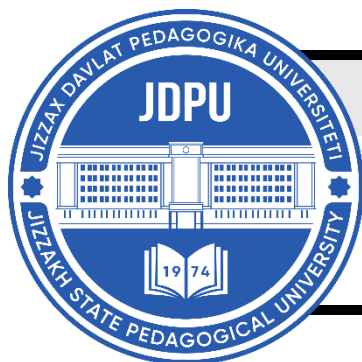


MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNALMENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>IMPROVING THE EFFICIENCY OF ATTACKING MOVEMENTS
OF QUALIFIED CORNER PLAYERS IN HANDBALL**Khasan Kudratillayevich Fozilov***Ph.D. Acting Professor**the Department of "Theory and Methodology of Handball, Rugby
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ABOUT ARTICLE

Key words: pre-competition period, technical and tactical training, optimization, throwing accuracy, skilled handball player.**Received:** 10.06.25**Accepted:** 12.06.25**Published:** 14.06.25**Abstract:** The article presents a study on increasing the accuracy of scoring goals in competitions by optimizing the technical and tactical training of experienced corner handball players in the pre-competition period, and also provides a detailed description based on tables.

Relevance. The daily growth of results in the world handball competition, high competition between players on the international stage, and the constant search for effective solutions to technical and tactical problems that exist in the long-term training system of athletes require [1].

Currently, scientific research is being conducted on the issue of developing the technical and tactical preparation and physical qualities of athletes, which are the most important tasks

facing sports games, and thereby positively influencing and improving the results of players [3,5]. Leading scientists in the field of handball have conducted numerous scientific studies and research on improving the levels of physical and technical training of players, and the results of their research have led to the need to develop optimal types of tools and methods for assessing and analyzing the technical and tactical actions of handball players, especially corner players, and to improve the team's performance during the competition period. However, despite the fact that scientific research has been conducted to assess and analyze the technical and tactical actions of corner players, to improve the performance of the team by improving the quality of their quick strength and physical training, the lack of sufficient research on improving the performance of corner players by improving their physical training, which creates the need to develop a methodological basis for improving the effectiveness of the attacking technical and tactical actions of corner players.

The level of study of the problem. Currently, the main problems are the training of highly qualified handball players, increasing the technical and tactical training of corner players, improving the speed of players' directional running, as well as improving the effectiveness of the game by increasing their physical fitness. An analysis of the scientific and methodological literature on the topic shows that a number of scientists of our republic, including Sh.K.Pavlov, J.A.Akramov, F.A.Abdurakhmanov, R.I.Isroilov, X.M.Khabibjonova, A.Sh.Muminov, Sh.F.Tulaganov, have studied the issues of studying speed-strength qualities in handball in training sessions, improving the stability of balance, time-interval differentiation and accuracy of throwing the ball using specialized exercises, and the methodology for assessing the state of the modern system of special strength and coordination training [2,4,6,7,8,9,10].

Leading foreign scientists J. Bens, P. Eigenmann, B. Billatter, H. Hoppeler, C. Garcia, S. Bataillon noted that by trying to improve technical-tactical actions and physical qualities through traditional standard exercises and specially selected auxiliary games, it is possible to make their technical-tactical actions during the game more effective, and to change the results of the team's corner players in the competition [11,12].

Based on the above information, it is extremely important and urgent to optimize the technical and tactical preparation of qualified corner players in the pre-competition period, improve their accuracy in shooting the ball into the goal, and maintain balance. From the above, it can be concluded that the problem posed by the study determines the relevance of the chosen topic. As a result of properly directed training, that is, with the help of traditional standard exercises and training games aimed at increasing the technical and tactical readiness of corner players, it is improved. Experts in the field have emphasized that when technical and tactical actions are controlled in competition activities, they give their effect in training sessions. Based on this, it can be said that this issue remains relevant today, and it creates the need for research in this area.

The following methods were used to solve the tasks set for the study:

- analysis of scientific methodological literature, pedagogical observations, pedagogical tests.
- pedagogical experience.
- mathematical statistical methods.

Based on the analysis of the competitive activity of handball players, the organization of training sessions, planning and distributing their loads in accordance with the requirements of the time, and at the same time, the development of practical and theoretical recommendations aimed at improving the physical, technical and tactical preparation of handball players playing in the corner, and their implementation.

