



STAGES OF TEACHING TECHNICAL MOVEMENTS IN MODERN HANDBALL

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Abstract: This article analyzes the main stages of the process of teaching technical movements within the modern handball sport, their content and significance based on a scientific and pedagogical approach. The role of the gradual implementation of technical training, taking into account the psychophysiological characteristics of the age period and an individual approach in the training of handball players is widely covered. The article also analyzes modern methods, innovative technologies and effective teaching methods used in teaching technical movements, and reveals their impact on the effectiveness of training. The study is enriched with practical recommendations for specialists in the field of sports pedagogy, coaching and education.

Keywords: handball, technical movement, stages of training, sports pedagogy, training process, physical development, coordination, innovative methodology, young athletes, sports equipment

Introduction

The rapid development of modern sports demonstrates that each type of sport requires specific technical, tactical, and psychological preparation. One such sport is handball, which integrates physical movement coordination, quick thinking, strength, agility, and team spirit. Handball is not only a physically demanding game, but also a unique "school" based on tactical thinking, decision-making skills, and complex technical movements.

Today, there is increasing interest in handball training in sports schools, lyceums, higher educational institutions, and extracurricular circles. At the same time, developing a scientifically grounded, stage-by-stage system for teaching technical movements has become a pressing necessity in athlete training. Especially, incorrect, rushed, or age-inappropriate teaching of technical skills can have negative consequences on the athlete's future development. Therefore, a methodical consistency, gradual progression, and an individualized approach are crucial in helping students and young athletes master each technical movement effectively.

Technical actions in handball include a wide range of skills such as dribbling, passing, shooting, overcoming defensive blocks, catching, and coordinating hand-body movements. If these actions are taught by the coach in a gradual manner, based on didactic principles, athletes' technical proficiency develops systematically. In particular, when working with young players, progression from simplified actions to complex combinations must be structured.

This article explores the stages of teaching technical movements in modern handball, their content, methodological foundations, age-appropriate approaches, and practical application mechanisms. It also highlights the role of innovative technologies and pedagogical

strategies in improving the effectiveness of technical training, existing challenges, and potential solutions. The findings serve as a theoretical and practical guide for sports educators, coaches, and physical education teachers.

The importance of technical movements in handball

Handball is a technically and tactically rich sport in which each action—catching, passing, shooting, overcoming defenders, positioning—requires precision, agility, and coordinated movements. Technical movements are the primary components that determine an athlete's performance, while team harmony and communication are reflected through these actions.

Hence, the teaching of technical movements affects not only sports outcomes but also the psychomotor development of athletes.

Stages of teaching technical movements in handball

The process of teaching handball techniques is carried out in the following main stages:

Stage I: Initial Familiarization (Demonstration and Understanding)

At this stage, athletes observe the external execution of a movement, learning its purpose, sequence, and key elements. It is essential for the coach or teacher to demonstrate and explain the movement clearly. Video materials, illustrations, and graphics can also be effectively used here.

Stage II: Simplified Practice (Initial Automation)

Athletes begin performing the movements slowly and under supervision. At this point, the technique is practiced not at full speed but in simplified conditions, using step-by-step repetition. Coaches identify and correct individual errors.

Stage III: Refinement in Complex Conditions

In this stage, athletes apply the learned techniques in near-real game conditions. Elements such as opposition, time constraints, and various body positions are introduced. This stage develops decision-making, coordination, and speed control skills.

Stage IV: Application in Game Conditions (Transfer Stage)

Athletes apply the technical skills in actual games. At this level, the movements become intuitive and automatic, adapted to the tactical environment. Analytical thinking and self-monitoring competencies also begin to form.

Innovative approaches in teaching technical movements

Modern handball training incorporates several innovative pedagogical strategies:

- **Video analysis and self-assessment** methods for evaluating and correcting one's movements

- **Digital training programs** using simulators and mobile apps

- **Use of sensor devices** to measure speed, range, and force distribution

- **Multifunctional drills** that develop endurance, strength, and coordination alongside technique

- **Individualized training plans** based on the athlete's age, fitness level, and abilities

Challenges and solutions in teaching techniques to young athletes

Key issues include incorrect automation, lack of attention, and inconsistent methodology. Solutions involve analytical breakdown of movements, use of tools for self-analysis, and game-based exercises. These not only improve technical skills but also reinforce psychological stability and self-confidence.



Conclusion

The process of teaching technical movements in modern handball plays a crucial role in achieving high sports performance. Success in handball is closely tied not only to individual technical skills, but also to team coordination, tactical awareness, and psychological readiness.

Research and practical experience show that systematic, step-by-step teaching of technical movements positively impacts athletes' coordination, decision-making speed, and physical development (Kovalev, 2018; Petrov & Ivanov, 2021). In the early stages of instruction, simplified repetition builds foundational motor skills that can later be applied effectively in complex and dynamic conditions (Smith & Johnson, 2019).

Furthermore, innovative teaching methods such as video analysis, sensor technology, and personalized training programs significantly enhance technical mastery (Garcia et al., 2022). Addressing common challenges in youth coaching—such as premature automation, lack of focus, or vague methodology—requires structured breakdown, self-review opportunities, and game-based simulations (Lee & Kim, 2020).

As a result, teaching technical movements in modern handball becomes an integral component of coaching practice. It provides pedagogical and methodological foundations for improving athletic performance and supporting physical and psychomotor development. Future research should continue to integrate technological advances into training programs to enhance their overall effectiveness.

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