

## GENERAL PHYSICAL FITNESS OF HANDBALL PLAYERS

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**Annotation:** achieving success in the handball sports game directly depends on their physical fitness. Emphasizing the incomparable importance of the general and special level of physical training in the training of qualified handball players, these processes have shown to serve as the main factor in the formation of technical skills. From all means of physical education in the process of general and special physical training of the athlete, namely natural factors of fitness and wellness of physical exercises (Sun conditioning, air and water environment peculiarities), regimen and other hygienic.

**Keywords:** handball, physical fitness, agility, strength, endurance, flexibility, agility, exercise, special preparation.

Success in the game of handball sports directly depends on their physical fitness. Emphasizing the incomparable importance of the general and special level of physical training in the training of qualified handball players, these processes have shown to serve as the main factor in the formation of technical skills. In the process of general and special physical training of the athlete, all means of physical education are used, that is, natural factors of physical exercise conditioning and wellness (Sun conditioning, air and water environment peculiarities), regimen and other hygienic conditions.

General physical fitness, for special physical fitness creates the ground, that is, it is necessary to achieve high results in the chosen sport as conditions; strength, agility, endurance, flexibility, agility provides comprehensive development. Physical fitness of the athlete depending on which sport he specializes in. However, despite the enormous differences depending on the need, a number of similar aspects remain in general physical fitness in all areas .

Special training is the development of special skills the product needed to effectively carry out work in a large cell focused on has orientation, and also solves the following tasks. 1. Mainly for handball develop qualities that are more hos. 2. Large in handball movements selective development of a group of physiological systems involved in the level. As one of the 10 advanced tools of auxiliary physical training, such exercises are used that are suitable for the main characteristics that a handball player performs in competitive activities according to his knematic and dynamic

composition, as well as the peculiarity of nervous muscle tension. Among such exercises, the following can be distinguished. - To perform various techniques by pointing. - exercises performed on special trainer devices. - Exercises with handball players monikeni.

Special physical training; aimed at developing the qualities of movement in accordance with the requirements imposed by the peculiarities of the competition activities of handball players. Therefore, the physical fitness indicated in the training process consists in the process of educating the chosen sport of physical quality, which can meet the requirements of the hos to itself. It is known that each type of sport makes special demands on the physical qualities of an athlete, hilma Hill insists that the physical qualities are harmonized and manifested in herself.

The strength of a handball player is said to be the ability to overcome his resistance through the strength of muscles. With the occurrence of maximum muscle tension (tense posture and relaxation of the muscles), it is possible to develop and improve strength abilities. That is why the methodology for training strength is aimed at creating conditions for such cases in the fulfillment of the purpose of muscles.

The majority of the action that the handball player spends when he is directly opposite the opponent is performed in a fast-paced or dynamic position. Slowly holding or effortlessly exerting force with all available Force is understood to be showing strength in a muscle-not-changing or isothermal regime. Thus the handball player's nervous muscular system must be prepared for both dynamic and static movement. Of particular importance during competitions was the ability of the muscles to show "splashed strength", in other words, maximum strength in a very short time, which allows the handball player to gain an advantage over his opponent in the competition.

In the development of agility, the handball player can develop muscle tension and control relaxation, in other words, the muscles that work it is of great importance to keep tense and relax, replace. Agility when using sources of physical fitness for the purpose of development indivuyudal characteristics of qualified athletes under the influence of downloads offers to take into account.

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