



EVALUATION OF TECHNICAL AND TACTICAL ACTIONS OF HANDBALL PLAYERS IN ATTACK AND DEFENSE IN THE COMPETITION.

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Abstract: Evaluation of the technical and tactical actions of handball players in attack and defense during competitions is important in training athletes and improving their performance. This field of research allows to analyze the actions of athletes during the game, to determine individual and team capabilities.¹ Effective use of offensive and defensive strategies will encourage players to perform their actions correctly, which will ultimately affect the outcome of the game.

Keywords: Competition, regulation, defense, tactics, technique, sport, knowledge, skill, skill, experience.

In our country, a number of regulatory legal documents aimed at the development of the field of physical education have been adopted and are being rapidly implemented. In particular, the laws of the Republic of Uzbekistan "On Education", "On Physical Education and Sports", Decree of the President of the Republic of Uzbekistan dated June 3, 2017 No. PQ3031 "Physical Education and The decision on measures for the further development of public sports is one of them. It is known that physical training is becoming a daily lifestyle of different young generations year after year as a means of forming the gene pool of the nation and raising a healthy and mature generation.

In handball competitions, offensive and defensive actions determine the skills of the athletes, the strategy of the team game and the level of studying the opponent. These activities are the main components of the game, and their proper evaluation is important in the development of athletes.

Attacking actions are a set of actions performed by the team in order to score a goal at the opponent's goal. In attack, elements such as technical skills such as catching the ball, shooting and changing positions during the game are important. Tactically, offensive strategies are based on studying the opponent's defensive structure and changing it according to changing conditions. For example, it is possible to distract the opponent through quick attack, combination play and individual moves.

Defensive actions, on the other hand, are aimed at stopping the opponent's attacks. Basic defensive techniques include catching the ball, putting pressure on the opponent, and maintaining a defensive position. Tactically, team defense requires coordination and coordination. The defenders should predict the opponent's actions in advance and support each other in necessary cases.

The process of evaluating the offensive and defensive actions includes the analysis of the results shown by the athletes during the game, their teamwork and individual skills. Analyzes are made on the basis of game records, video recordings and statistical data. The results of this assessment help to determine the strengths and weaknesses of the athletes, as well as to

¹ Law of the Republic of Uzbekistan "On Education". -Tashkent, 1997. - 27 p.

develop future training and tactical strategies. In addition, experienced coaches and analysts can analyze the mental state of the athletes during the game, the team atmosphere and the changing strategies against the opponent. they need to learn. This, in turn, helps to improve the overall performance of the team. As a result, the process of evaluating offensive and defensive actions in handball competitions is important for increasing the successful performance of athletes, developing their individual and team skills. This process, in turn, allows you to find your place in a competitive environment and improve the overall results of the team

Conclusion

Assessment of offensive and defensive actions in handball competitions plays an important role in improving the quality of the athletes' game. In attack, the technical skills of athletes, such as catching the ball, shooting and changing positions, are important in order to score goals. Tactically, offensive strategies require a high degree of flexibility to counter the opponent's defensive system. In defensive actions, it is necessary to stop the opponent's attacks, catch the ball and support each other. is to do. This process is done through game notes and video recordings, resulting in strengths and weaknesses being identified. Coaches and analysts need to take into account the mental state of the athletes and the team atmosphere during the game. Assessment of offensive and defensive performance is a prerequisite for athletes and teams to succeed in a competitive environment and to improve individual and team skills. As a result, this process helps to improve the overall performance of the team and allows athletes to find their place.

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