Comparative analysis of competitive performance of water polo players' offensive performance

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Abstract
Purpose: Carry out a comparative analysis of technical and tactical actions in the offense of the leading teams in the championship and the Cup of Uzbekistan. Make a comparative characteristic of the effectiveness of technical and tactical actions in the attack of water polo teams.
Methods: The study used such methods as analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, instrumental method, heart rate measurement, pedagogical experiment and methods of mathematical statistics.
Results: Before the pedagogical experiment, in Namangan team, the effectiveness of technical and tactical actions at the championship of Uzbekistan was 58.20%, and after the completion of the pedagogical experiment conducted analysis of the Cup of Uzbekistan showed up to 55.49%. And such an indicator as non-performance decreased from 41.80 to 44.52%.
Conlcusion: After the completion of scientific research work, the results obtained can be stated the fact that the proposed specialized exercises for the development of physical development of strength, power endurance and speed and strength capabilities, as well as improving the technical and tactical actions of water polo players in the attacking actions of the team Republican school of higher sportsmanship in water sports, which showed the effectiveness of the developed comprehensive training of the team. According to the results of the competition, the team defeated the main rival in the championship and cup of Uzbekistan on water polo.

Keywords: analysis, competitive activity, technical and tactical actions, positional attack, offense, water polo, speed and strength, power, pressing, zone defense, Republican school of higher sportsmanship in water sports (RSHSWS).

Introduction

At the modern stage of development, water polo player during the game faces the need to solve many local problems, which is associated with rapid and instantaneous assessment of what is happening on the water polo playing field. In addition, the water polo player must predict possible actions from his partner as well as from his opponents. All this is necessary for water polo players to analyze and correct their activities under conditions of high physical, functional and psychological stress, and most importantly in a period of limited time. Taking the above mentioned into account, it is necessary to conduct at all stages of training, to conduct a thorough analysis of individual indicators of water polo players' technique.

One of the main tasks in attacking water polo, is to use the individual capabilities of players or teamwork during the breakthrough of the opponent's defense. The main thing during the offense is to achieve efficiency, that is, to score a large number of goals to the opponent's goal, and at the same time to maintain such a pace. In addition, it is necessary to exploit the weaknesses of the defense, using errors in the movements of the opposing players [1,3].

All of the above makes it necessary to take care of technical-tactical actions during the offense, regardless of individual, group or team actions. To form and improve technical-tactical actions in offense, water polo player must have excellent physical fitness. In the current stage of training high-class water polo players, the analysis of technical-tactical actions indicates a great development of water polo skills. In this regard, it is necessary to accompany the process of development of skills of technique and tactics of attack with the process of development and cognition of the level of players and their evaluation.

In connection with this, it is not enough to conduct a visual analysis of technical and tactical actions in the offense of each water polo player. Often the high speed of execution of technical techniques of water polo player does not allow you to accurately enough catch the individual nuances of their individual performance. In the latest stage of training modern water polo, needs the application of modern innovative technologies, and in particular in attacking actions, which is the main our scientific research goal. Our main goal is to study various aspects of technical and tactical actions in attacking teams at the Uzbekistan Water Polo Championship and Cup [2].

Results and discussion

In the championship and cup of Uzbekistan we analyzed the competitive performance of water polo teams on offense. Table No. 1 shows the results of throwing technique of the participants of the championship and cup of Uzbekistan water polo (6 meters zone, 5 meters penalty, as well as for 6 meters zone).

Successful throws in the 6-meter zone in the team of Republican school of higher sportsmanship in water sports before the beginning of the experiment and after the end were approximately equal (13.89 and 13.63%). And the obtained data of unsuccessful throws made in 6-meter zone after the end of the experiment improved (5.83 and 3.63%). In the control group of the Namangan team after the experiment the indicators of successful throws in 6 meter zone increased (11,97 and 12,33 %), and unsuccessful throws in the control group did not change (4,23 %).

After the completion of the experimental research the teams of Republican school of higher sportsmanship in water sports in aquatic sports showed effective changes in the performance of 5-meter throws. As can be seen from the table, that the results of the team of Republican school of higher sportsmanship in water sports in the Cup of Uzbekistan non-resulting indicator of penalty throws, were not good enough (1.35 to 5.45 %).

And in the team Namangan region, that in the championship and in the Cup of Uzbekistan, 5-meter penalty throws effective and non-effective indicators did not change much, not for the better, but for the worse.

And the main throws beyond the 6 meter zone, which are held in large numbers during the championship matches and the Uzbekistan Water Polo Cup. Indicators were negative, which allowed a large number of mistakes from the players of both teams. All these data are presented in table 1.

