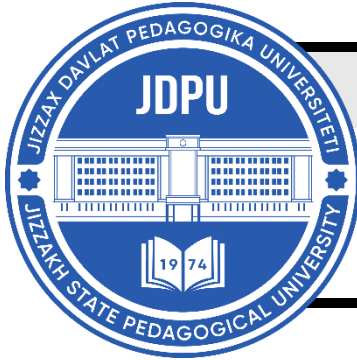


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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE PLACE AND ROLE OF GOALKEEPER TRAINING IN  
HANDBALL****Abdulla Kamilovich Karimov**

Urganch State University

Urganch, Uzbekistan

E-mail: [abdullakamilovich@gmail.com](mailto:abdullakamilovich@gmail.com)**ABOUT ARTICLE**

**Key words:** goalkeeper, role, selection, coach, activity, attack, training, intuitive, static, attack, strike, technique, tactic, opponent.

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**Abstract:** In no other sport, where the goal must be constantly and actively protected, is the goalkeeper's signature movements more prominent than in handball. During the game, the goalkeeper has to repel about 60-80 shots from the opponent's side from different points of the field and aimed at a specific person. In game situations, the goalkeeper must be persistent, agile and accurate. Because even a small mistake can lead to the occupation of the gate. The courage and tenacity of handball goalkeepers in the game, combined with their physical, tactical, technical and psychological preparation, provides reliable protection in the most difficult situations. Based on this, this article focuses on the selection of handball goalkeepers, coaches and goalkeepers, the gap in the role of goalkeepers, the field. information about the interaction of players and goalkeepers is presented.

**INTRODUCTION**

Handball fans and experts always remember the names of the main field players, but the names of the goalkeepers remain on the second level. [1]. The same trend is observed in most of the handball literature about goalkeeper technique and tactics. They talk very little about goalkeeper technique and tactics on the field [4.5]. In addition, the goalkeeper's game is a difficult and responsible part of collective action. This largely determines their ultimate success.

## **MATERIALS AND METHODS**

Methods such as study and analysis of scientific-methodical literature, pedagogical observation, pedagogical experience, mathematical-statistical analysis of research results were used in the research.

### **Relevance of the topic:**

Handball goalkeepers can use a wide variety of playing styles. But the analysis of the results of the Cup of Uzbekistan and the championships shows that today most of the goalkeepers prefer to play in the classic style. The goalkeeper's actions in this style of play depend on the correct selection of the starting position in the goal, accurate communication with the defenders and the fastest organization of the transition from defense to attack after holding the ball.

The main requirement for the goalkeeper is to understand the progress of the game, to be able to assess the situation on the field, to be able to determine the possible actions of the opponent and, based on this, to choose the most correct place of the goal, to be able to use the correct technical method to return the intended shot. Although the handball goalkeeper does not perform many actions around the court, his actions must be quick and precise. He must be able to react instantly to the situation, but also to choose the right place in front of the goal and be able to effectively use technical methods in the defense of the goal.

It requires a high level of physical fitness of modern handball players. Selection of highly qualified goalkeepers requires training. The result of the game largely depends on the skills of the goalkeepers.

## **RESULTS AND DISCUSSIONS**

Handball puts high demands on goalkeepers. This game is characterized by field players throwing the ball, unexpected and fast flight (up to 100 km/h). In order to react to the attacker's shot, the goalkeeper must constantly follow the ball during the opponent's attack. Comparison of the duration of the flight of the ball by the goalkeeper and the duration of the defense shows the need to predict the flight direction of the ball in advance. This requires constant concentration on the actions of the field players. It should also be noted that the motor movements of the goalkeeper are significantly different from the motor movements of the field player.

The main components of a goalkeeper's game are jumps, dribbling of arms and legs, passing the ball and back-and-forth movements. The active phase of the goalkeeper's activity lasts until the ball belongs to the opponent. Slow motion (passive) phase transition - ends with the goalkeeper passing the delayed ball to his team's handball players. Active and slow (passive) phases alternate each other mainly every 10-40 seconds.