To achieve the above goal, the following tasks were set and implemented:

1. Study and analyze scientific literature on the topic, scientific research by sports experts, advanced foreign experiences.
2. Study and analyze the competitive activities of corner handball players of the leading teams participating in the 2024 Handball Championship of the Republic of Uzbekistan: Almalyk, UrDU, SKUF, Tashkent.
3. Analyze the effectiveness of the technical and tactical actions of corner players of teams participating in international competitions, world and European championships and compare them with corner players of teams participating in our national championship.

4. Develop conclusions and recommendations from the analysis results of the study and put them into practice.

It is intended to qualitatively assess competitive activity, identify effective and ineffective methods performed in the game. For this purpose, a boundary was set for the difference between positive and negative actions. The following were included in the number of positive actions: picking up the ball, passing the ball correctly, making successful shots, passing the ball that led to a goal and creating an opportunity for a 7-meter free throw, sending an opponent off the field for two minutes, going up to an opponent taking the shot and "tying" him up, and blocking an opponent taking the shot in various ways (from above, from the side, from below).

The following were included in the list of negative actions: a mistake in taking the ball, a 2-minute suspension from the game, allowing a 7-meter free throw.

The recommended mathematical model was used to better assess the effectiveness of technical and tactical actions of handball players. The use of assessment criteria, taking into account the skills and tasks of handball players, is used for an objective assessment of the game as a whole [5,6].

In modern handball literature, technical and tactical individual training are interconnected and are almost always carried out together in the phases of the game. An important point of the interconnection is aimed at developing the ability of handball players to use methods and techniques, the most effective phases of the game in team actions. Debuts are mandatory for organizing tactical plans in the attack during the competition period, the closer the duration of the debuts is to the classical variants of the scheme of creating a numerical advantage in a certain area of the attack zone, the more effective and successful the selection for the attack will be. One of the most important tasks during the competition is to ensure that the cornerbacks' attacking technical and tactical movements are coordinated.

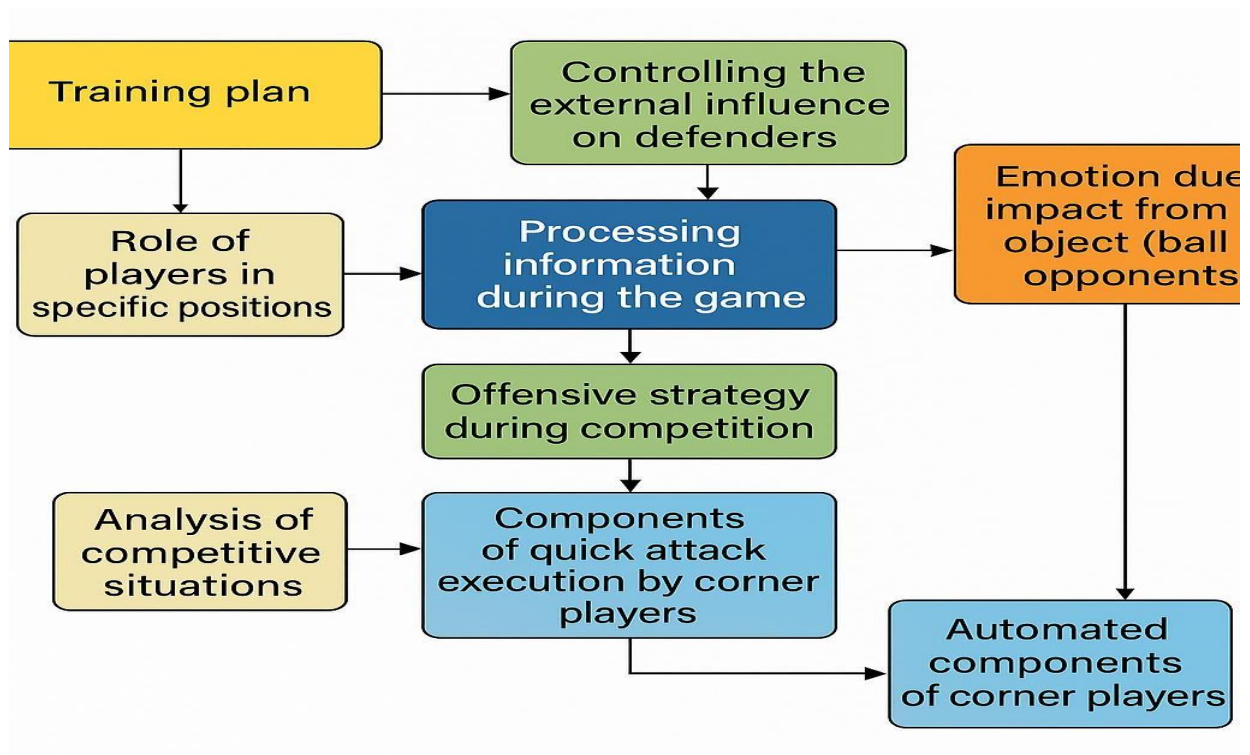


Figure 1. Module for implementing a tactical plan for corner players to attack quickly during the game

