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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**EFFECTIVENESS OF APPLICATION OF MODEL PLANS IN  
GOALBALL SPORTS TRAINING****Laylo Sobirova***Doctor of Philosophy in Pedagogical Sciences, Associate Professor**The Uzbek state university of physical education and sport**Tashkent region, Uzbekistan**E-mail: [sobirovalaylo@gmail.com](mailto:sobirovalaylo@gmail.com)***ABOUT ARTICLE**

**Key words:** Goalball, training, technique, tactics, Paralympics, visually impaired, adaptive, nosology, sport classifications, development, popularization, physically disabled, training, model plan, efficiency.

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**Abstract:** The article is presented the effectiveness of physical, technical and tactical training in increasing the movement activity of visually impaired persons by using model daily plans in goalball sports training, the application features of the model training plan for blind and visually impaired people, the use of special, corrective and restorative tools in a day model training plan. Emphasis is placed on the method of application, the standards of training loads, the sequence of training cycles, the use of cycles that increase the possibility of achieving high results in sports competitions, as well as the planning of training cycles.

**INTRODUCTION**

For visually impaired people, movement is not only a way of physical development, but also the most important psychological factor that allows them to easily adapt to the changing conditions of the social environment in the future. Movement activity is a powerful means of social adaptation of blind people, and the development of technologies related to reserve training for adaptive sports in team games for the blind and visually impaired is important for their social adaptation and full life.[1;2;3].

The aim of the research: Goalball is to increase movement activity of people with visual impairments by applying a model daily plan.

The tasks of research: Identification and selection of special tools and methods used in goalball training;

- determination of the physical and physiological condition of goalball players;
- development of a model daily plan aimed at increasing the physical, technical and tactical readiness of the visually impaired.

### **MATERIALS AND METHODS**

With the change of body position during movement, the direction of the dynamic base reaction and the acceleration possibilities favorable for the conditions of this direction were examined at different times of preparation. These indicators, at first, allow people with various injuries in cerebral palsy to get accurate and fast information about the possibilities of movement, and on the other hand, make changes in the direction and content of training in preparation. During exercise, the weight of the athlete's body, the strength of the base reactions, the indicators of overcoming the resistance forces associated with the external environment. Any movement activity of a person can be considered as the use of the gravitational force of a muscle in conjunction with other external and internal forces. The following methods were used in the implementation of research:

- interview;
- pedagogical observation;
- survey;
- analysis of scientific and methodological literatures on the subject;

### **RESULTS AND DISCUSSION**

Scientific researches show that if the exercises are selected correctly and there are physical load standards, physical exercises are not prohibited for people with eye diseases and any visual acuity. The sport of goalball is important as a means of functional rehabilitation of visually impaired persons, which consists of physical loading of auditory, tactile, movement and sensory systems. Analyzers of these sensory systems include information from the external and internal environment of the body, tension and coordination of all muscle groups, and active execution of direct actions that require a quick decision to perform a specific action. Currently, volunteer activities related to working with people with disabilities, including their participation in all kinds of sports holidays, competitions, sports festivals and sports-health events, are becoming more and more popular and relevant. During goalball training, volunteers are a necessary component that ensures the maximum effectiveness of the training. It is very important to work with parents and relatives of people with visual impairments who play goalball, mainly to solve psychological problems that arise during training.

Goalball is one of the most popular and developing sports today. Due to the fact that it is a new sport in our republic, there are no training plans for sports training. In order to eliminate the above problems, we developed and put into practice a model daily plan used in goalball sports training.

