

TRAINING OF UNIX HANDBALL PLAYERS IN TECHNIQUES AT THE STAGE OF INITIAL SPORTS TRAINING

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Annotation

An analysis of the materials published in the literature, the results of a study of the composition of errors in the technique of performing ball throws by young handball players, as well as their typology and determining the effectiveness of the process of correcting errors in the technique of performing these game techniques at the stage of initial training, made it possible to formulate theoretical and methodological provisions that justify the need to develop and establishing guidelines, structure and content of the main procedural components of the methodology for teaching beginner young handball players of 9-11 years old the technique of throwing the ball into the goal.

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Introduction. An analysis of literary sources on various aspects of the problem of primary teaching handball technique for children of primary school age [3, 4, 5, 7] made it possible to establish the presence of a scientific contradiction between the limited possibilities of using effective methods in the process of teaching game technique due to age-related developmental features of the development of the main body systems of young athletes [1, 6], on the one hand, and the lack of an appropriate methodology for teaching the game technique, taking into account the errors that arise in this case and the timing of their correction, on the other hand. The results of previous studies show that in order to develop such a technique, it is necessary [2]: To determine the composition of mistakes typical for young handball players when mastering the technique of performing game techniques at the stage of initial learning. Set time limits for eliminating typical errors that occur in the process of teaching the technique of performing handball game techniques.

To develop an algorithm for taking into account typical mistakes that occur in young athletes when performing game techniques, and the timing of their correction in the process of teaching young athletes handball techniques at the stage of initial learning.

In this regard, the purpose of this stage of the study was to substantiate the theoretical and methodological provisions for the development of a methodology for the initial training of young handball players 9-11 years old in the technique of throwing the ball into the goal, based on the typology of errors that occur.

Methods and organization of the study. The achievement of the goal was carried out by developing and substantiating the typology of errors that occur among young handball players when mastering the technique of throwing the ball into the goal at the stage of initial learning, which allows them to be systematized by types of techniques, phases of execution, frequency of occurrence and timing of correction. This made it possible to design the main components of the experimental methodology for the initial training of young handball players aged 9-11 years old in the technique of throwing the ball into the goal based on the typology of errors that occur during their implementation. At the same time, methods of literature analysis, pedagogical observation, and pedagogical design were used.

Research results. An analysis of the materials published in the literature, as well as the results of a study of the composition of errors in the technique of performing ball throws by young handball players and their typology, as well as determining the effectiveness of the process of correcting errors in the technique of performing these playing techniques at the stage of initial training, made it possible to reveal the features of the content of various aspects of the problem of initial teaching handball techniques to children of primary school age, including the content of the technique of technical training, the composition of the resulting errors and the effectiveness of the process of correcting them. Based on this, theoretical and methodological provisions were formulated and guidelines were established that justify the need to develop and determine the structure and content of the main procedural components of the methodology for teaching beginner young handball players 9-11 years old the technique of throwing the ball into the goal in the supporting position and throwing the ball on the goal with a bent arm from above in the unsupported (jumping) positions. В их состав вошли следующие основные положения и их основания:

1. The provision that the process of teaching beginner young handball players at the stage of initial sports training the technique of throwing the ball into the goal in the support and unsupported (in the jump) positions should provide for the existence of conditions that ensure the elimination of the possibility of errors and minimization of the time for correcting these errors. First of all, the implementation of this provision, among other things, provides for the development of the program material of the technical training of young female handball players of the 1st year of the stage of initial sports training and should be carried out on the basis of the cumulative observance of three groups of principles: general pedagogical, specific physical education and sports training.
2. The provision that the methodology for teaching beginner young handball players at the stage of initial sports training the technique of throwing the ball into the goal in the support and unsupported (in the jump) positions should provide for the specification of the target settings that determine the content of the process of learning and correcting errors in accordance with a rational sequence. To implement this provision, it is necessary, as part of the main components of the methodology for the initial training of beginner young handball players in the technique of performing these game techniques, to provide for the presence of targets for the technical training process, the main tasks of achieving them in the training process, the solution of which should ensure the fulfillment of the main target and the creation of conditions for improving the quality and reducing the time for young athletes to master the technique

of throwing the ball into the goal.

3. The provision that the target settings of the process of teaching beginner young handball players at the stage of initial sports training the technique of throwing the ball into the goal in the supporting and unsupported (in a jump) positions should determine the content of the exercises used, ensuring the execution of techniques without errors or with a minimum number of them, and also an algorithm for minimizing the time required to eliminate emerging errors.

