



ANALYSIS OF THE TECHNICAL AND TACTICAL MOVEMENTS OF CENTER PLAYERS IN OFFENSE DURING COMPETITIONS

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ABSTRACT

This research focuses on training highly qualified handball players, enhancing the technical and tactical preparation of center players, improving their directed running speed, and increasing their overall preparedness.

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KEYWORDS

Highly qualified handball players, technical and tactical, center players, means and methods, accuracy of throwing the ball at the goal.

RESEARCH OBJECTIVES

The research aims to achieve the following objectives:

Reviewing scientific and methodological literature related to the research problems.

Managing the technical and tactical performance of center players during competitions.

Providing practical recommendations based on the summarized research findings.

RESEARCH METHODS

Studying scientific literature.

Pedagogical supervision.

Mathematical statistical methods.

The research was conducted during the **III-IV rounds of the 2024 Uzbekistan Championship and the Uzbekistan Cup** competitions.

TECHNICAL AND TACTICAL ACTIONS OF CENTER PLAYERS

During these competitions, the technical and tactical movements of center players from five teams (each team consisting of five center players) were analyzed.

In the training sessions of the "O'zDJTSU" team, recommended exercises were used to enhance the technical and tactical preparation of center players.

Effectiveness of attacking technical tactics recorded by central handball players in one match (pre-study).

Comment: t.a.t-total a.t-actions taken, c.p.a-clearly performed actions, u.a-uncertain actions

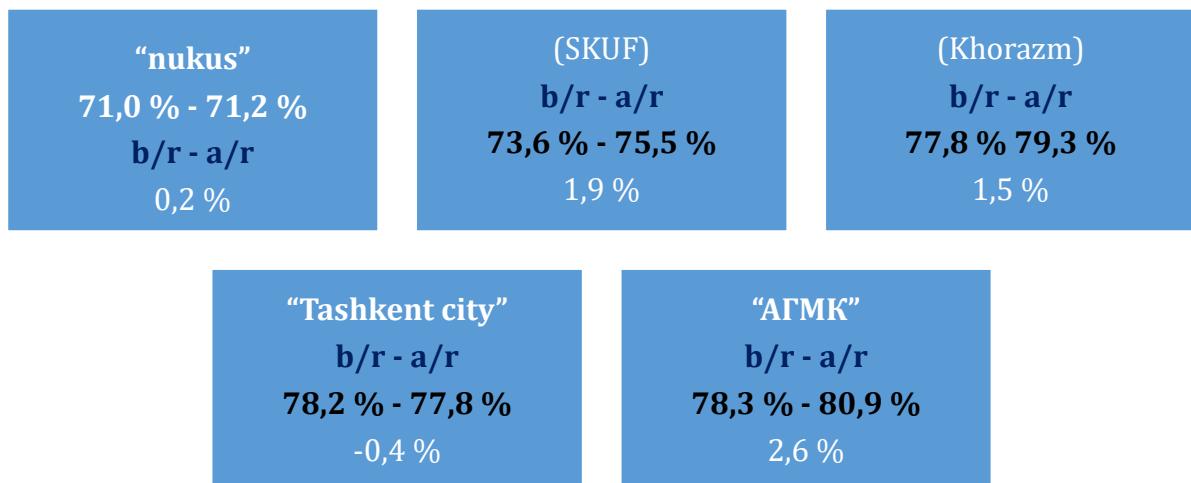
During our time, the SKUF team will help improve the efficiency of the center's game collection and more effective technical tools in the game. In addition, special group and

individual sports for physical training of handball players, group and individual games within the framework of technique and tactics, two-to-one games are possible. Control tests were conducted regularly. To restore the games of the central players of the "SKUF" team in terms of effectiveness and efficiency level of offensive technical researchers in the 2022 season of the Handball Federation of Uzbekistan, Preparing for the Championship of Uzbekistan, the effectiveness of the technical tactics of the central players who played in "NUKUS", Tashkent City Youth National Team, Khorezm" teams was repeatedly evaluated and generally controlled, the productions are as follows (Table 2).

Effectiveness of attacking technical-tactical actions of central handball players in one match (post-study).

№	Technical and tactical actions	Center players								
		(Nukus)			(SKUF)			(Khorazm)		
	Actions taken	tat	cpa	ua	tat	cpa	ua	tat	cpa	ua
1.	Catch the ball	43	32	11	46	37	9	43	36	7
2.	Passing the ball	37	28	9	40	33	7	50	39	11
3.	Cheating	10	7	3	16	11	5	23	18	5
4.	Throwing the ball at the goal	27	18	9	17	11	6	30	23	7
5.	Throwing the ball from 9 meters	15	9	6	12	7	5	19	15	4

Effectiveness results of total technical-tactical actions of handball players playing in the center



Comment: b/r-before the research, a/r-after research

Running the games after the study, the Nukus team made 71.0% of the effectiveness of the offensive technical actions of the central game before, while it was 71.2% after the assistants. It is possible to increase the effectiveness of the technical and tactical tactics of the central game of the "SKUF" team. The team "Khorazm" achieved 77.8% of the center play, then



recorded 79.3%, resulting in a result of 1.5%. The central player of the team "Tashkent city" recorded 78.2% of the effectiveness of the technical and tactical actions of the player, 77.8% after the market, the result can be updated. 78.3% before the effectiveness of tactical activity, 80.9% after the production was noted.

CONCLUSION

Research work was carried out on handball players who play center in the "SKUF" team, and the technical and tactical movements of the central games of other teams participating outside this league were controlled and the players were compared.

The results of the study showed that as a result of the exercises supported by physical training, the offensive technical-tactical training of the central players of the "SKUF" team, It was observed that the level of preparation for pre-promotion training was increased, the team supported the attacking technical-tactical actions of the central player, 73% and 75.5% of the results were recorded after this result. We can see that it has increased by .1%.

Studying the obtained result, taking into account the tasks of the players in the participation in the competition of technical and tactical actions based on the correlation analysis of the main classification, made it possible to separate them. In addition, we observed that center plays perform individual techniques much more and faster than others.

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