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METHODOLOGY FOR IMPROVING THE PHYSICAL CONDITION OF GIRLS' HANDBALL PLAYERS

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Abstract: Improving the physical condition of female handball players is important for the effectiveness of sports training and achieving high results in competitions. Developing physical qualities (strength, speed, endurance, agility, flexibility), scientifically planning loads and monitoring recovery processes increase the overall level of preparation of female athletes. This article discusses methods for improving the physical condition of female handball players, tools and methods used in the training process, as well as practical recommendations.

Keywords: handball, physical condition, strength, speed, endurance, training methodology, girls' training.

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Handball is a sport that requires high-intensity play. Especially in girls' handball, during the game it is necessary to perform several movements at the same time: fast running, jumping, dribbling, hitting and defensive movements are carried out in an interconnected manner. This requires a high level of coordination, physical endurance, agility and strength from female athletes.

Also, agility and the ability to make quick decisions in handball are directly related to physical fitness. For example, quickly changing direction in defense or outwitting an opponent in attack requires not only technical skills, but also well-developed qualities of speed, strength and endurance. Therefore, good physical condition is the foundation for the effective implementation of technical and tactical actions by female handball players.

Optimal physical condition not only allows for stable results in competitions, but also preserves the health of the athlete's body, prevents injuries to the musculoskeletal system, and allows for faster adaptation to training loads. Therefore, the systematic development of the physical fitness of female handball players and the development of a methodology for improving their physical condition on a scientific basis is of particular importance in the theory and practice of sports training today.

Main part

Methodology for developing physical qualities

- Strength development - exercises with weights, jumping exercises, resistance exercises with rubber bands.
- Increasing speed - short distance running (10-30 m), reaction exercises, quick dribbling.
- Building endurance - interval running, running at distances of 800-2000 meters, small game-like exercises.
- Developing agility - exercises with "zig-zag" running, jumping over obstacles, and quick changes of direction.

- Improving flexibility - stretching exercises, gymnastic elements, yoga-based exercises.

Schedule downloads

Planning the loads during training is one of the most important factors in the physical development of female athletes and increasing their sports results. The load should be increased gradually in accordance with the age, physical fitness, health status and individual characteristics of the athlete. In this case, the volume, intensity and duration of the training should be correctly distributed.

In sports training, planned loads based on microcycles, mesocycles, and macrocycles provide high efficiency.

- A microcycle (usually 5-7 days) is a short-term training session that sets a daily routine. During this period, rest days and light exercises are mandatory.
- Mesocycle (3-8 weeks) - a stage focused on a specific task, in which strength, speed, endurance or technical-tactical training are separately developed.
- A macrocycle (usually one year) is an annual training period in which the preparation, competition, and recovery phases are carried out sequentially.

Rest and recovery periods must be taken into account in each cycle , because according to the law of supercompensation, the body is ready for a new load only after proper recovery. If the load is increased too quickly, there is a risk of overexertion and injury, and if it is increased too slowly, the athlete will not be able to achieve high results.

Therefore, load planning is the most important methodological tool for a coach not only to increase training efficiency, but also to maintain the health of female athletes and ensure their long-term stable results in sports activities.

Recovery and hygiene requirements

The effectiveness of training is inextricably linked to proper recovery and compliance with hygiene requirements. Proper nutrition, sleep, active rest, massage and water procedures strengthen the physical condition of female athletes.

Practical recommendations

- Perform 10-15 minutes of general developmental warm-up exercises before each workout.
- Perform speed and agility drills at least 2-3 times a week.
- Muscle recovery through light stretching exercises after workouts.
- Frequent use of game exercises and small competitions increases motivation.

Conclusion

The methodology for improving the physical condition of female handball players is one of the most important areas of sports training. The harmonious development of strength, speed, endurance, agility and flexibility ensures that athletes show high performance in competitions. Scientific planning of training loads, strict adherence to rest and recovery processes serve to preserve the health of girls and maintain their sports form.

Therefore, the methodology for improving the physical condition of female handball players is a key factor not only in increasing training efficiency, but also in protecting athletes from injuries, strengthening mental stability, and ensuring long-term success in sports activities.

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