Table 1

## A sample daily plan used in goalball sports training

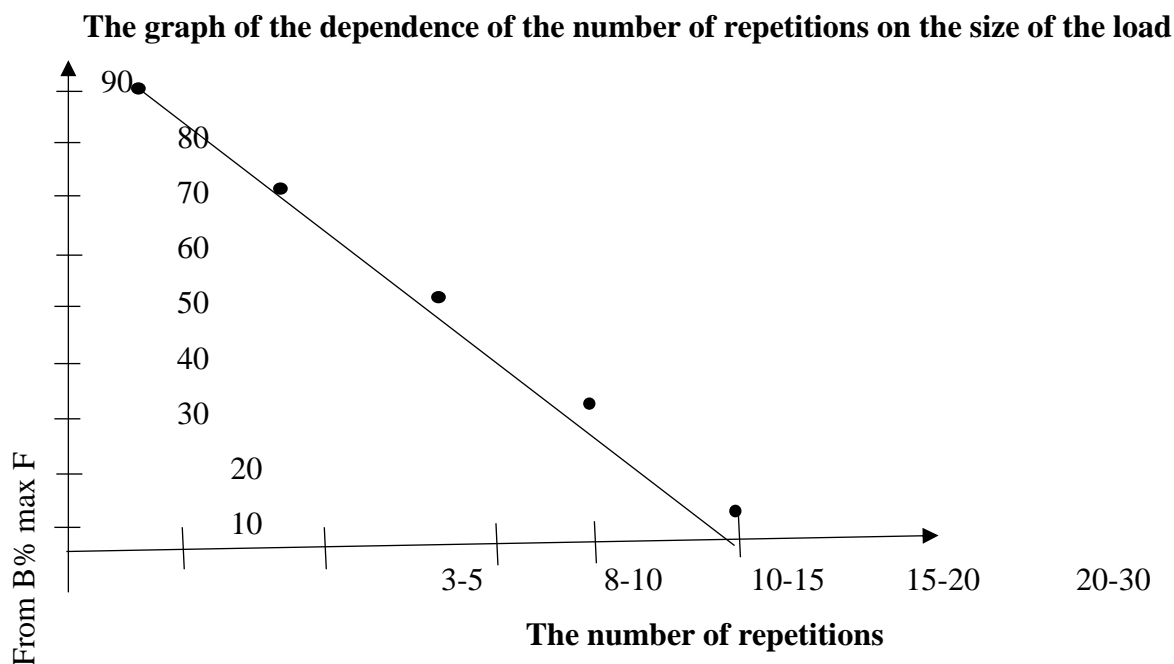
Training part	Standard (Time)	Objective	Organizational guidelines
Introduction	5 minutes.	Greetings, knowing students' psychological condition, explaining educational tasks.	Pay attention to balance while standing in line
Preparation	30 minutes.	1. General preparation 1. Explanation of standing in line 2. Aerobic jogging (with a partner) 3. Stretching exercises 4. general developmental exercises 5. Running exercises (with a guide)	Warming up the muscles involved in the exercises and preparing the body for the main part
Main	30 minutes.	2. Special preparation - exercises to develop strength and endurance; - exercises that develop quick-strength and speed-endurance qualities.	Emphasis on developing accuracy and intuition in practitioners.
	25 minutes.	3. Technical preparation: - perform falling movements while standing; - perform falls to the right and left; - perform movements of falling into their own zone depending on the time.	Emphasis on exercise technique and attention development
	15 minutes.	4. Tactical preparation: - learn new tactical plans with accurate shooting and bouncing balls.	Independently perform movements depending on the direction of the ball with attention
Final	5-10 minutes.	1. Use breathing, relaxation and restorative exercises. 2. Corrective exercises 3. Alignment.	Performing special exercises at home

In the sample daily plan used in goalball sports training, the training content, standards and organizational methodical instructions are covered in preparation, main and final parts. Taking into account the growing sports results and the presence of competitive athletes, we have created a model daily plan in an integrated state. During the one-day training, physical, technical-tactical and psychological training tools were used. For the general physical fitness of goalball players, general developmental exercises without and with objects, as well as athletics (running with a leader, jumping, throwing, performed with filler balls) are used.

Exercises included in special physical training are divided into two groups: 1) exercises that develop strength, speed, endurance, agility, reaction speed, correct choice of direction and other qualities; 2) exercises aimed at improving game technique are selected. To develop strength, dynamic exercises performed at variable speeds are used to develop "explosive" strength, and low-weight exercises are performed at maximum speed. The most effective exercises with a maximum weight of

30% are selected, their performance allows to develop not only strength, but also endurance. It mainly develops special muscle groups that extend the thigh and calf and bend the wrist. Exercises can be performed without rest intervals and with rest intervals in between. Rest 10-15 seconds between each repetition. It should also be noted that resistance value, speed of movement, number of repetitions in one series, number of series in one training, number of exercises and their direction, sequence of effects of exercises on different muscle groups, duration and characteristics of rests between repetitions and series are important in strength training. goalkeepers should be changed according to their physical and functional condition. In the development of the methodology for the development of the quality of quick-power, it is necessary to pay attention to the improvement of the main factors determining the level of this quality, as well as the features of their implementation in connection with the specific aspects of goalball.

