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A Circular Training Method for Qualified Handball Players

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Annotation: *Relevance. The results of performances at the World and European Championships, as well as the Olympic Games of the Russian men's and women's national handball teams over the past 30 years are impressive. A high level of achievements over a long period would have been impossible without the preparation of a full-fledged reserve for the national teams of the country. To a greater extent, the successful breeding work was successful for the Russian women's national team, whose highest achievements occurred in the two thousandth years. The further progress of Russian handball players is conditioned by the development and application of modern effective training techniques in the process of sports training, which increase the ability of players to successfully compete in major tournaments, winning prizes and medals for their clubs and national teams.*

Keywords: *qualified handball players, flow-round method, technical exercises, and number of repetitions.*

The purpose of the study is to develop a methodology for using the flow–game training method in the process of training qualified handball players engaged in sports skill improvement groups.

Research methods – analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, methods of mathematical statistics. The results of the study provide information on the performance of two groups of examined handball players (32 people and 30 people) of the training process using in-line and in-line circular methods of performing individual exercises with the ball. An almost twofold increase in the number of technical actions performed individually, in twos and threes with one ball by handball players using the flow-round method was revealed**.**

Conclusion. The analysis of the results of the conducted research indicates that the flow-round method is advisable to use in the process of sports training of qualified handball players, as it provides an almost twofold increase in the number of technical actions performed compared with traditional raining**.**

Introduction. More than sixty years ago, British experts in the field of physical culture R. Morgan and G. Adamson developed a circular training method designed to increase strength, speed-strength, speed capabilities, as well as endurance of those involved. In the USSR, and then in Uzbekistan, there were quite a large number of followers of this training technique to improve the physical fitness of athletes [3]. The most striking of them was I. U. Ismailovi.A.I. Mamasadikovich. who proposed to introduce elements or whole complexes of circular training in order to increase the motor density of training sessions [1]. This method was used mainly for training related to increasing the athleticism of those involved. To improve the technique of the game in the training process, such a technique was not used. In the scientific and methodological literature, the technique of training technical

training in a circular manner was used in football and volleyball. In handball, this technique was mentioned in the training manual of Yu.G. Zaitsev 2007 and in other publications [2, 4].

The purpose of the study is to develop a methodology for using the flow–game training method in the process of training qualified handball players engaged in sports skill improvement groups. The methodology described in this article has not been covered in any scientific and methodological publication on handball published in Russia. Nevertheless, it has been used in the practical work of the author of the article for many years. An important condition by which it is possible to radically improve the quality of technical techniques performed by athletes is to increase the number of repetitions of technical actions. Given the original purpose of the circular method of training, namely, improving the physical condition of those involved, it is possible to simultaneously improve the performance of speed and strength work, speed and endurance, as well as agility and mobility of handball players. In this case, the selection of exercises is carried out taking into account the requirements for solving the tasks facing the handball players. It should be noted that complex exercises are used in the training process in the case when technical techniques are being improved. The method of conducting training in a circular manner is more typical for the training stage, or later stages of training, that is, for situations when the group of students is more organized and they have already mastered most of the necessary game skills.

The essence of the flow-round method is that the trainees, continuously, for a certain time, moving around the circle of a full-size playground, perform various exercises to improve the elements of technical training in combination with shots at the goal. Exercises are performed in certain areas, as a rule, one zone occupies a quarter of the site. The list of exercises for the training process may include tasks related to special physical training. When drawing up a training plan, the following exercises should be used as a means for conducting them: Individual exercises with a ball. Exercises in pairs with one ball. Tasks for two students with two balls. Exercises for three students with one ball. Three players practice with two balls. The use of the flow-round method for training groups of athletes of four people or more is impractical due to a decrease in the density of the training process and the possibility of violating the boundaries of the playing zones due to an increase in the number of participants. It is advisable to use the following technical, tactical actions and special physical exercises when training with handball players in a flow-round method: Improving movements, "playing without the ball". Exercises for training ball passing. Keeping the ball. Exercises for feints. Improving the use of barriers. Defensive actions of the players. Improving the simplest tactical actions. Exercises for dexterity. Exercises for mobility. Exercises for general and special physical fitness in combination with tasks to improve the technique of the game. Complex tasks.

