

METHODS OF IMPROVING THE PHYSICAL FITNESS OF HANDBALL REFEREES

Muminov Umid Uktamovich

Kokand State Pedagogical Institute

Teacher of the Department of Physical Culture

umid.0303spark@gmail.com

ABSTRACT

The pace of handball games in the world is growing rapidly. Because this is related to the continuous increase in the level of physical fitness of handball players, thus the range of activities on the field is expanding. This factor places high demands on the training of handball referees, which requires a new approach to the training of referees and an increase in the quality of their training.

Keywords: handball, referee, physical training, sport, competition, authority, competition, observation, goal.

INTRODUCTION

The pace of the handball game in the world is rapidly increasing. Because this is related to the constant growth of the level of physical training of the players, thus the range of actions on the field is expanding. This factor places high demands on the training of handball referees, which calls for a new approach to the training of referees and improving the quality of their training. The handball referee must be able to choose the right place in the episodes of the game and fairly evaluate the processes that occur in the sequence of 188 situations. The performance of the referees in these cases is an indicator of their physical fitness. In modern handball, regular control of the level of physical fitness is necessary for the high level of physical fitness of handball referees, and the use of tests that meet the requirements of the time is one of the main factors.

A.R. According to Khairulin's long-term research, "The socio-economic characteristics of judicial activity are different in different sports. As a rule, with good organization of competitions, the Regulations of the competition, as a rule, determine the remuneration for the work of sports judges and reimbursement of expenses. The payment depends on the level of competition and the qualification of the judge.

D. I. Rogachev noted that sports referees begin to exercise their powers not only during the competition process, but also perform a whole set of tasks before the competition begins.

K. L. According to Vikhrov, judging sports competitions today is a complex process, for organizing and holding them, displaying sports results, determining the winner, monitoring the implementation of competition rules, and many other tasks by the referee. Competent, objective and clear actions of judges not only reflect the position of third-party observation, but also perform educational tasks for all participants of the competition process.

Brzezinski, V. G. Lipatov's long-term research shows that increasing the requirements for the work of the referee leads to an increase in professionalism among handball players, because the role of the referee is not limited to technical control of compliance with the rules, but represents an important part of the educational process for both athletes and spectators. A.V.

Shibaev According to his opinion, it is difficult to assess the importance of the work of referees in handball. It can be said that the role of the referee is difficult in assessing the fact that more than twenty players participate in the game, the difficult situations that arise during the game, the size of the playing field, the size of the audience, and the complexity of the rules. It can be seen from the researched scientific sources that there are scientific experiments aimed at improving the physical fitness of referees, but there are problems with the implementation of special physical training in individual and collective form.

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