As mentioned above, the main physical qualities for goalball players: maximum strength, quick-strength and speed are endurance, and we focused on the development of these physical qualities. In modern sports practice, including goalball players, two effective, individually performed methods have been used to develop maximum strength. The first method includes an increase in strength due to the improvement of neuroregulatory mechanisms (improving impulses, intra-muscular and inter-muscular coordination). This method of increasing maximum strength does not result in a significant increase in muscle mass. The second method involves increasing the maximum strength by increasing the transverse anatomical side of the muscles. It is important to know whether the body weight is maintained or slightly increased at the first stage of strength training aimed at increasing muscle mass, because active growth of muscle mass with regular nutrition is accompanied by a decrease in body fat. As muscle mass increases with the development of maximum strength, the amount of weight changes in a wide range from 50-60 to 90-100% of the maximum strength level. The number of repetitions in each approach is determined by the amount of weight. When the weights are 90-100% of the maximum strength level, the number of repetitions is counted from 1 to 3; reducing the weights allows you to increase the number of repetitions. For example, if the weight is 60-70%, the number of repetitions increases to 8-12 times (determining the maximum weight of the load, see Figure 1).

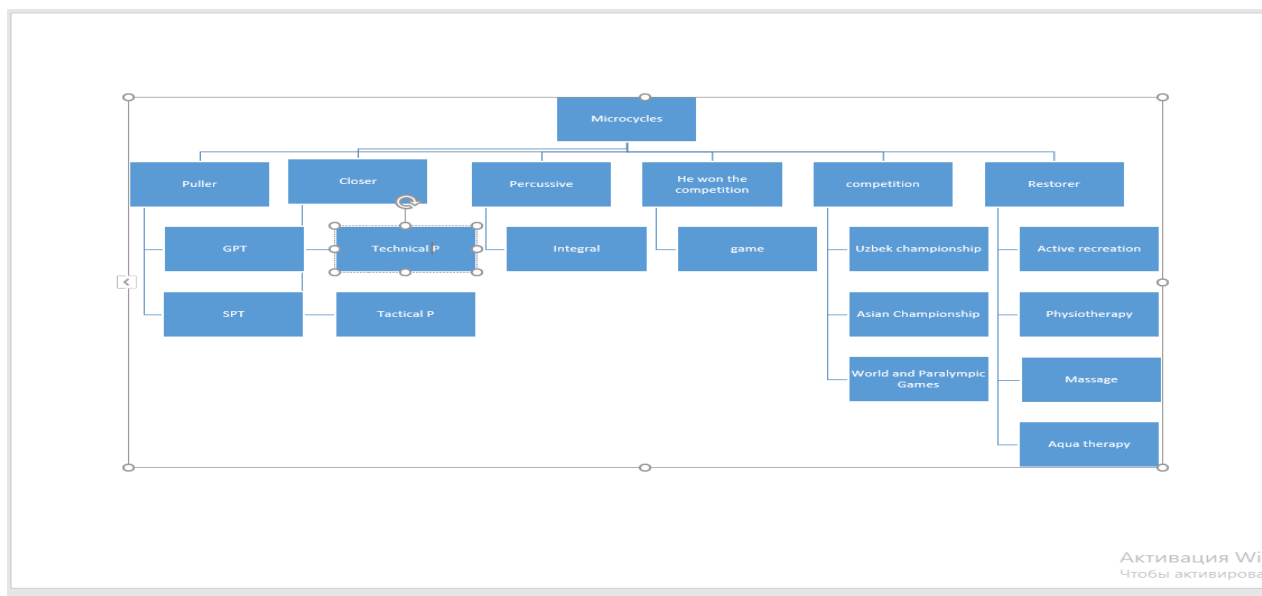


The figure above shows that the number of repetitions depends on the size of the load. Rest intervals between podchods can be very large, up to 2-6 minutes. When setting rest intervals, it is recommended to pay attention to the heart rate data, and at the same time work capacity (100-120 beats per minute) is restored. Relaxation intervals and stretching exercises, self-massage and muscle massage are recommended. The method of increasing maximum power by increasing the transverse anatomical side of the muscles has its own characteristics. The amount of weights, although it does not reach the limit values, is very high - equal to 75-90% of the maximum power level. In this case, a separate approach (duration of work) can ensure the optimal ratio between the intensity of muscle work and the number of movements. With the development of this type of maximum strength, attention should be paid to low speed of movement. Each repetition takes 3 to 6 seconds. Scientific-methodological sources allow establishing a relationship between repetition (until rejection) and training effectiveness. The training is most effective when 6 to 12 movements are performed in each approach. The duration of rest is between 1-3 minutes. Rest between repetitions is usually less. Sometimes rest can be long (up to 4-5 minutes). Such rest intervals are planned when a large number of repetitions (10-12 times) are performed in each approach and the total duration of work reaches 40-45 seconds. With a relatively small number of repetitions (4-6), very short rest intervals (30-40 seconds) are often planned. After completing exercises aimed at improving strength qualities in one muscle group, the goalball player continues to train the muscles of another group. The variety of combinations of different components of the load, equipment, various exercises create opportunities to use a large number of effective sets of strength exercises. The method of improving the technique

