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Monitoring the effectiveness of the attacking game of handball players playing in the midfield during the competitive period

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Abstract

Purpose: Evaluation of the effectiveness of offensive technical and tactical actions of handball players playing in the midfield during competitions on the basis of modern innovative technologies and the use of effective means and methods of improving offensive technical and tactical actions.

Methods: The following methods were used in the research process: 1) Analysis of literary sources, research papers and scientific articles in which scientific research, scientific and practical experience of foreign and domestic scientists in the field of handball were studied and analyzed. 2) Pedagogical control, during which the competitive activity of young handball players was monitored. 3) Mathematical and statistical calculation, in which the efficiency of offensive technical and tactical actions of handball players was mathematically calculated according to the following formula (efficiency = A:NA*100%) in which, A - a set of useful technical and tactical actions; NA - total number of technical and tactical actions. 4) The computer program “Handball game efficiency” was created to evaluate the effectiveness of technical and tactical actions of handball players in attack and defense.

Results: During the competition, it was noted that the effectiveness of technical and tactical actions of attacking midfielders increased by 2%. As a result of the study, we noticed that the effectiveness of defensive technical and tactical actions of team handball players (X) increased by an average of 6.3%.

Conlcusion: The results of the study showed that as a result of the exercises we used in training, the level of technical and tactical training of the RSSSOR team increased compared to the indicators before the study. When studying the attacking activity of handball players during the competition, many teams organized a positional attack and occupied the opponent's goal.

Keywords: Skill, psychofunctional, talented, technical, tactical, role-playing, shorthand, integral, competitive, punched tape, individual, ball.

Introduction

One of the topical issues is to evaluate the effectiveness of technical and tactical actions of qualified handball players during competitions and their analysis, to issue appropriate recommendations based on the results of the analysis and to take these recommendations seriously in training, to organize and conduct training based on modern pedagogical technologies. Scientific research of scientists-athletes, practical experience, the study of socio-pedagogical aspects of the training of handball players, in turn, determine the relevance of the work.

The analysis of literature, scientific research of scientists who conducted special research on handball, considered one of the main branches in the field of physical education and sports, and the analysis of literature in this field show that the criteria for the development of professional skills of specialists in physical culture and sports. We can read the works of Ignatieva VY, Izaak FA, Nabiev TE and others who conducted specific research on handball sports (6,7).

A number of studies show that for the correct organization of the process of improvement management in sports, objective pedagogical control of athletes during competitive activities is necessary (8).

Experts believe that the basis of pedagogical control is the analysis of the activities of the participants of the competition. In their opinion, to assess the complexity and diversity of the object of research and indicators of gaming activity, short-term competitive behavior of athletes is determined by many methods (9).

For many years, the evaluation of the effectiveness of competitive activity used in sports games was checked by the method of "stenography", the results were recorded in a special notebook and then analyzed.

However, a number of experienced volleyball coaches note that the use of general special forms for recording game activities and the development of the results obtained with the help of a specially developed program and “Excel” programs gives good results (10).

It is known that during competitions an athlete often faces changeable situations, it is difficult for him to make decisions and perform technical techniques due to lack of time, and therefore some specialists currently do not study the behavior of athletes in competition

conditions, and an integral model of technical and tactical training of the team must be built on the basis of pedagogical results.

Thorev UN noted that the level of technical and tactical training of handball players in research work is always high, which is the result of the relationship of physical technical and tactical qualities in situations in handball (1).

Pedagogical control of sports teams, according to some experts, allows you to evaluate the technical and tactical training of the team and the skill of its players, depending on the team's place in the competition (7).

The main purpose of pedagogical control is not to observe the technical and tactical actions of athletes, but the main evaluation criteria should be the study of the opponent's opposition, understanding of teammates, reciprocity, mental state, attitude to the opponent and the judges in tense and tense moments of the game (6).

Foreign scientists have recognized that individual technical and tactical actions of handball players differ depending on their ampoules on the field. For example, center players deceive the opponent and throw balls into the goal more often than handball players playing in other roles. Midfielders are better than other handball players at passing the ball to a teammate, fighting with an opponent for the ball and taking the ball away (3,4,5).

Specialists interpret the individual game of a handball player in this way, when difficult situations arise on the field, a handball player can get out of difficult situations only due to his individual technical and tactical skills without teammates.

In any handball matches, such handball players were able to prove themselves in team victories due to the high level of individual skill (2).

The improvement of the technical skills of handball players is carried out in the following direction:

- improve the technique of all types of ball transfers in the shortest possible time;
- extremely accurate hit of the ball on target;
- improved ball catching in difficult situations, when moving forward at high speed;
- improvement of methods of deception of the opponent;
- improving the ways of all players on the field to take the ball away from the opponent.

