



## METHODOLOGY FOR TEACHING TECHNIQUES OF PASSING THE BALL

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**Tayanch so'zlar:** qo'l to'pi, maydon o'yinchisi texnikasi, to'p uzatish, o'rgatish usullari, mashg'ulot bosqichlari ketma-ketligi.

**Ключевые слова:** гандбол, техника полевого игрока, передача мяча, методика обучения, последовательность этапов обучения.

**Key words:** handball, field player technique, passing the ball, teaching methods, sequence of training stages.

One of the most important conditions for the high efficiency of the physical training system for students is strict consideration of age, individual and morpho-functional characteristics characteristic of each age stage of children's development. Without knowing these features, it is impossible to develop effective pedagogical techniques and build a correct system for training handball players.

Passing the ball in handball is the basis of the field player's playing technique. This element of technology is often used by players in training and competitive activities. Their effectiveness will depend on the quality of organization of the learning process. Do not forget that in terms of its biomechanical structure, the technique of passing the ball largely coincides with the technique of throwing the ball into the opponent's goal. Therefore, special attention should be paid to the process of learning the technique of passing the ball.

### 1. Classification of ball passing techniques.

Passing the ball is the main element of attack technique, which allows attackers to interact with each other on the court.

The main requirements for passing the ball in various game situations are accuracy, speed, timeliness and its surprise for the opponent.

The structure of the classification scheme for passing the ball is multi-level. At the top of the structure there is an element of attacking technique - passing the ball. Under it there are four types: push, rotation, throwing and secretly. This distribution is based on the movement parameter, which shows the direction of movement of

the ball from the attacker's main stance, as well as the tasks solved by the pass in the current game situation.

1. Push (Fig. 1) is a type of ball pass, which is characterized by performing the main movement without preliminary preparation. After the player has taken possession of the ball and fixed it in front of the chest



Preparatory phase

Main phase

Final phase

**Figure 1**

with both hands, a quick straightening of both arms or one arm follows, pushing the ball in the direction of the receiver.

There is no point in spending time on an in-depth study of the classification of ball passing techniques, since the above provisions give us the necessary basis for moving on to considering the issue related to the development of the correct sequence of mastering the studied element of the game.

2. Sequence of teaching the technique of passing the ball After mini-handball began to be used as one of the forms of competitive activity of a handball player, there was a tendency to shift the age of starting handball lessons from 11–12 years to 7–8 years. This shift assumes that children aged 7–8 years will be offered for training those movements that would correspond to their physiological characteristics and level of physical development. If we turn to the literature (Renate Schubert, Hans-Peter Oppermann, 1990) (N.P. Klusov, 1977), which covers issues related to teaching ball passing techniques, we will see that at the initial stages of training it is proposed to use only throwing movement. But based on the fact that the age of students has shifted by 2–3 years towards rejuvenation, the question arises about the legality of using the throwing movement at the initial stages of the process of learning the technique of passing the ball.

When developing a methodology for teaching handball passing techniques based on the distribution of various types of its components into a logical sequence, we relied on two main pedagogical principles, namely: the principle from simple to complex and the principle of accessibility in teaching. Based on these principles, it is necessary to begin teaching the technique of passing the ball with the push type, then move on to the rotational type, then to the throwing type and finally to the covert type.

In addition to the above pedagogical principles, this sequence was justified by the following provisions:

1. When teaching the technique of throwing a ball, special attention is paid to the position of the hand holding the ball, namely the angle at which the arm bends at the elbow joint. The optimal angle at which maximum strength of the biceps brachii



muscle appears is an angle of 90–95 degrees (V.P. Ivashchenko, 1980). A decrease or increase in the angle in the elbow joint leads to a decrease in the manifestation of force and, as a result, the speed of the ball decreases.

The ability to determine the angle in the elbow joint without using vision, but only through muscle-motor (kinesthetic) sensitivity, appears in children aged 11–12 years. At the age of 7–10 years, a child does not have such opportunities; accordingly, teaching him the technique of passing a ball based on a throwing movement is unacceptable. Only after the child's physiological development reaches the required level will the basis for teaching him the throwing movement appear.

2. At the moment of performing the throwing movement, the player uses a twisting movement of the torso in order to move the hand with the ball forward. Based on the work of T. E. Vilenskaya (2006), it was found that the use of this type of exercise at primary school age (6–10 years) is unacceptable, since they have a high degree of injury risk.

3. When performing any movement, a person uses a certain number of muscles or muscle groups. The more muscle groups are involved in the work, the more difficult it is for a person to coordinate their work when creating a single and holistic movement. Let's look at different types of ball passes through the prism of this position. When performing a throwing movement, the player uses the maximum number of muscle groups; when performing a rotational movement, this number decreases significantly, since the acceleration of the ball occurs mainly due to the movement of the hand with the ball.

When performing a push type pass, the player activates the smallest number of muscles and, as a consequence of this, this type of ball pass is the most accessible for children of primary school age from a coordination point of view.

The basis for performing a throwing movement is that the player has the necessary and sufficient level of development of the strength of the shoulder girdle. Otherwise, a change occurs in the biomechanical structure of the throw, a typical example of which is the lowering of the elbow of the throwing arm (Fig. 5). The consequence of this is that the player does not throw the ball, but begins to push it. The basis for rotational movement is the sufficient development of such physical quality as flexibility. All these data indicate that in the period from 7 to 11 years of age, it is advisable to direct the training influence on teaching those movements of the ball passing technique, which are based on flexibility, and only then, starting from 11–12 years of age, begin to master the technique of throwing movement, which is based on the strength of the player. An important point is that reflects the parameters of the time that must be spent to create the necessary and sufficient power base for the player.

The fact that the development of strength in children under 11 years of age will take much longer than in children who have crossed this age limit does not require special evidence. Moreover, at the age of up to 10–11 years, the greatest increase in indicators of flexibility and speed of movement is observed, and after



11 years, various indicators of strength capabilities have the greatest increase (A.A.Guzhalovsky, 1979).

Conclusions. The above arguments allow us to state with a high degree of probability that the developed methodology (sequence) for teaching the technique of passing the ball is legitimate, and its application in practice will increase the efficiency of the training process and at the same time reduce the time allocated for teaching the technique of passing the ball.

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#### РЕЗЮМЕ

Ishtirokchilarning yoshi va fiziologik imkoniyatlariga qat'iy muvofiq ravishda qo'l to'pi o'yinida to'p uzatishning mavjud usullari tanlanadi va har bir yosh bosqichida mashq qilish uchun taklif etiladi. Bu mashq'ulotlar samaradorligini sezilarli darajada oshiradi va futbolchilarga gandbol texnikasi asoslarini o'rgatish jarayoni 7-8 yoshdan boshlanadi. Maqolada gandbolda to'p uzatish texnikasini o'rgatish metodikasi yoritilgan.

#### РЕЗЮМЕ

В строгом соответствии с возрастными и физиологическими возможностями занимающихся отобраны и предложены для обучения на каждом возрастном этапе доступные способы передачи мяча в игре в гандбол. Это позволит значительно повысить эффективность тренировочных занятий, а процесс обучения игроков основам техники игры в гандбол начать с возраста 7–8 лет. В статье исследуется методика обучения технике передачи мяча в гандболе.

#### SUMMARY

In strict accordance with the age and physiological capabilities of those involved, available methods of passing the ball in the game of handball have been selected and proposed for training at each age stage. This will significantly increase the effectiveness of training sessions, and the process of teaching players the basics of handball techniques will begin from the age of 7–8 years. The article explores the methodology of teaching the technique of passing the ball in handball.