and tactics of the goalkeeper's defensive actions mainly includes sets of exercises for general and special physical training, as well as the basics of technical and tactical training and game activity. The technical training of a goalkeeper is characterized by what he is capable of and how he mastered the technique of movements. In the process of technical training of a goalkeeper, training is conducted on mastering movements, forming movement skills and competencies. When mastering the technique of any motor activity, first of all, the ability to perform it appears, and then, as it deepens and improves, the ability gradually turns into a skill. The basis of tactical training of a goalkeeper is the ability to master individual, group and collective actions. Every goalkeeper should know the content and classification of tactics, and bring the practical performance of individual and group actions to the state of tactical skills. Tactical skills are automatic components of the conscious movement of the goalkeeper during the game, which are formed during training. When used under standard conditions, tactical skill is characterized by strength, precision and rhythm of movement. But the situations in the game change quickly and they are different. In addition, one tactical task can be performed with different tools, and different tasks can be performed with the same tools. When the competition situation does not correspond to the developed action stereotype and the goalkeeper fails to find the connection between the competition and training situations, the tactical skills used as a model lead to errors. Choosing the right tactical skill and applying it requires creative thinking. Learning tactics begins with an introduction to the game. Then they begin to learn individual tactical actions, first performed individually, then in a group, and then in a collective form. As a result, all learned moves form the basis of certain tactical systems of the game. Increasing special training while reducing general training during training is also effective in teaching team actions.

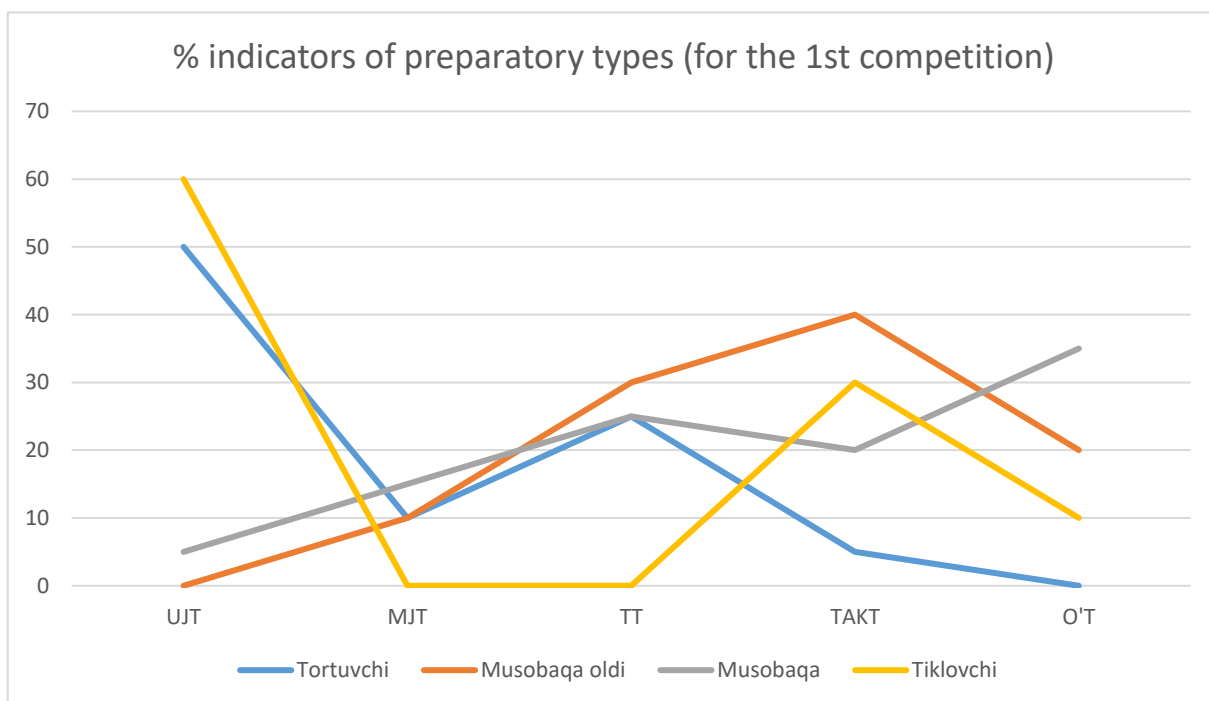
A typical day plan for goalball sports training includes aerobic running (high-intensity aerobic exercise strengthens the nervous system of participants, improves blood circulation and increases the efficiency of the brain), stretching used in training. It prevents injuries during intensive sports training and avoids muscle strain, makes the muscles of goalball players stronger and the body more flexible. It is effective in reducing muscle tension, improving blood circulation, precise performance of movements, and improving the qualities of endurance and flexibility. The use of stretching tools in regular training relieves stress and helps the blind and visually impaired to have active rest, increases self-confidence, correctional (use of a special set of exercises adapted to the physical functional condition of visually impaired persons in goalball training) and occlusive (active rest), physiotherapy, water treatments and massage) during training is more effective in developing the qualities of strength, power-endurance, speed-power, speed-endurance of goalball players, as well as in increasing movement activity, accuracy, sense of distance, perception of visually impaired people.