Methods and organization of research. In 2022, the study was attended by students of the Chirchik IFK (38 boys), as well as 32 students of the Gulistan State University engaged in handball in training groups. The research used such methods as the study and analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, methods of mathematical statistics. The research was conducted using the same exercises to improve the technical elements. Both the traditional in-line technique adopted in coaching practice and the in-line circular training technique were used. The time limit for exercises using the continuous circular method and, accordingly, the traditional method of training was also the same: from five to seven minutes, the duration of one series with further rest for two minutes.

When comparing two methods for students of IFK G.Chirchik (32 students), as well as athlete No.2 Gulistan STUSH. (38 students) exercises were used to improve feints and defensive play in combination with shots at goal. During the surveys, the technical actions of each participant were counted during the time allotted for performing exercises, both with the usual flow method and with the flow-circular training method. The results of the research. The results of the individual exercises with the ball performed by the examined handball players (table 1) (running time 5 minutes) indicate that when using the flow method, the number of technical actions performed in 5 minutes ranges from 20 to 24, and when using the flow-circular method, the values of this indicator increase to 69 – 75 actions, that is, more than three times.

Table 1. Individual exercises performed with a ball

№	Name of the method	The number of technical actions in 5 minutes	±σ
1	The flow method	20-24 actions	1,4
2	The flow-round method	69-75 actions	5,3

It is not difficult to calculate that when using 5-6 sets of exercises in training in total, the values of the indicator for the flow-circular method are 345-375 repetitions with five series and 414-450 technical actions with six series of technical elements improvement. The value of the indicators for the flow method is significantly lower: 100-120 repetitions for five series and 120-144 for six series. When training handball players using paired tasks for defense and attack using both methods, the following values of indicators were obtained (Table 2).

Table 2. Exercises in pairs performed with one ball.

№	Name of the method	The number of technical actions in 6 minutes	±σ
1	The flow method	36-40 actions	1,4
2	The flow-round method	69-75 actions	5,3

In this case, the use of the flow-circular method made it possible to perform 345-375 repetitions with five series and 414-450 technical actions with six series of improving techniques against 180-200 and 216-240 with the flow method. Fluctuations in the number of paired technical exercises performed in 6 minutes occur with the flow method from 36 to 40 repetitions, and with the flow-circular method - from 69 to 75 repetitions, that is, 1.9 times more. The number of technical actions performed by three handball players with one ball in 7 minutes (Table 3) ranged from 17 to 22 repetitions with the flow method, from 40 to 44 repetitions with the flow-round method, which is 2.1 times more.

Table 3. Exercises in threes performed with one ball

№ п/п	Name of the method	Name of the method	The number of technical actions in 7 minutes нут	±σ
1	The flow method	The flow method	17-22 actions	4,2
2	The flow-round method	The flow-round method	40-44 actions	1,4

With five series of the classical method, the technical actions are in the range of 85-110 repetitions, whereas with the flow-circular method 200-220 repetitions, and with six series 102-132 and 240264, respectively. As follows from the results of the study, the advantage of the flow-circular method is undeniable. Conclusion. Based on the results of the study conducted with the participation of a large number of qualified handball players, the following conclusions can be drawn: The analysis of the results of the study showed the great effectiveness of the proposed flow-round training method. The motor density of training using the flow-circular method has increased by two or more times compared to the traditional flow method. With an increase in the number of handball players participating in the exercise, the training density decreased in both cases. Thus, it seems possible to recommend a flow-round training method for introducing qualified handball players into the process of sports training in order to improve technical techniques at the training stage and other stages of long-term training of athletes.

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