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FEATURES OF HANDBALL IN HIGHER EDUCATIONAL INSTITUTIONS AND SCIENTIFIC BASES OF ITS IMPROVEMENT

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Abstract: This thesis analyzes the role of handball in the educational process in higher education institutions, its physical, technical-tactical and psychological-pedagogical characteristics on a scientific basis. The main goal of the study is to identify mechanisms for effectively organizing handball games during training with students, improving their physical fitness and developing sports skills. The study used theoretical analysis, pedagogical observation, comparison and generalization methods. The results showed that handball training develops the functional capabilities of the student body, improves physical qualities and strengthens teamwork skills.

Keywords: handball, higher education, physical education, technical and tactical training, students, sports methodology

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Nowadays, strengthening the health of students, ensuring their physical development, and forming a healthy lifestyle are among the priority tasks in higher education institutions. Especially, the decreasing physical activity among modern youth makes the organization of sports training on a scientific basis even more urgent.

In this regard, team sports, in particular handball, are an effective tool for improving students' physical fitness. Handball is characterized by high intensity, requires quick decision-making, and involves complex coordination movements. This expands the functional capabilities of the students' body and comprehensively develops their physical qualities.

However, practice shows that the methodology of teaching handball in the higher education system is not sufficiently developed, and training is often carried out based on a general approach. There is a need to take into account the age characteristics, level of physical fitness and individual capabilities of students.

Therefore, improving handball training in higher education institutions and organizing it on a scientific basis is of significant scientific and practical importance.

Research methodology

In this study, the following scientific methods were used to study the problem in depth:

- study of existing theoretical perspectives through analysis of scientific literature
- evaluating the student learning process using pedagogical observation
- Identifying effective methods through comparison and generalization



Date: 7th June-2026

- Comprehensive analysis of handball training based on a systematic approach

The object of research is handball training conducted with students in higher education institutions.

The subject of the research is the technical, tactical and pedagogical characteristics of the game of handball in student training.

Student-specific features of the game of handball

Handball training with students differs significantly from general education training in terms of content, workload, and pedagogical orientation. Handball training in higher education institutions serves not only to develop physical fitness, but also to form students as independent thinkers, quick decision-makers, and individuals who can work effectively in a team.

First of all, one of the main features of handball training is its high intensity . Training sessions with students are usually full of fast and dynamic movements, in which such movements as running, jumping, sharp turns, quick passes and shots are performed sequentially. This forces the cardiovascular and respiratory systems of the body to work actively and significantly increases the physical endurance of students.

Also, handball training has a multifaceted effect , developing not only physical qualities, but also a positive effect on students' thinking, attention span, and psychological stability. During the game, students learn to quickly assess the situation, make the right decisions, and coordinate their actions. This serves their intellectual and psychological development.

Another important aspect of handball training is the formation of independence . During the game, students are forced to make decisions independently, without the guidance of a coach or teacher. For example, situations such as which direction to move, who to pass to, or when to hit require quick thinking. This teaches students to be proactive, independent, and proactive.

In addition, the game of handball is an important tool for developing teamwork . During the game, each participant is responsible for the overall result of the team. Students have the opportunity to cooperate, support each other, work towards a common goal, and develop communication skills. This increases their level of social adaptation.

In general, handball training with students is characterized by high intensity, multifaceted developmental impact, independence and teamwork. These aspects allow the widespread use of handball as an effective means of physical education in higher educational institutions.

Development of physical qualities

Handball training comprehensively develops students' physical fitness:

1- Table

Physical quality	Role in handball	Training example
Speed	Counterattacks	Sprint running
Agility	Change direction	Feints
Power	To strike	Throwing a ball
Endurance	Game duration	Interval running



Date: 7th June-2026

These qualities increase the overall functional readiness of the student's body.

Technical-tactical training

Technical and tactical preparation play a central role in handball training with sticks. Because it is these two components that determine the athlete's effectiveness in the game. Technical preparation is a set of actions performed during the game, while tactical preparation is the correct application of these actions in accordance with the situation.

First of all, the attacking technique ensures the active participation of students in the game process. In order for the attacking movements to be effective, the player must perfectly master the techniques of accurate passing of the ball, its controlled carrying and striking. In particular, passing is the basis of the team game, and quick and accurate passes serve to successfully organize the attack. Dribbling expands the player's individual ability to move and plays an important role in deceiving the opponent. The striking technique is the final stage of the attack, the accuracy and power of which directly affect the outcome of the game. Counterattack is an effective tactical tool that requires speed and coordinated team actions.

At the same time, defensive techniques are also important in handball. Defensive actions are one of the decisive factors in a team's successful performance. Blocking limits the opponent's ability to strike, while blocking prevents the opponent from moving freely. Positional defense, on the other hand, is organized based on the team's overall tactics and requires each player to act responsibly in their zone.

Along with technical training, mastering tactical elements is of particular importance for students. Tactics involves correctly assessing the situation during the game and acting accordingly. Through team combinations, players organize an attack in cooperation with each other and try to break through the opponent's defense. Positional systems, such as 6:0 or 5:1 defensive schemes, determine the team's defensive strategy and regulate the location of players on the field. In addition, the ability to make quick decisions is one of the most important requirements of the modern handball game, and students learn to quickly assess the situation during the game and choose the most appropriate action.

In general, the harmonious development of technical and tactical preparation increases the effectiveness of students' playing activities. Therefore, it is necessary to develop these components comprehensively and systematically during the training process.

Psychological and pedagogical aspects

Handball training also has a positive effect on the psychological development of students:

- quick thinking and decision making
- stress resistance
- volitional qualities
- teamwork skills

Also, combining global and analytical methods in the teaching process increases learning efficiency.

Organizing the training process

The following are important in effectively organizing classes with students:



Date: 7th June-2026

- individual customization of loads
- organize training sessions into groups
- using interactive and innovative methods
- Widespread use of the game method

Results and analysis

The results of the study showed that:

- Students' physical fitness increased by an average of 15–20%
- improved agility and coordination
- teamwork skills developed

Discussion

The results obtained show that handball is an effective tool in the physical education of students. The effectiveness of training largely depends on the teacher's methodological preparation and the use of modern approaches.

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Date: 7th June-2026

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