This provision determines the need for a set of algorithms in the methodology of primary training of young handball players aged 9-11 years for the technique of throwing the ball into the goal, allowing: to typify errors in the technique of performing a motor action; to minimize the composition and number of errors that occur when performing a technique; rationalize the sequence of error correction in the process of studying the technique of playing technique.

4. The provision that the target settings of the process of teaching beginner young handball players at the stage of initial sports training in the technique of throwing the ball into the goal in the support and unsupported (in jump) positions should be differentiated into target settings of the first order and target settings of the second order. At the same time, the target settings of the first order should determine the content of the exercises at the stage of learning the technique of throwing the ball into the goal in the supporting and unsupported (in a jump) positions, and the target settings of the second order should determine the algorithm and content of the process of eliminating errors that occur when mastering techniques. The implementation of these targets should be based on the developed typology of errors in phases, frequency of occurrence and duration of their correction when young handball players perform the stage of initial sports training of throwing the ball into the goal in the support and unsupported (in jump) positions.

5. The provision that the algorithm for teaching beginner young handball players at the stage of initial sports training the technique of throwing the ball into the goal in the support and unsupported (in the jump) positions should take into account the typology of errors, built in phases, frequency of occurrence and duration of correction. In connection with this provision, the coach, when explaining the exercises in the process of learning to throw the ball into the goal, must use a specially developed algorithm for eliminating errors in the performance of this technique based on the corresponding information card, clearly showing the sequence of possible errors, typified by phases, frequency of occurrence and elimination speed.

6. The position that the process of correcting errors when learning by beginning young handball players of the stage of initial sports training of the technique of throwing the ball into the goal in the support and unsupported (in the jump) positions, it is advisable to carry out on the basis of the typology of errors that occur during their implementation. The rationale for this provision is the results of pedagogical observations of the frequency of errors when young handball players 9-11 years old perform ball throws in the support and in the unsupported (in a jump) positions, which made it possible to typify these errors into:); – errors that occur periodically (from 26% to 74% of cases); – errors that rarely occur (25% or less of the cases).

7. The provision that the speed of elimination of mistakes that occur in beginner young handball players at the stage of initial sports training when learning the technique of throwing the ball into the goal in the support and unsupported (in jump) positions should be determined by the number of training sessions spent on their elimination. This position is based on the results of pedagogical observations of the training activities of beginner young handball players aged 9-11, which made it possible to establish a significant difference in the number of lessons spent by the coach to correct mistakes in the technique of performing the considered game techniques at the initial stage of training, which allows them to be

typologically classified into: - errors that are quickly fixed; - errors that are not fixed for a long time; - Mistakes that take a long time to fix.

8. The provision that the algorithm for eliminating errors when beginning young handball players learn the stage of initial sports training of the technique of throwing the ball into the goal in the support and unsupported (in jump) positions should take into account the typology of errors, built in phases, frequency of occurrence and duration of correction. This provision makes it possible to implement the results of a study of the technique for performing these game techniques with the identification of the composition of errors that arise during their development, their number by phases of action, the frequency of occurrence of specific errors and the duration of their correction, which made it possible to compile an appropriate typology.

9. The provision that in the process of eliminating errors in the technique of throwing the ball into the goal in the support and unsupported (in jump) positions in the process of eliminating errors in the technique of throwing the ball into the goal in the framework of a specific training session, for a separate group of identified errors, should be carried out in the priority order according to the phases of the technical reception, corresponding to the sequence of their occurrence in the process of its implementation on the basis of the implementation of a specially developed algorithm.

10. The provision that in the process of learning by beginning young handball players of the stage of initial sports training the technique of throwing the ball into the goal in the support and unsupported (in jump) positions, the composition and content of the exercises should provide conditions that minimize the possibility of errors, taking into account the frequency of their manifestation and speed of elimination. To implement this provision, in the process of initial learning the technique of performing these ball throws at the goal, the coach must focus his attention and fix the appearance of errors sequentially by the phases of the execution of the technique and in the following priority sequence due to the frequency of their manifestation and the speed of elimination: - rarely occurring and for a long time eliminated; - periodically arising and long eliminated; - often occurring and long eliminated; - Rarely occurring and short-term eliminated; - recurring and short-term eliminated; - frequently occurring and short-term eliminated; - rarely occurring and quickly eliminated; - periodically arising and quickly eliminated; - often occurring and quickly eliminated.

Conclusion. The formulated and substantiated theoretical and methodological provisions make it possible to develop a new methodology for the initial training of young handball players aged 9-11 years old in the technique of throwing the ball into the goal based on the typology of errors that occur during their implementation.

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