

## GALLBALL AS A GAME SPORT

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### ABSTRACT

The theory and practice of physical culture are closely related to innovation. This is the development of a new concept gall ball of physical education of professional athletes, the creation of an updated training system, the transition from archaic methods to advanced methods of supporting the activities of athletes at all stages.

**Keywords:** gall ball technologies, sports, methods, physical training, development, physical abilities, physical education.

### INTRODUCTION

In recent years, the theory and methodology of adaptive physical culture and sports have been actively developed in our country, various approaches to conducting physical exercises with people with various injuries and health disorders are being developed. A special place in the areas of rehabilitation, adaptation and socialization is occupied by physical culture and sports. It is the means of adaptive physical culture and adaptive sports that can help a person in a difficult life situation, even in cases where he remains confined to a wheelchair and has only minimal ability to perform movements.

Two teams of three players take part. Each team may have a maximum of three substitutes. The game takes place in a sports hall, on the floor of which markings are made in the form of a rectangular area, divided into two halves by a central line. There are gates at both ends of the site[1]. The game is played with a sounded ball (there is a bell inside). The object of the game is to roll the ball over the defending team's goal line while it tries to interfere. All players wear opaque goggles and play by ear.[2]

President Sh. Mirziyoyev signed a resolution on the development of the Paralympic Movement. The National Paralympic Committee is created. Across the country, it is planned to expand the conditions for playing sports for people with disabilities and disabilities

The Paralympic Faculty is being created at the Uzbek State University of Physical Culture and Sports. It will train trainers and instructors-methodologists in Paralympic sports, specialists working with the blind, deaf and hard of hearing, amputees (Surdo-Tiflo-Surdo- and international sign language interpreters), as well as other personnel[3].

One of the most severe types of health disorders, leading to a social defect, social insufficiency, is a complete or partial loss of vision - blindness and low vision. Systematic physical culture and sports are of great importance in the rehabilitation of the blind and visually impaired [4]. A variety of means of adaptive physical culture and sports provides blind people with the opportunity to accurately and correctly perform movements, save strength, contribute to the

development of the ability to relatively freely navigate in space, assess external conditions by increasing the activity of compensatory mechanisms for the functioning of other sensory systems of the body (by sound, muscle sensation, sense of obstacles, tactile sense, etc.) Competently using a variety of means and methods of physical education, one can not only promote general physical improvement and eliminate shortcomings of the motor sphere [5], but also improve visual functions.

For a blind person, movement is not only the path to physical improvement, but also the most important psychological factor, which in the future will allow less painful adaptation to the changing conditions of the social environment. Motor activity is a powerful means of social adaptation of visually impaired children, and the development of technologies related to the preparation of a reserve for adaptive sports in team games for the blind and visually impaired is important for their social adaptation and a fulfilling life[6]. That physical exercises are not contraindicated in case of eye diseases and any visual acuity, if the exercises are chosen correctly and the physical activity is dosed. It was in order to ensure the correct combination of physical activity and the formation of the ability to navigate in space by the Austrian G. Lorenzen and the German Z. Reindle in 1946 that the game of goalball was invented. Gradually, goalball gained popularity all over the world. At the Paralympics, goalball was first introduced in 1976 in Toronto (Canada), and in 1980 it was included in the program of the Summer Paralympic Games. Since 1987, goalball has appeared in the All-Russian Championship as a game sport, and the first demonstration game took place in 1984 between the teams of Moscow and Leningrad at the All-Russian Society of the Blind Rollingball Championship in Rostov-on-Don.

The game of goalball has its own specifics. First of all, the gate, which is 9 meters long, is protected by three athletes at once, and in the position lying on their side. The task of the athletes is to roll a special sonic ball over the opponent's goal line. Goalball is played not only by completely blind athletes, but also by the visually impaired, and in order for everyone to be in the same conditions, their eyes are covered with special light-tight glasses that exclude the possibility of seeing anything during the game [7]. According to R. A. Tolmachev, competitive exercises in goalball refer to acyclic work of variable power, require players to demonstrate speed, coordination of movements, good orientation in space, sharpness of thinking and dexterity. The game itself has a fairly large motor density.

Athletics and swimming licenses have been awarded by the International Paralympic Committee. To date, representatives of Uzbekistan have 24 licenses in such sports as judo, swimming, athletics, shooting and powerlifting.

The 2016 Paralympic Games will be held September 7-18, 2016. The Games will feature more women competitors than ever before and will feature 25 more sets of medals than London 2012, with this increase primarily targeting women. athletes and people with more severe disabilities. Data on the current state of goalball in the subjects of Uzbekistan, the degree of material and technical equipment of teams, the approximate contingent of those involved, the conditions for the training process of goalball players. The most acute problems of training athletes faced by specialists working with the visually impaired are highlighted. These studies can become a reference point in the development of ways aimed at eliminating certain problems in the sports

training of goalball players and contributing to the further development of goalball in Uzbekistan.

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