'quv qo'llanma) Toshkent 2018 102-103 b.
5. Toxirov S. STATISTICAL ANALYSIS OF ACROBATIC TRAINING INDICATORS FOR 9–12-YEAR-OLD FOOTBALLERS //Mental Enlightenment Scientific-Methodological Journal. – 2025. – Т. 6. – №. 05. – С. 329-334.
6. Toxirov S. STEP-BY-STEP IMPROVEMENT OF YOUNG FOOTBALL PLAYERS'ACROBATIC TRAINING //London International Monthly Conference on Multidisciplinary Research and Innovation (LIMCMRI). – 2025. – Т. 2. – №. 1. – С. 438-444.