

**MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**MECHANISMS OF INTEGRAL TRAINING OF CENTER  
PLAYERS IN HANDBALL****M. M. Rozibayev***Independent researcher**Uzbekistan State Physical Education and Sports university**Chirchik, Uzbekistan**E-mail: [ruzibayev@mail.ru](mailto:ruzibayev@mail.ru)***ABOUT ARTICLE****Key words:** Handball, ampoule, model, integral, physical, technical-tactical, psychologic**Received:** 17.08.24**Accepted:** 19.08.24**Published:** 21.08.24**Abstract:** This article is provided information on improving the model of integral training of center players aimed at increasing performance in the game of handball and developing the types of physical, technical-tactical and psychological training in accordance.**INTRODUCTION**

Effective systems for training skilled handball players are being developed in many countries around the world. In particular, the possibility of achieving high results by training qualified handball players on the basis of best practices, adapting them to intensive training and competition loads, starting from the initial training stage, physical, technical-tactical and multi-year training process. many scientific researches aimed at systematic formation of psychofunctional capabilities are being carried out [3,5]. The inability of the team's players to perform their actions efficiently throughout the game is especially evident during the international competition. By the middle of the second half, in the majority of center players, the accuracy of movements, the speed of transitioning from one movement to another, the stability of balance, and the decrease in reliability are the issues of developing a methodology for improving the attack efficiency of qualified center players during the competition. insufficient research shows the need to scientifically justify these issues.

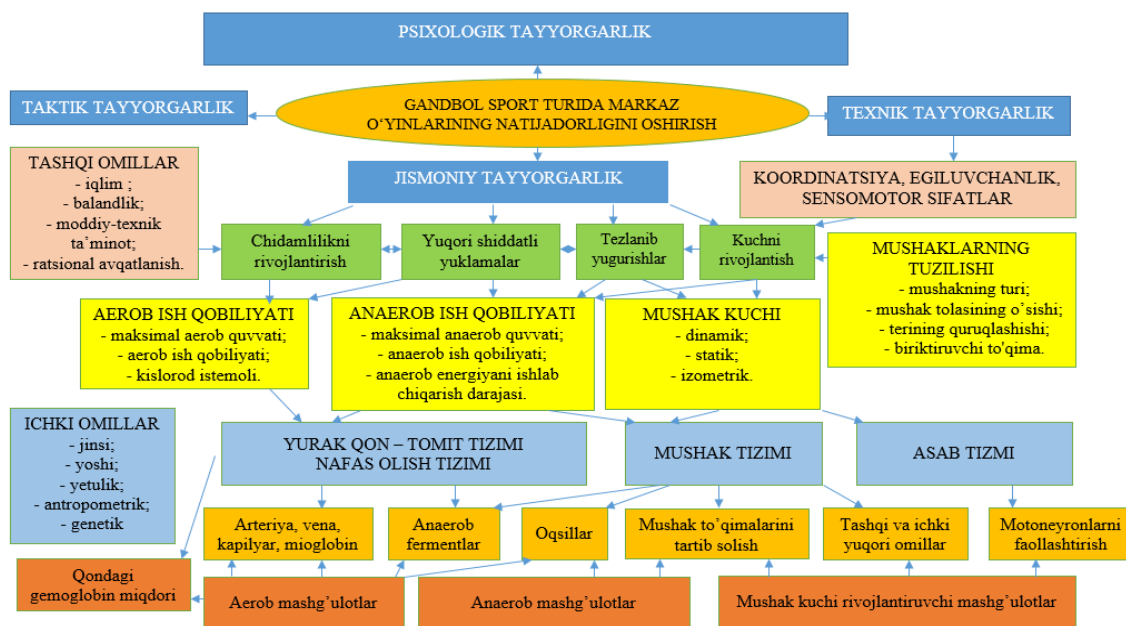
**THE PURPOSE OF THE STUDY**

The aim of the center is to improve the model of integral training of the players aimed at improving performance in the game of handball.

Tasks of research. 1. To study and analyze the indicators of center players by types of training.  
2. Improving the model of integral training of center players aimed at increasing performance in the game of handball.

### **RESEARCH RESULTS AND THEIR DISCUSSION**

In many years of sports practice, it became known that the sports result became a criterion for evaluating the level of sportsmanship of the team and its members in the competitions won. As research shows, this representation of the sports result in terms of the place in the tournament table in team sports does not fully reflect the level of the athlete's skill, because objective indicators are not quantitative. With the same high skills of all teams participating in the competition, their different positions in the tournament table (first and last places) are inevitable. Thus, it is necessary to set objective indicators, based on which it will be possible to successfully plan and control the preparation process. The number of objective indicators in sports games includes: among others, an elementary set of game techniques (tactical aspect), quick and accurate assessment of the situation, choosing the optimal offensive or defensive action for a specific game situation, and ability to use effectively (technical aspect), special qualities and abilities (requirements for temporal, spatial and power parameters of performance), energy mode of the athlete; expressed by emotional-motor control and other features. It is important to quantify all of this. At the same time, he developed standards for the development of physical fitness of highly qualified handball players. At the same time, the quality of general endurance plays an important role in the physical fitness of handball players, so oxygen consumption during the game reaches 4.1 l / min-1 for highly skilled players, which is 93.3% of the NOC. is enough. Speed and endurance play one of the main roles in handball competitions. It is important to develop technical and tactical training along with physical training of different skill players. Depending on the tactical functions, it differs by the use of techniques and the nature of motor activity. For example, a central player in the attack 35 times, in the welterweight - 50, in the wing - 42, in the line - 43 and in the defense - respectively, in the center player 83, in the welterweight - 74, in the wing - 36, in the line – can implement 74. We developed a model of internal training of center players aimed at increasing performance in handball sport and used it in training.



1-rasm. Gandbol o'yinida natijadorlikni oshirishga qaratilgan markaz o'yinchilarini integral tayyorlash modeli

We paid attention to improving the physical, technical-tactical and psychological training types in accordance with the model of integral training of center players aimed at increasing performance in the game of handball. External and internal factors influencing the training of skillful handball players were identified and analyzed. Based on them, we focused on improving the physical qualities of qualified center players, developing endurance and strength through high-intensity loads and sprinting. At the same time, the coordination, flexibility and sensorimotor qualities of the players of the center were developed. Based on aerobic, anaerobic and muscle strength work capacity, aerobic, anaerobic and muscle strength developing tools were selected and used in training. During training, the psychological preparation of handball players was always monitored. By applying the model aimed at increasing the integral training of center players during our research, it was found that their performance in the types of training improved and the possibility of achieving high results in competitions increased.

## SUMMARY

By using the model of integral training of center players aimed at increasing performance in the handball game, the ability of the center players to understand the ampoule players and perform deceptive actions has increased. In general, physical training has improved by 10.2%, technical training by 13.5%, tactical training by 12.3%, and psychological training by 14.5%.

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