In the process of increasing the effectiveness of the corner players' offensive technical and tactical actions, the counterattack plan was improved. Training corner players in individual technical and tactical actions is carried out in the process of mastering the complex of technical methods necessary for conducting the game, which includes not only the technique of performing the methods, but also the accurate, fast and timely implementation of the technical method, automation of the technical and tactical actions of corner players through the analysis of competition situations.

At the end of our study, in order to determine the extent to which the effectiveness of the technical and tactical actions of the corner players of the "UzDJTSU" team in the offensive has increased, we repeatedly monitored the effectiveness of the technical and tactical actions of the corner players in the offensive of the teams that participated in the II round of the Uzbekistan Championship, which was held on March 1-7, 2024.

We re-checked the effectiveness of the technical and tactical actions of the corner players in the attack of the Oliy League teams after the study and compared them with the results before the study. Briefly analyzing the table above, we can see that the effectiveness of the technical and tactical actions of the corner players in the attack of the "SKUF" team was 78.1% for A Muminov and 72.3% for I Tursunov before the study, while this indicator was 80.2% for A Muminov after the study, with an increase in efficiency of 2.1%. We observed that this indicator was 74.7% for I Tursunov after the study, with an increase in efficiency of 2.4%. We observed that the results recorded by the corner players of the leading Oliy League team "OTMK" and the intermediate team "Tashkent" slightly decreased in efficiency compared to the results recorded before the study. It was observed that the results recorded by the cornerbacks of the Khorezm "UrDU" team, one of the leading teams in the Oliy League, have dropped sharply compared to the results obtained before the study.

When analyzing the competitive activities of handball players, we compare the results of the research of corner players, that is, the initial and final analysis results are as follows: the attack efficiency of the corner players of the SKUF team was observed to be 50% before the study, 58% after the study, 8% after the study, 46% after the study, 50% after the study, 4% after the study, 4%. The results of the corner players of other teams of the higher league, observed as a control, the attack efficiency of the corner player of the Khorezm "UrDU" team A.Niyazov was 47% before the study, 51% after the study, 4% after the study, 45% before the study, 45% after the study, we can say that the game preparation of the corner players was ignored in the training processes.

The corner players of the Almalyk "OTMK" team, D. Khusanboyev, had an attack game efficiency of 40% before the study, 45% after the study, and a growth rate of 5%, while V. Jalilov had an attack game efficiency of 48% before the study, and a growth rate of 48% after the study. From these results, we can conclude that serious attention is not paid to the game preparation of the corner players. The attack game efficiency of the Andijan team's corner players, O. Tursunov, had an attack game efficiency of 45% before the study, 48% after the study, and a growth rate of 3%, while Sh. Tokhirov had an attack game efficiency of 41% before the study, 44% after the study, and a growth rate of 3%. According to the comparative analysis of the

above results, we have witnessed a significant increase in the offensive efficiency of the cornerbacks of the UzDJTSU team compared to the offensive efficiency of the cornerbacks of other teams, and it is no exaggeration to say that this is the result of the exercises, training tools, and practical and theoretical instructions we recommended.

Table 3

Analysis of pass types

Passes	Time 1	%	Time 2	%	Total	%
To create a scoring opportunity	10	55	8	45	18	100
Clear shoots	8	75	6	25	14	100
Total:	18	70	14	30	32	100

Note: Total number of passes is based on the 2nd half.

Attacking technique: The attacker, having the ball, tries to score the ball into the opponent's goal with his whole body. The opposition of the opponents can only be overcome by using special methods. The table below shows the analysis of the types of passes based on two passes: 1 - passes leading to a goal situation 1 - half 10 goals were created 2 - half 8 goals were created, a total of 18 goals were created. 2 - passes clear passes 1 half 8 clear passes 2 half 6 clear passes were created, a total of 14 clear passes were created

Conclusion

Based on the analysis of the data obtained from the conducted studies, the following conclusions were drawn:

1. According to the results of the analysis of advanced experience and scientific and methodological literature, the frequent and short-term organization of attacks by corner players in handball, as well as the lack of objective and operational methods for the speed of transition from defense to attack in handball, the speed and accuracy of performing tactical "combinations", determine the relevance of this dissertation work.

