

ORGANIZING ACTIVE GAMES RELATED TO HANDBALL SPORT

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Abstract:

This study thoroughly investigates the process of organizing and conducting active games based on the sport of handball. Incorporating national active games into physical education lessons not only contributes to students' physical development but also enhances their mental and social skills. Through these games, students have the opportunity to collaborate, compete, and foster team spirit.

Keywords: physical education, handball, active games, national movements, team spirit, strategic thinking, educational process.

QO'L TO'PI SPORT TURIGA OID HAKAKATLI O'YINLARNI TASHKIL ETISH

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Annotatsiya:

Ushbu tadqiqotda qo'l to'pi sport turi asosida harakatli o'yinlarni tashkil etish va o'tkazish jarayoni chuqur o'rganilgan. Jismoniy tarbiya darslarida milliy harakatli o'yinlarni kiritish, nafaqat o'quvchilarning jismoniy rivojlanishiga, balki ularning ruhiy va ijtimoiy ko'nikmalarini ham oshirishga xizmat qiladi. O'yinlar orqali o'quvchilar o'zaro hamkorlik qilish, raqobatlashish va jamoaviy ruhni rivojlantirish imkoniyatiga ega bo'ladilar.

Kalit so'zlar: jismoniy tarbiya, qo'l to'pi, harakatli o'yinlar, milliy harakatlar, jamoaviy ruh, strategik fikrlash, o'quv jarayoni.

Defending the Fortress

The game is played on a playground or in a hall. To conduct it, three gymnastic sticks and one volleyball are required. If the number of players exceeds 30, the amount of equipment should be doubled.

Preparation for the game: All players stand in a circle, leaving one arm's length distance between each other. A circle is drawn on the ground in front of them. In the center of this circle, a fortress is constructed from three sticks, each one meter long, tied together at their upper ends. One player enters the circle to defend the fortress. The players forming the circle each hold a volleyball (or handball).

Game description: As soon as the leader gives the signal, players start hitting the fortress with the ball. The defender protects the fortress with their body, blocking the balls with hands and feet, resisting the attack. The player who manages to knock down the fortress replaces the defender, while the defender joins the circle. The game is played for a set time. At the end, the best defenders who managed to protect the fortress the longest, as well as the best shooters and the most agile players, are declared winners.

Game rules:

1. Players cannot step over the circle line.
2. The defender is not allowed to hold the fortress with their hands.
3. If the fortress is hit by the ball but does not fall, the defender continues to protect it.
4. If the defender themselves knocks down the fortress, they immediately lose the right to defend. The player holding the ball at that moment takes their place.

“Defense of the Clubs” variant: Instead of a three-legged fortress in the center of the circle, five clubs are placed: four at the corners of a square with sides one step long, and one in the center of the square.

In this game, the defender tries to protect the clubs, while all other players try to knock down the clubs with the ball without stepping inside the circle line. The defender has the right to restore any club they knocked down, provided it is not the last one. After all clubs are knocked down, the leader changes, and the player who knocked down the last club becomes the new defender. Other rules are the same as in the “Defending the Fortress” game.

Educational significance of the game: This game improves skills in aiming and throwing the ball, passing and catching. It requires coordination of movements during ball passing, quick actions, and agility. Defenders need to be brave and able to understand the surrounding

situation to act effectively. The main actions in the game include throwing the ball at a fixed target, passing the ball to each other, and catching it.

Methodological guidelines: If there are many players, the game should be held simultaneously in two circles. Players' attention should be focused on coordinating movements during ball passing and recognizing moments when the target is open for easier hits on the fortress. The leader should ensure that all players actively participate and that the ball is passed among all players. If a defender manages to protect the fortress or clubs for a long time, they are rewarded and replaced by another player, giving others the chance to defend. The "Defense of the Clubs" variant is more complex than "Defending the Fortress," because the defender can restore knocked-down clubs, which complicates the game's objective.

