

Міністерство освіти і науки України
Комітет з фізичного виховання і спорту МОН України
Сумська обласна державна адміністрація
Управління молоді та спорту Сумської обласної державної адміністрації
Національний університет фізичного виховання і спорту України
Тартуський університет (Естонія)
Сумський державний університет



**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ
В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
VI МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 18–19 квітня 2019 року)

Суми
Сумський державний університет
2019

DEVELOPMENT OF HANDBALL ACTIVITY IN GLOBAL WORLD

*Galenin R., a senior teacher, **Mbelu St., a undergrad.

**Sumy State University.*

***Faculty of Economics and Business University of Amsterdam the
Netherlands*

rgalenin@gmail.com

Introduction. Handball is very popular game for the people and promotes full human development and improves physical fitness and education for younger generation harmonic development personality. Reformation the sector and creation appropriate legal, social, economic and organizational possibilities helps not only for improving organizational and management system of international handball in accordance with international standards, an appropriate level of coverage the children classes handball, but also provide a mechanism for selecting and training talented people for top sports achievements [1; 2]. A very important factor in the formation of the mature personality every young person is not only the mastering of professional knowledge and skills, not only for expanding they are horizons, gaining experience, erudition and the development of spirituality, but also tempering the body, achieving perfection through a healthy lifestyle for productive labor and longevity.

Purpose. Especially in modern conditions it is necessary to develop in boys and girls the need to improve their own physical state by regular physical education and various sports, who they like, including handball.

Presentation of the research material. At the stage of higher sportsmanship, handball players do not experience very large fluctuations in the level of physical qualities. Their growth slightly changes only during the annual cycle. Technical training is mainly aimed at restoring skills at the beginning of the cycle and improving it in connection with the improvement of physical condition. Technical skill is characterized by the continuity of the main phase of motion and variability. Here, in this direction, there is a need to go for the improvement of technology. In order to maintain a

constant tone and interest in training and competition, one needs to study the motivation of each player's activity and skillfully regulate his condition. Such motives may include: a) self-improvement; b) in achieving success; c) in social approval (awards, popularity); d) communicating with team members; e) material encouragement.

Only specific actions on the dominant motivations of handball players will enable him to succeed. All preparation at this stage takes a specialized character. The techniques of the game are improved mainly in complex exercises, taking the form of technical and tactical actions. The main ones are special-preparatory means, training forms and directly the most competitive exercise. Competitive preparation at this stage takes the lead.

Conclusions. The high level of physical fitness the athletes-handball players is achieved due to the large training load and requires systematic control, since the athletic nature of the handball game forces each athlete to perform a large number of complex and intense actions during a single game: overcoming a large distance, moving at a fast pace at short and long distances, with most of the game happening with aerobic-anaerobic and anaerobic power supply. It is shown that effective control at different stages of the training cycle significantly improves the final results of athletes and teams. After analyzing literature reflecting the role of athletes' physical fitness in athletic achievements, we can show the impact of this aspect of preparedness on the technique and tactics of gaming activity of handball players. It is advisable to highlight the achievements of scientific research and not resolved the issue of using the control over the physical readiness of handball players.

Literature

1. Kajtna, T., Vuleta, D., Pori, M., Justin, I. and Pori, P. 2012. Psycho-logical characteristics of Slovene Handball goalkeepers. *Kinesiology* 44(2), 209–217.
2. Marques M. C., Pereira A., Reis I. G. and van den Tillaar, R. 2013. Does an in-season 6-week combined sprint and jump training program improve strength-speed abilities and kicking performance in players? *Journal of Human Kinetics* 39, 157–166.