### The structure of microcycles in training goalball players



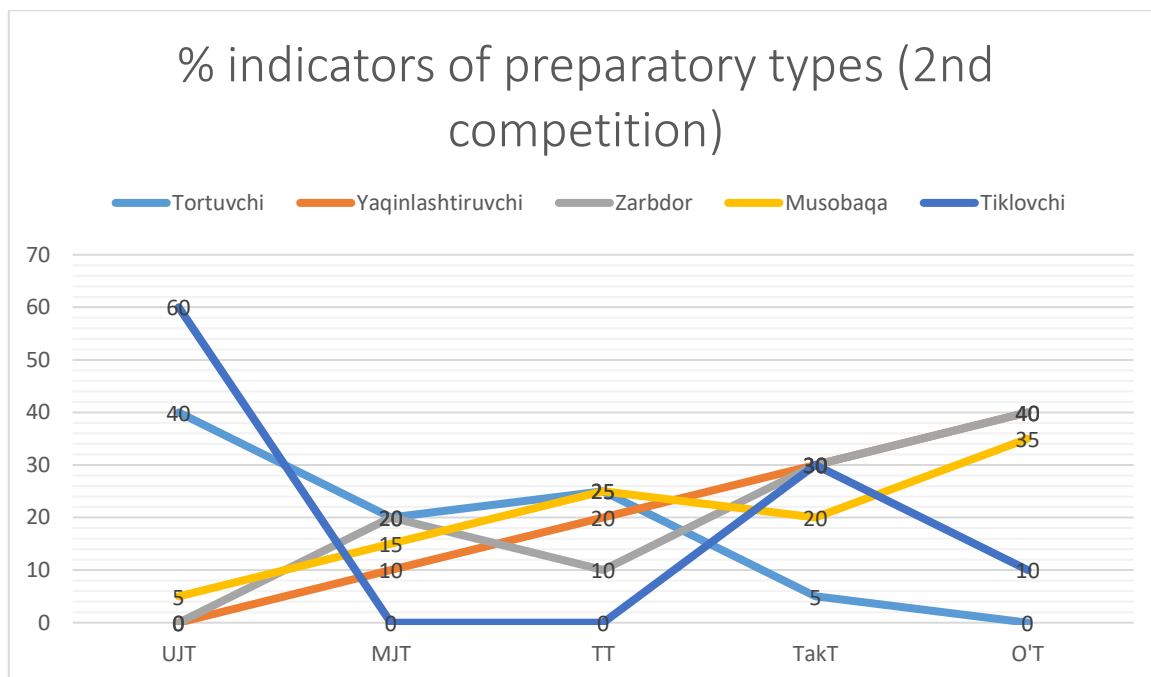
Means and methods have been selected for use in the training of goalball players for sports competitions in stretching, converging, striking, pre-competition, competition, and recovery exercises. During the annual cycle, special tools are used in training. The possibility of achieving a high result in competitions will increase if the distribution of means into cycles by types of preparation is carried out as follows.

### Annual cycles of training goalball players for the competition



Preparation of goalball players for the competition is carried out in percentage terms during the annual cycle. When preparing goalball players for the first competition, more attention is paid to general preparation. Including 50% of general training, 10% of special training, 25% of technical training, 5% of tactical training.





In the preparation for the second competition, more attention is paid to special training tools in the stretching and recovery microcycle. The use of special training tools during training allows to achieve the result. After the competition, if physical therapy, ACVA therapy, massage, and active rest are paid attention to in the recovery cycle, visually impaired people will quickly adapt to the next training period, and muscle activity will improve.

### CONCLUSION

In conclusion, we need to properly plan and control the tools and methods of training in microcycles used in training and competitions in preparing the sighted and visually impaired people for goalball. As a result of using model plans in goalball training, visually impaired people have a better chance of achieving better results and increased mobility.

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