

Assessment of Physical Fitness of Handball Players

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ABSTRACT

Development of the physical technical and tactical preparation of qualified handball players for competitive activities, planning of the training process and the development and implementation of a model work program remain relevant today.

Increasing the intensity and volume of training loads is unique for modern sports. This has found its place in the organization of work in sports clubs. One of the important tasks of the training process is to always prevent injuries. Injuries interfere with an effective training system during training. In handball, injuries often occur when performing speed loads, because in this case, muscles and joints have to perform maximum work. The main reason is the lack of warm-up exercises before increasing the speed and the body of the participants is in a state of exhaustion.

Physical fitness control is conducted in order to assess the objective number of strength in abilities such as flexibility, coordination ability, speed, endurance. Physical training is divided into two, general and special physical training. We have developed the following test to evaluate the physical fitness of highly qualified handball players. The development of physical qualities is defined as a minimum of 40 and a maximum of 60 points using the requirements. If handball players score from 346 to 354 points according to the test indicators, then their training is considered satisfactory. More than 354 is considered above average, if it is below 346, it is considered below average. The training of handball players is determined by achievements in the main competition. However, the level of physical fitness is very important for skill improvement, the results shown in the table should not be less than 40 points when handball players perform each test task. In this case, complex indicators must meet the requirements determined by seven different tests in different game roles.

Normative requirements for training of skilled handball players.

Test standards for general physical fitness.

Table 1.

30 m run, s	Triple jump, cm	Throwing a ball weighing 1 kg. m			Moximon running, 10x10, p	Cooper's test, m	Points
		right hand	left hand	two arms			
4,65	730	23	13,0	9,0	24,0	2550	40
4,55	740	24	13,5	9,3	23,8	2580	42
4,50	750	25	14,0	9,6	23,6	2610	44
4,45	760	26	14,5	9,9	23,4	2640	46
4,40	770	27	15,0	10,2	23,2	2670	48
4,35	780	28	15,5	10,5	23,0	2700	50
4,30	790	29	16,0	10,8	22,8	2730	52
4,25	800	30	16,5	11,1	22,6	2760	54
4,20	810	31	17,0	11,4	22,4	2790	56
4,15	820	32	17,5	11,7	22,2	2820	58
4,10	830	33	18,0	12,0	22,0	2850	60

Total points: for midfielders - 360, for players who play in the center - 360, for corner players - 355, for players who play along the line - 350, for goalkeepers - 350.

Test standards for special physical training.

Table 2.

30 m passing between the posts, hitting the ball on the ground, s		Throwing the handball ball far, m		30 m running with the ball on the ground, s	Advances, p	Complex exercises, p	Points
Right hand	Left hand	Right hand	Left hand				
7,4	7,6	37	22	5,5	20,0	32,0	40
7,3	7,5	38	23	5,4	19,8	31,8	42
7,2	7,4	39	24	5,3	19,6	31,6	44
7,1	7,3	40	25	5,2	19,4	31,4	46
7,0	7,2	41	26	5,1	19,2	31,2	48
6,9	7,1	42	27	5,0	19,0	31,0	50
6,8	7,0	43	28	4,9	18,8	30,8	52
6,7	6,9	44	29	4,8	18,6	30,6	54
6,6	6,8	45	30	4,7	18,4	30,4	56
6,5	9,7	46	31	4,6	18,2	30,2	58
6,4	6,6	47	32	4,5	18,0	30,0	60

Total points: for center player - 360, corner - 355, midfielder - 355, along the line - 350, goalkeeper - 350.

Special recovery measures are used to get used to high loads during training.

Means of recovery are divided into three groups: pedagogical, voluntary, hygienic and medical-biological.

Pedagogical tools are key, as other recovery tools may be useless in an ineffectively structured

workout. Pedagogical tools are aimed at improving the recovery process in the correct organization of training. It helps to effectively create training microsicles at separate stages.

Special volitional training methods are carried out under the influence of qualified psychics.

Hygienic remedies are clearly developed. This is a requirement for daily routine, work, training, rest and food. It is absolutely necessary to comply with hygienic requirements: training place, condition of buildings and sports equipment.

Medical-biological recovery includes the following: rational vitamin nutrition, restorative physical means. Management should pay attention to the following when organizing meals at training camps:

1. Adherence to the diet recommended by scientific research institutes.
2. Use of vitamins in the winter season, giving heavy loads, strictly controlling them not to exceed the norm.
3. Medical-biological means are prescribed only by a medical officer and his supervisor.
4. Recovery tools are used only when work capacity decreases or performance of training loads deteriorates.

It is known that the main way to improve the team's physical and technical-tactical preparation for sports competitions is to achieve positive results by combining individual training with group training.

As we mentioned above, the attack in handball is organized in two directions; quick burst attack and positional attack. A quick counter-attack is organized when the opponent repels the attack, or when the goalkeeper catches the ball and quickly passes it to his attackers. If the team attacks after a pause, and the opponent has managed to return to the defense, then a positional attack is organized.

The solution of the tasks set in the work made it possible to draw the following conclusions:

1. Analysis of scientific and methodological literature suggests that the problem of the development of jumping ability (speed-strength abilities) of students school handball section is not sufficiently represented in the methodological literature.
2. The methodology of using the school section in the training sessions is quite effective when specific exercises are used in well-defined complexes and with a clear dosage.
3. The experiment showed that despite the positive dynamics in test exercises of speed-strength orientation, the proposed method of using standard complexes, is more effective.

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