Observations show that in matches with a strong opponent, the goalkeeper's heart rate (UQS) varies from 144 to 176 beats / minute, and the highest values are in moments of emotional stress. For

example, during a free throw. In competitions with a weak opponent, the heart rate of the goalkeeper does not exceed 120-160 beats per minute.

One of the main components that determine the successful preparation of a good goalkeeper is the technique of defensive movements. It requires taking the right starting position, moving to the goal, choosing the right position, using deceptive moves, catching the ball, receiving the ball and passing.

In addition, goalkeepers are the last to organize the attack and correct the mistakes of the defenders, and the athlete who starts the attack of his team first.

In other words, in the game of handball, everything happens around the goalkeeper. They have different and often decisive effects on the game. But many coaches gave the goalkeeper a secondary role in the game. However, high physical, technical and tactical training of the goalkeeper largely determines the team's success on the field [1,6,13].

All movements and defensive actions are based on the starting position of the goalkeeper. First of all, the starting position in any game situation should ensure that the goalkeeper can effectively protect any part of the goal. Secondly, it should show the goalkeeper's calmness and composure, which is necessary for both teams, and his psychological superiority over the opponent (this psychological aspect is often overlooked). Goalkeepers should learn to move with their hands high from a young age. Because it causes muscle fatigue and reduces concentration.

What should be the position of the starting goalkeeper? The arms are raised from the sides, the elbows are slightly bent and spread apart, while the hands are placed on the face (experience shows that the goalkeeper always uses his hands and arms to protect the goal will find time to take it to the right place). The knees are also slightly bent, because only this position allows you to jump to any corner of the gate. The goalkeeper should not stand on his toes, as is often said, but on his whole leg, because a stable body position is necessary for defensive actions.

In addition, the starting position of each goalkeeper is unique. Its characteristics are primarily related to its growth.

During the game, the goalkeeper must be calm and determined, despite the fact that he is always ready to attack.

**Firstly.** We focus on the importance of psychological defeat of the attacking opponent by the goalkeeper. As a result of decreasing attention to the goalkeeper's preparation, the probability of returning a goal decreases. In such a set of thoughts, the mental superiority of the striker over the goalkeeper is increasing, for example, if the goalkeeper manages to eliminate 2-3 goal situations of the opponent's attacker at the beginning of the game, the goalkeeper can really become a terror for the opponent's attacker. It often happens in various types of games that handball players go to the reserve after four or five unsuccessful throws, and the coach makes a substitution. In our opinion, in

this situation, the opponent will be depressed not only by the defensive technique and correct positional play of the goalkeeper, but also by the achieved psychological advantage.

**Secondly.** A good goalkeeper is a reliable defender for the whole team. If the goalkeeper knows that he can correct the mistakes of the defenders, the defenders will play more confidently. The successful actions of the goalkeeper motivate the handball players and can save a seemingly hopeless game.

Goal-oriented attitude towards the upcoming game is very important for the goalkeeper. Each goalkeeper must find a unique way to motivate them to play successfully, a way to adapt to their opponents and manage competitive stress. Some goalkeepers are helped by knowledge of their opponent's weaknesses. Others learn the tactics and techniques of each attacker from the video.

During the game, the goalkeeper himself must try not to distract his attention either from the spectators or from the provocative actions of the handball players of the opposing team. Some goalkeepers tend to reflect on mistakes or other things during the game, just like field players. Such thoughts interfere with concentration and a quick reaction to the game situation[1,13].

Finally, the goalkeeper needs an offensive mindset for the game. He must fight for every ball and set an example for his team even when the opponent has a clear advantage.

**Thirdly.** In modern handball, playing with deceptive players is becoming more and more important.

The almost intuitive understanding between the handball players and the goalkeeper makes it relatively easy to score many goals, which creates mental depression for the opponent.

Both forwards and defenders use a wealth of tricks in the game, and a goalkeeper must master and use a variety of tricks. The behavior of the goalkeeper is easily calculated by the opponent if it remains the same all the time.

Even with the so-called "negative" series (when 3-4 shots are needed with the same defensive technique), the goalkeeper forces himself to be replaced. Otherwise, it opens up an easy way to attack the player. The goal of the goalkeeper's deceptive actions is to influence the opponent's shooting behavior and even encourage him to pass the ball to a certain angle. The goalkeeper must always be a player who cannot be mistaken for a member of the opposing team. Therefore, he should not only react to the impact, but also influence it.