Advanced experience and scientific research have shown that one of the problems of improving the skills of athletes is the system of control of athletes at competitions (3).

According to a number of researchers, the quality and quantity of actions performed by handball players in their role are taken into account when improving their technical and tactical skills. In practice, the use of codes that write "punched tape" is widespread (6).

Methods

Registration of the results of the performance of competitive activities of handball players is carried out by counting the methods performed. The mistakes made and the results shown are recorded by statistical analysis.

To evaluate the indicators, we divided the shots from the goal into two groups, successful and unsuccessful. A sign (+) placed next to the name of the performing player is considered successful, if a sign (-) is placed, it is considered unsuccessful.

The intensity of the game activity was determined by the sum of the number of technical and tactical moves. The use of evaluation standards that take into account the skills and tasks of handball players is used for an objective collective assessment of the game.

Results and discussion

The research work was carried out during 2020-2021 among the pupils of the handball boarding school of the specialized Olympic reserve of the republic.

The study examined offensive and defensive technical and tactical actions of young handball players of the Republican Specialized Sport School of the Olympic Reserve during training and competitions. According to the results of the study, the offensive and defensive technical and tactical actions of handball players were analyzed.

The role of pedagogical observations in the correct and effective organization of training processes, in increasing the level of technical and tactical training of handball players is very important. It is important to focus on improving the technical and tactical actions of handball players, achieving a high level of performances at competitions, developing a certain level of training at each training session.

In our study, we assessed the level of special physical and technical training of one right

midfielder and one left midfielder who were engaged in the advanced specialization stage using pre- and post-curricular tests (see table 1).

Individual and group technical and tactical actions are recorded during the competition. In attack, players pass the ball to each other, mislead the opposing players as a group or individually, create various combinations and score the ball into the goal.

The analysis takes into account various types, forms and performance indicators of attacking movements of handball players. The completion of the attacking result of the midfielders serves as a measure of the chances of getting the ball into the goal. To assess the effectiveness of a shot at goal, a conditional evaluation scheme is created, which takes into account the place on the field from where shot was made.

Table 1. Indicators of the level of special physical and technical training of handball players on special tests (before and after the experiment)

№	Name	Throwing the ball into the corners of the goal from 9 meters (12 times)			Throw the ball at the target on the wall for 30 seconds (distance 3 m)			Carry the ball for 30 meters while hitting it to the ground (seconds)			Complex exercises (seconds)		
		B/e	A/e	E/g %	B/e	A/e	E/g %	B/e	A/e	E/g %	B/e	A/e	E/g %
1.	Av-G	5	7	40	10	13	30	5,5	5,1	7,2	14,5	14,0	3,4
2.	Jv-R	4	6	50	9	13	44	5,6	5,2	7,1	14,8	14,4	2,7
X		4,5	6,5	45	9,5	13	37	5,5	5,1	7,1	14,6	14,2	3,05

Descriptions: B/e- before the experiment, A/e- after the experiment, E/g %- the efficiency of growth is expressed as a percentage.

Table 2. Analysis of attacking technical and tactical actions of midfielders during the competition (before the experiment in 2020)

№	Name	Catching the ball	Passing the ball	Decep-tion	Throwing the ball into the goal from a distance of 9-10 meters	Playing without a ball (barrier)	Accu-rate moves	To-tal	Total efficien-cy
1.	Av-G	71	59	7	11	7	77	155	49.6
2.	Jv-R	67	51	4	8	4	65	134	48.5
X		69	55	5.5	9.5	5.5	71	144.5	49.0
RSSSOR 30:29 Khorezm SSSOR									
1.	Av-G	80	62	8	13	9	82	172	47.6
2.	Jv-R	72	57	5	9	5	72	148	48.6
X		76	59.5	6.5	11	7	77	160	48.1
RSSSOR 31:38 Samarqand SSSOR									
1.	Av-G	76	60	6	11	7	69	160	43.1
2.	Jv-R	78	63	6	13	8	65	168	38.6
X		77	61.5	6	12	7.5	67	164	40.8
RSSSOR 26:32 Andijan SSSOR									
1.	Av-G	85	64	5	13	6	87	173	50.2
2.	Jv-R	77	58	4	10	6	80	155	51.6
X		81	61	4.5	11.5	6	83.5	164	50.9
RSSSOR 27:19 Almalyk AMMC									

Descriptions: The table shows the results of technical and tactical actions performed in four meetings prior to the experiment

In order to fulfill the set goals and objectives, we studied the technical and tactical actions of the midfield players of the RSSSOR team during the competitions in the 2020 Uzbek Championship among youth handball teams and monitored their effectiveness, the results are shown in the table below (see table 2).