The second table presents the data of tactical indicators, in time of attack when defending the opponent press and zone defense. The obtained results of the study showed that when the team Republican school of higher sportsmanship in water sports participated in the Uzbekistan Water Polo Championship the exit from pressing was more effective than during the Cup of Uzbekistan. Indicators were at the championship of Uzbekistan 7,33%, and at the Cup of Uzbekistan 9,09%. And the indicators

Table 1. Comparative analysis of throwing technique of water polo players at the championship and the Uzbekistan Cup (%)

Teams	Indicators	Quantity	Efficiency of throws in the 6 meter zone %	Quantity	Penalty 5 meter %	Quantity	Efficiency of throws behind the 6 meter zone %
Uzbekistan Championship							
RSHSWS	*Effectively*	62	13,89	10	3,86	114	24,91
	Ineffective	18	5,81	2	1,35	122	26,44
Namangan region	*Effectively*	55	11,97	9	3,50	85	18,42
	Ineffective	13	4,24	3	1,47	130	26,7
Uzbekistan Cup							
RSHSWS	*Effectively*	65	13,63	18	5,09	120	24,54
	Ineffective	10	3,63	20	5,45	100	20,91
Namangan region	*Effectively*	54	12,33	8	3,47	83	18,88
	Ineffective	12	4,23	5	1,54	134	28,71

Note: ***RSHSWS*** *— Republican school of higher sportsmanship in water sports.*

Table 2. **Comparative analysis of tactics between pressing and zone defense (%)**

Teams	Indicators	Quantity	Out of pressure (%)	Quantity	Exit from zone protection (%)
Uzbekistan Championship					
RSHSWS	*Effectively*	33	7,33	8	2,53
	Ineffective	7	2,31	3	0,38
Namangan region	*Effectively*	66	13,08	16	3,86
	Ineffective	15	3,68	5	1, 11
Uzbekistan Cup					
RSHSWS	*Effectively*	45	9,09	20	4,5
	Ineffective	2	1,27	2	0,19
Namangan region	*Effectively*	55	11,56	6	1,54
	Ineffective	16	4,07	4	1,34

Note: ***RSHSWS*** *— Republican school of higher sportsmanship in water sports.*

were effective during the defense of the opponent of the press, the team of Namangan region indicators were 13.08%. However, during the Cup of Uzbekistan less successful, which was 11.56%.

And at the zone defense of the opponent, the team of Republican school of higher sportsmanship in water sports at the Uzbekistan Water Polo Cup tactical indicators were more successful 4.5% than at the Uzbekistan Water Polo Championship 2.53%.

However, during the Uzbekistan Water Polo Championship, the team of Namangan region was more successful in zone defense of the opponent 3.86% and 1.54, and in the Uzbekistan Cup these indicators were not so significant 1.11% and 1.37%.

Table 3 presents the results of the analysis of technical and tactical indicators during the attacks of the teams of Republican school of higher sportsmanship in water sports and Namangan region. The results presented in Table 3 show the effectiveness of technical and tacti-

Table 3. **The results of the analysis of technical and tactical indicators during the attacks of the teams of Republican school of higher sportsmanship in water sports and Namangan region.**

Teams	Number of attacks	Attack efficiency %			
		Championship of Uzbekistan (before experiment)			
		Effectively		*Ineffective*	
		Quantity	%	Quantity	%
RSHSWS	379	227	59,85	152	40,15
Namangan region	397	231	58,20	166	41,80
Uzbekistan Cup (after the experiment)					
RSHSWS	414	268	65,64	146	34,36
Namangan region	377	206	55,49	171	44,51

Note: ***RSHSWS*** *— Republican school of higher sportsmanship in water sports.*

cal indicators during the attack before the experiment, at the championship of Uzbekistan team Republican school of higher sportsmanship in water sports aquatics performance indicators were 59.84%, and after the completion of the pedagogical experiment improved where was analyzed at the Cup of Uzbekistan. And such indicator as non-performance decreased from 40.16 to 34.36%.

Conclusion

By conducting a deep analysis of technical and tactical actions before the experiment and after the end of the experiment, the experimental team of the Republican school of higher sportsmanship aquatics team indicators were significantly increased in relation to the team of Namangan region. In order to achieve such good performance, the team Republican school of higher sportsmanship aquatics team paid great attention during the experiment to physical exercises that were aimed at the development of technique and tactics in positional attacks water polo players [4,5].

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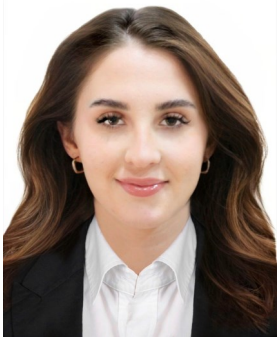
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