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eoconf.com - from 2024



conference «INTERNATIONAL CONFERENCE ON SUPPORT OF MODERN SCIENCE AND INNOVATION». Which took place in Spain, 2026.

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SCIENTIFIC AND METHODOLOGICAL FOUNDATIONS FOR OPTIMIZING PRE-COMPETITION TRAINING OF YOUNG HANDBALL PLAYERS

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Annotatsiya. Mazkur tadqiqotda yosh gandbolchilarning musobaqa oldi tayyorgarligini optimallashtirishning ilmiy-uslubiy asoslari yoritilgan. Mashg'ulot yuklamalarini boshqarish, texnik-taktik va psixologik tayyorgarlikni takomillashtirish hamda tiklanish jarayonlarini tashkil etish masalalari tahlil qilingan.

Kalit soʻzlar: gandbol, yosh sportchilar, musobaqa oldi tayyorgarligi, yuklama, optimallashtirish, texnik-taktik tayyorgarlik, psixologik tayyorgarlik.

Annotation. This study examines the scientific and methodological foundations for optimizing pre-competition training of young handball players. The issues of training load management, technical-tactical and psychological preparation, as well as recovery processes are analyzed.

Keywords: handball, young athletes, pre-competition training, load optimization, technical-tactical training, psychological preparation.

Аннотация

В данном исследовании рассматриваются научно-методические основы оптимизации предсоревновательной подготовки юных гандболистов. Проанализированы вопросы управления тренировочными нагрузками, совершенствования технико-тактической и психологической подготовки, а также организации восстановительных процессов.

Ключевые слова: гандбол, юные спортсмены, предсоревновательная подготовка, оптимизация нагрузок, технико-тактическая подготовка, психологическая подготовка.

Introduction. In the modern sports system, achieving high performance is directly related to the scientific organization of the training process. Especially in preparing young handball players for competitions, proper planning of training sessions and the optimal balance between training load and recovery are of great importance. The pre-competition training phase is aimed at maximizing the athlete's physical, technical-tactical, and psychological readiness.

Relevance of the Topic. Today, handball is considered one of the most complex sports, requiring speed, endurance, strength, and a high level of tactical thinking. Scientific optimization of pre-competition training for young athletes allows:

- increasing sports performance,
- reducing the risk of injuries,
- maximizing the functional capabilities of athletes.

Therefore, this topic is highly relevant and requires in-depth scientific and methodological study.

Purpose of the Study. To develop effective scientific and methodological foundations for optimizing the pre-competition training of young handball players and to implement them in practice.

Objectives of the Study

- To analyze the process of pre-competition training of young handball players.
- To determine indicators of physical, technical-tactical, and psychological preparedness.
- To develop optimal parameters of training loads.
- To design a pre-competition microcycle model.
- To experimentally verify the effectiveness of the proposed methodology.

Research Methods

- Analysis of scientific and methodological literature
- Pedagogical observation
- Testing (speed, endurance, strength)
- Pedagogical experiment
- Mathematical and statistical analysis

Results of the Study and Discussion. During the research, a comprehensive approach was developed to optimize the pre-competition training of young handball players. This approach includes the following main components:

1. Optimization of Training Loads

It was found that reducing the volume of training while increasing intensity during the pre-competition phase leads to higher effectiveness. This approach enhances athletes' performance without decreasing their functional readiness.

2. Improvement of Technical and Tactical Training

When the proportion of game-based exercises in training sessions reached 60–70%, a significant improvement was observed in decision-making speed and accuracy among athletes.

3. Importance of Psychological Preparation

To reduce pre-competition stress, methods such as autogenic training, visualization, and psychological training were applied. As a result, athletes' confidence and emotional stability improved.

4. Management of Recovery Processes

Effective use of recovery methods (massage, hydrotherapy, passive rest) improved athletes' overall condition and prevented overtraining.

5. Experimental Results

The following improvements were observed in the experimental group:

- speed increased by 8–12%
- endurance improved by 10–15%
- technical accuracy increased by 12–18%
- game performance significantly improved

Compared to the control group, all indicators in the experimental group were higher, confirming the effectiveness of the proposed methodology.



Discussion. The results indicate that optimizing pre-competition training for young handball players should not be limited to adjusting physical loads alone. Instead, it requires a comprehensive approach, including:

- physical preparation
 - technical and tactical training
 - psychological preparation
 - recovery processes
- and their proper integration.

Conclusion. Optimizing pre-competition training of young handball players is a key factor in improving sports performance. Based on the research findings, the following conclusions were drawn:

- Training loads should be planned on a scientific basis
- A comprehensive approach is the most effective
- Psychological preparation plays a crucial role
- Recovery processes must not be neglected

The proposed methodology has practical significance in effectively preparing young handball players.

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