According to the analysis of the above table, the average efficiency of the midfielders of the RSSSOR team during the meeting with the Khorezm SSSOR team was X=49.0%, in a meeting with the team Samarkand SSSOR X =48.1%, X=40.8% in the meeting with the Andijan SSSOR team, in a meeting with the Almalyk AMMC team X=50.9% and they recorded a result of 2 defeats and 2 wins from 4 matches. But if we consider the effectiveness of the technical and tactical actions of the team's midfielders in attack, the total efficiency did not exceed 50%, and if the total efficiency of the team's handball players for the entire game was less than 50%, then the team would inevitably lose.

In the course of our research, in order to improve the attacking technical and tactical actions of the midfielders of the RSSSOR team, exercises aimed at practicing technical and tactical actions independently during team training and after training were repeatedly used.

In order to determine how much the technical and tactical actions of midfield players have increased as a result of the above exercises, we have repeatedly monitored the competitive activities of the RSSSOR team at the Uzbekistan Youth Handball Championship in 2021. In this competition, as before the study, the matches of the RSSSOR team with the teams of Khorezm SSSOR, Samarkand SSSOR, Andijan SSSOR, Almalyk AMMC were monitored (see table 3).

As a result of the study, when we monitored the technical and tactical actions of young handball players during the competition, we obtained the results presented in the table above. According to the results of this table, the effectiveness of attacking technical and tactical actions of the midfielders of the RSSSOR team in the meeting with the Khorezm SSSOR team was X=51%, X=53% in the meeting with the Samarkand SSSOR team, X=49.5% performance was recorded in the match with the team Andijon SSSOR, in this match the team RSSSOR lost with a difference of one goal. The average efficiency of technical and tactical actions of the midfield players in the meeting with the Almalyk AMMC team was X=51.9%. If we compare these results with the results before the study, we observe a significant increase in the effectiveness of

Table 3. Analysis of attacking technical and tactical actions of midfielders during the competition (2021 after the experiment)

№	Name	Catch-ing the ball	Passing the ball	Decep-tion	Throwing the ball into the goal from a distance of 9-10 meters	Playing without a ball (barrier)	Accu-rate moves	Total	Total efficien-cy
1.	Av-G	79	62	9	10	9	87	169	51,4
2.	Jv-R	72	59	7	11	7	79	156	50,6
X		75.5	60.5	8	10.5	8	83	162.5	51
RSSSOR 30:26 Khorezm SSSOR									
1.	Av-G	86	70	10	8	7	95	181	52,4
2.	Jv-R	93	78	6	9	6	103	192	53,6
X		89.5	74	8	8.5	6.5	99	186.5	53
RSSSOR 27:20 Samarqand SSSOR									
1.	Av-G	75	61	7	11	6	81	160	50,6
2.	Jv-R	67	57	5	9	4	69	142	48,5
X		71	59	6	10	5	75	151	49.5
RSSSOR 23:24 Andijan SSSOR									
1.	Av-G	88	68	6	12	7	95	181	52,4
2.	Jv-R	79	61	5	9	5	82	159	51,5
X		83.5	64.5	5.5	10.5	6	88.5	170	51.9
RSSSOR 29:24 Almalyk AMMC									

attacking technical and tactical actions of midfielders. It is safe to say that the means and methods we have used have proved effective in improving the attacking technical and tactical actions of midfielders.

Conclusion

To substantiate the research objectives and the choice of methods for analyzing and summarizing the data of literary sources, the literature on the following fields of science was studied: theory and methodology of physical education, pedagogy and psychology, anatomy, physiology, biomechanics, mathematical statistics and special literature on handball, more than 100 research papers, the experience of scientists.

As a result of the analysis of scientific and methodological literature and the study of the sports training of the RSSSOR team, it was found that there are practically no precise instructions and descriptions of exercises for the use of components and sizes, the load is given to technical and tactical training in the training of handball players.

The results of the study showed that as a result of the exercises we used in the training, the technical and tactical training of the RSSSOR team, the level of training, according to the indicators before the experiment, increased.

When studying the attacking activity of handball players during the competition, many teams organized a positional attack and scored a goal.

During the competition, it was noted that the effectiveness of technical and tactical actions of attacking midfielders increased by 2%.

As a result of the conducted research, we noticed that the effectiveness of defensive technical and tactical actions of team handball players increased by an average of 6.3%.

Today, the best modern teams consist of agile, physically strong, tall players. Dexterity, speed and hand strength are important when scoring goal in a game.

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