In preparing qualified handball players for competitive activities, automated components aimed at implementing quick-attacking counterattacks by corner players, a module for analyzing competition situations and process control were used in the training of qualified handball players. When comparing the results of research on corner players in

preparing qualified handball players for competitive activities, it was observed that the attack efficiency of corner players of the "UzDJTSU" team increased from 50% before the study to 58% after the study, with an increase of 8%, and from 46% after the study to 50%, with an increase of 4%.

The impact of developmental exercises on the performance of players of the Uzbek State University of Physical Education and Sports "UzDJTSU" team was studied to improve the physical fitness of players in various areas of training. As a result, the performance of handball players during training increased by 14.5%.

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Table 1

Analysis of the offensive technical-tactical actions of corner players in teams playing in the Uzbekistan Premier League (based on research)

№	Corner Players	Catching the ball (ubh/abh/nbh)	Passing the ball (ubh/abh/nbh)	Dribbling (ubh/abh/nbh)	Shooting (ubh/abh/nbh)	Non-contact play (ubh/abh/nbh)	Total (ubh/abh/nbh)	Overall effectiveness (%)
1.	T-v (SKUF)	51/45/6	49/46/3	15/8/7	14/7/7	8/4/4	137/110/27	80.2
2.	O-v (SKUF)	48/40/8	42/36/6	13/6/7	13/6/7	6/3/3	123/92/31	74.7
3.	A-i (SKUF)	44/35/9	40/33/7	8/3/5	9/4/5	8/3/5	109/78/31	71.2
4.	K-v (SKUF)	41/34/7	45/35/10	7/3/4	8/3/5	7/3/4	108/78/30	72.2
5.	X-v (OTMK)	54/45/9	53/44/9	11/9/2	12/8/4	9/6/3	139/110/29	79.1
6.	A-v (OTMK)	49/42/7	50/44/6	10/6/4	10/5/5	7/5/2	126/99/27	78.5
7.	S-v (Tashkent)	46/39/7	49/46/3	11/7/4	8/5/3	6/4/2	124/98/26	79.0
8.	A-v (Tashkent)	43/36/7	40/34/6	9/4/5	10/4/6	7/3/4	109/81/28	74.3

Note: Effectiveness is shown as a percentage. ubh – total actions performed, abh – accurately performed actions, nbh – inaccurately performed actions.

Table 2

Effectiveness of Offensive Play by Corner Players After 9 Games of the Uzbekistan Championship I-II Rounds (2024)

No	Players (Team)	Games Played	Goals/Shots	%	6m	Wing	9m	7m	QH	Blocked Shots	Assists	TF	Yellow Card	2 Min	Red Card	Fouls	Time Played
8	T-v (SKUF)	9	18/31	58	3/5	5/7	1/3	1/4	5/7	3/5	7	6	2	2			5:20:48
7	O-v (SKUF)	9	20/40	50	4/7	5/9	2/5	3/6	3/6	3/7	4	6	1	2			4:45:31
17	A-j (SKUF)	9	17/33	51	4/8	2/6	5/8	1/3	2/3	3/5	5	10	1	2			4:54:50
7	K-v (SKUF)	9	14/31	45	2/5	3/5	1/1	1/3	2/3	3/4	3	4		2			3:33:48
2	X-v (OTMK)	9	16/35	45	3/7	3/6	2/7	2/4	4/7	4/5	8	5	1	1			4:55:51
18	A-v (OTMK)	9	19/39	48	5/9	3/8	3/6	2/4	3/5	4/6	4	7	3	6			5:41:40
6	S-v (Tashkent)	9	14/29	48	2/6	4/6	2/5	2/4	4/8	2/3	2	3		4			4:46:11
14	A-v (Tashkent)	9	19/43	44	2/6	3/7	3/5	3/6	6/13	2/6	7	9					3:50:10

Note:

% – Effectiveness, 6m – 6-meter shots, 7m – 7-meter shots, 9m – 9-meter shots, QH – Blocked shots, HYK – Defensive blocks, HQ – Assists, TF – Technical fouls, SK – Yellow card, 2Min – 2-minute suspension, QK – Red card, KK – Fouls, G/Z – Goals/Shots, O‘O‘ – Games Played, O‘V – Time Played, OH – Offensive actions, No. – Jersey number

