

**MEANS AND METHODS FOR DEVELOPING SPEED AND STRENGTH ABILITIES  
IN HANDBALL PLAYERS AGED 11–13 YEARS**

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**Abstract:**

The development of handball in accordance with modern requirements calls for a high level of physical fitness in handball players, among the most important components of which are speed and agility. Youth and adolescence are considered the most important periods for the development of these qualities. According to an analysis of the literature, the development of speed and agility in young handball players is somewhat lower than in a number of other sports. The age period of 11–13 years is regarded as one of the most important stages for the development of these qualities.

**Keywords:** healthy lifestyle, harmoniously developed generation, national gene pool.

Thanks to independence, physical education and sport, which serve as a guaranteed means of forming the national gene pool, organizing a healthy lifestyle, and educating a harmoniously developed generation, have been increasingly developing within the priority directions of state policy. Over the past period, large-scale reforms, long-term transformations, and creative work have been carried out in this field.

In order to shape a comprehensively developed and physically healthy personality with a high level of culture in the country, to determine priority areas for improving the qualifications and knowledge of the population in the field of physical education and sport, and to introduce innovative forms and methods into the process of selecting talented athletes, Presidential Decree of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020, “On measures for the further improvement and popularization of physical education and sport in the Republic of Uzbekistan,” was adopted.

The upbringing of a healthy generation and the successful implementation of the education system in Uzbekistan are among the most important socio-economic and political objectives of the development of society.

Physical culture and sport occupy a special place among the professions of the Republic of Uzbekistan. In this regard, during the years of Uzbekistan’s independence, physical culture has risen to the level of state policy. In short, the achievements of mass physical culture and sport, the results attained in them, and the comprehensive conditions created for athletes pave the way for the development of new and unique technical means. We can see that all of this fully contributes to promoting our country on the world stage.

At present, analysis shows that in order to improve speed and strength qualities, numerous studies, scientific investigations, and practical efforts are being carried out, and various methods and techniques are being developed and studied for all sports. In handball today, playing methods are being improved, and the movements performed by handball players are becoming increasingly refined. The emergence of new and effective methods in handball requires players to demonstrate a high level of movement technique. During a match, each handball player performs technical, tactical, speed, and strength actions in order for the team to win.

According to the teaching of Sh.K. Pavlov, the following forms of speed manifestation are distinguished:



- thinking speed (speed of the thought process);
- speed of simple and complex reactions in response to any external stimulus or complex effects;
- speed of performing a single action;
- speed of action (the time required to perform a series of individual actions).

The speed of a player's motor activity must, above all, correspond to the activity of the central nervous system, which coordinates movements. A handball player's speed is clearly manifested in running 25–30 meters with a definite reaction speed, as well as in the speed of performing technical techniques with or without the ball.

At high acceleration, speed should be increased slowly and smoothly, gradually enlarging the amplitude of movement until the maximum level is reached.

As is well known, the main movements of handball players on the court include walking, running, running with the ball, jumping, striking the ball, dribbling, passing, taking free throws, accurate shots on goal, contesting the ball with an opponent, and many other actions.

Below are several more exercises that help develop speed:

- fast running using the right side, left side, and back-facing position of the body;
- running with high knee lifts and step actions at maximum speed;
- toe running over a distance of 25–30 meters with quick jumps;
- jumping with a short and long rope rotating at maximum speed; running over a rotating rope;
- abrupt changes of tempo during middle-distance running;
- after an initial run-up (6–8 meters), reaching maximum speed over a distance of 20–30 meters;
- sprints and fast running, shuttle runs, and various relay races.

The volume of exercises aimed at developing agility should not be too large within a single training session.

To develop speed, some exercises related to game technique and tactics can also be used. Speed can likewise be developed by performing fast breaks, pressing, running with the ball at maximum speed, ball exercises, as well as various types of ball handling, dribbling, passing (sideways, straight, low, high), and rebounds.

V.N. Shukin emphasizes that in order to improve speed, it is advisable to use the following exercises: catching and passing the ball while running, performing drills with the ball while running, and various feints involving dribbling, passing, and shooting at the goal.

#### **Physiological mechanism of speed development.**

One of the physical qualities, speed, is expressed through the time required to perform a movement and develops when physical exercises are performed at high speed. For example, short-distance exercises in cyclic dynamic work—running 100–200 meters, swimming 25–50 meters, a 200-meter cycling race, as well as speed-and-power exercises such as throwing, long jump and high jump, boxing, fencing, and sports games—develop the quality of speed.

Speed is largely considered to depend on heredity. According to some authors, 80–90% of speed is determined by hereditary factors.

There are simple and complex forms of speed abilities. The simple form includes the latent period of simple and complex motor reactions, the duration of movement at maximum speed, and the maximum number of simple movements. The complex form of speed manifestation includes the ability to accelerate sharply at the start, to perform movements at high speed, as well as bursts and throws in wrestling, jumps in gymnastics, punches in boxing, and the like.

#### **Conclusions and recommendations**



### **We propose the following conclusions and recommendations:**

1. An analysis of the literature on this topic allows us to clearly recognize that the traditional, including standard, physical exercises used in the training of young handball players and regarded as priorities are not always capable of forming the necessary physical qualities. In addition, it shows how important it is to take into account the functional capabilities of young handball players when using exercises aimed at developing their physical qualities.
2. The development of handball in accordance with modern requirements demands a high level of physical fitness from handball players, among the most important components of which are speed and speed-strength. Youth and adolescence are considered the most important periods for the development of these qualities. According to an analysis of the literature, the development of speed and speed-strength in young handball players is somewhat lower than in other sports. The age period of 11–13 years is considered one of the most important stages in the development of these qualities. During this period, changes in speed-strength qualities, training volume, means, and methods demonstrate a certain level of positive results.
3. After studying the literature and analyzing the training process, it can be concluded that insufficient attention is given to the training of agility in children and adolescents. Therefore, when training agility in youth and adolescents, methods that meet modern requirements should be used.

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