

EFFECTIVE USE OF ADVANCED FOREIGN METHODOLOGY IN DEVELOPING AGILITY OF YOUNG HANDBALL PLAYERS

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Abstract: Agility is defined as a rapid whole-body movement with changes of velocity or direction in response to a stimulus. It is an important motor ability in sports involving multidirectional changes of direction such as rugby, football, tennis, basketball, handball, etc. This article discusses on the effective use of advanced foreign methodology in developing agility of young handball players.

Keywords: Change of direction speed, stop-and-go agility, reliability, ecological validity, team-handball, methodology.

Specific physical education in elite group handball is fundamental for most advantageous player's performance; however, scientific understanding is normally based totally on brief coaching research with sub-elite athletes. Therefore, the goal of the learn about was once to analyze the outcomes of precise bodily education in an elite male handball group over the entire season. Twelve gamers of a male handball team from the First Austrian Handball League performed a one year precise physical education application in addition to their regular (team handball strategies and tactics) weekly training. Performance was once measured with 5 frequent and four particular checks as properly as sport statistics at some point of competition. Repeated measures ANOVAs and paired sample t-test have been used to analyze variations in overall performance in the course of training. We determined a extensive increase in oxygen uptake, offense time, defense time, quickly damage time and bounce height in the specific tests. Game overall performance statistics printed a lower throwing share in the hosting group (59%) in contrast to the rival teams (63%). Our consequences indicated that precise staying power and agility are an proper modality in elite male crew handball. However, performance in competition is strongly influenced by using precise strategies and tactics.

Agility is described as an athlete's ability to cross at an accelerated tempo in one path and then instantly decelerate and shift function within a matter of seconds. It is the one side of sports coaching that can separate a properly athlete from a splendid one. As with any type of sports activities training, start slowly. Wear the suited shoes, with the heel and forefoot on the equal level, and focus on retaining proper form. This will no longer only assist you improve the balance needed to operate at your it is can considerably limit your danger of damage. Athletes often use plyometric leaping workouts to construct electricity and improve coordination. Hurdles are no longer solely crucial to coaching for area sports, they can enhance the power and jumping ability of basketball players, skiers, parent skaters, and sports divers. Plyometric box drills are a extremely good way to construct explosive energy and foot speed. A plyometric container is a padded or unpadded cube that is somewhere from 14 to 36 inches in height. Lateral plyometric jumps help construct dynamic power, coordination, and stability via using simply an athlete's physique weight. This superior exercise is a should for any athlete who needs lateral power and coordination.

Reactive agility and change-of-direction-speed have to be observed as impartial qualities, even when tested over the same course and comparable motion template. The reactive-agility-performance of the handball athletes concerned in shielding responsibilities is closer to their non-reactive-agility-score than in their friends who are not concerned in defensive duties. The handball unique "true-game" reactive-agility-performance ought to be evaluated as the ratio between reactive-agility and

corresponding CODS performance. Many injuries manifest when the body falls out of alignment in motion—think of pulling the muscular tissues in your decrease again if you lift from an fallacious position or tearing the ligaments in a knee if you misstep Agility education will increase balance, control, and flexibility, allowing the body to preserve appropriate posture and alignment throughout movement. Agility training helps the physique analyze correct physique placement, that means sensitive areas like the shoulders, decrease back, and knees are included while transferring quickly.

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