**Fourthly.** We emphasize that a goalkeeper needs perfect technique and perfect physical training. Reliable positional play, great experience and effective impact with defensive players. accordingly, the goalkeeper must train hard. Unfortunately, we repeat, many coaches cannot adequately assess the goalkeeper's role in the team. The field player conducts intensive training both individually and in a group. And the goalkeeper often participates only in training, performing the role of a static defender.

Goalkeepers usually take part in training only when field players need to practice shooting towards the goal. This training practice does not match the goalkeeper's role in the game of handball.

It is important to decide on the following questions: Who are suitable goalkeepers and at what age can a player be allowed to enter the goal?

The most important thing is that the coach should provide each athlete with the opportunity to gain goalkeeper experience. In any case, a handball player should not be identified as a goalkeeper too early. The coach needs to carefully observe the players and take the time to understand which of them enjoys defending the goal the most and which handball player has the best chance for this role. Unfortunately, it turns out to be the opposite. The coaches put the most average and inactive players in the goal. We emphasize that a goalkeeper should be a player with a lot of athletic abilities, dexterity, speed, and also courage. As a rule, these should be athletes who show excellent results in football, handball, volleyball, basketball and athletics. In our opinion, during the training of handball players, among 12-15-year-old children, a player who will take the position in the goal should be identified. From the age of 14-15, after he has reached the appropriate growth, he should be regularly taught basic goalkeeper techniques.

By the way, about the growth of the goalkeeper. Discussions on this topic do not subside. There is no doubt that it is easier for a tall goalkeeper to defend the corners of the goal than for a short one, and he occupies a much larger area of the goal. Therefore, the regulations of the Uzbekistan Championship included the rules that goalkeepers and field players with a height of at least 1.90 m should be included in each team of the higher league. But we're not jumping to conclusions and looking at growth. Some goalkeepers who have been playing successfully in their time: Jasur Abdullayev (Uzb. AGMK) - 1.93 m; Khusinov Khushnud (Uzb. Khorazm) - 1.84 m; Sardor Elmurodov (Uzb. UzDJTSU) - 1.90 m; Begzod Karimov (Khorazm) - 1.81 m. As you can see, some well-known goalkeepers are much shorter than 1.90 m, and height is not a factor limiting the effectiveness of goal defense. for example, H. Khusinov, B. Karimov eliminated the lack of height due to the speed of jumping and dexterity.

Additionally, these components that determine the reliability of goalkeeping can be improved with appropriate training. Personal characteristics should not be taken into account. As for offensive qualities, the goalkeeper should be an example for the team in all situations!

*So, what are the requirements for a goalkeeper?*

1. Being versatile in sports.
2. From the point of view of physical fitness - from members of the advanced team not less.
3. Fighting for every ball.
4. Height is not decisive for him.
5. Courage is a virtue needed to overcome fear.

6. The goalkeeper shows confidence in front of the goal and his intelligence demonstration.

To increase the psychological advantage in goalkeepers - No matter how the game goes, the goalkeeper must maintain the fighting spirit until the referee's final whistle. Therefore, we advise the players at the gate:

1. Do not worry about the mistakes you have made;
2. Always focus on the next defensive move;
3. Not thinking that the consequences of actions may end in failure;
4. Fighting for every ball;
5. Not to give up even when three or four balls are thrown without an answer;
6. Demonstrating confidence and superiority in defense to the opponent;
7. Do not allow spectators, opponents or officials to distract you;
8. Your main task is to consciously control what is happening on the field and take the necessary

measures.

### **CONCLUSION**

In conclusion, we can say that in the goalkeeper's game, it is not the height, but the speed of the jump, and the power of the jump that is decisive for the goalkeeper. In addition, these components that determine the reliability of the goal defense can be improved with the help of special exercises in the appropriate training. The secrets of success and mastery are the same for all types of human activity. If the goalkeeper masters it, you will achieve greatness not only in sports, but also in life and other areas.

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