It is recommended to play "Defending the Fortress" from grade 3, and "Defense of the Clubs" from grades 5 and 6.

Geese and Wolves

Preparation for the game: On opposite sides of the playing field, a home is designated for the geese on one side and a den for the wolf on the other side (distance between them is 15-20 meters). One player is chosen to be the wolf, and the rest are geese.

The teacher says, "Geese and swans!" and all players run out onto the field. The teacher then says, "Geese and swans, return home, the wolf is standing at the foot of the mountain!" The players respond together, "What is the wolf doing there?" The teacher replies, "He is plucking the geese's feathers!" The players ask, "What geese's feathers?" The teacher answers, "The pure white geese's. Hurry, run to your home!" Upon hearing this, all the geese run toward their home, while the wolf runs out of its den to chase them. After two or three rounds, a new leader, i.e., a new wolf, is appointed.

Rules of the game:

1. Players can only run home after the teacher says, "Hurry, run home!"
2. All players must run from home back into the playing field.

Methodical guidelines: The teacher can count how many players are caught and may allow them to continue participating. However, after the game ends, the teacher should highlight who was caught by the wolf and who escaped.

Forbidden Movements

Preparation for the game: Players form a circle. The leader stands in the center of the circle.

Game description: Before starting, players agree to repeat all the leader's movements but avoid forbidden movements. Then the leader starts making different movements, and the

players imitate them. Suddenly, the leader performs a forbidden movement. Any player who repeats this forbidden movement receives a penalty point or must enter the center of the circle and take over the leader's role.

A player who receives a penalty point might have to perform tasks such as dancing, singing a song, solving a riddle, or hopping around the circle on one foot. After this, the game continues.

Methodical guidelines: Playing the game with music is even better. The game helps develop students' attentiveness and alertness.

Passing the Ball

Preparation for the game: Players are divided into 4 teams and lined up in four parallel rows, standing at the start line with their arms extended to their sides and feet shoulder-width apart. The players at the front of each line hold a basketball or volleyball.

Game description: At the teacher's signal, players begin passing the ball over their heads down the line. After the ball reaches the last player, players hop backward without bringing their feet together and then pass the ball back over their heads. When the ball returns to the first player, this sequence is repeated. After that, the ball is passed between the legs, then to the right side, and then to the left side. The team that completes these four passing methods without mistakes first is declared the winner.

Handball Competition

Preparation for the game: Players are divided into 3-4 teams and lined up side by side behind a starting line. Ten to fifteen meters from the starting line, a parallel line is drawn across the field. On this line, circles with a diameter of 1–1.5 meters are drawn facing each team. One leader from each team stands inside their circle. The first players in each line hold one ball each.

Game description: At the teacher's signal, players dribble the ball by bouncing it on the ground up to the designated line, pass it with one hand to their team leader, then run forward to take their place in the circle. After that, they take the ball back to their team and pass it to the next player, then move to the end of the line. All players repeat this action.

The game ends when the first players in line return to their original positions. The team that completes the task quickly and accurately is declared the winner.

Crossing Obstacles

Location: The game is held on a playground, in a gym, or in a corridor. For the game, two gymnastics benches, two hurdles (barriers), and gymnastics wall bars are used.

Preparation for the game: Players are divided into two teams equal in number and strength and stand in two parallel rows. The distance between the rows should be 3-4 meters. In front of each team, at the same distance, a bench is placed; 3-4 meters from the benches, two hurdles are set up; and 3-4 meters beyond the hurdles, the gymnastics wall bars are installed.

Game description: At the signal from the leader, the players standing at the front of the teams walk over the benches, jump over the hurdles, run to the gymnastics wall bars, and jump down from the set height. They then run back, crawl under the hurdles, run to their team, touch the palm of the player at the front, and go to the end of their line. The game continues in this manner until all players cross the obstacles and participate in the run.

The game ends when the player who started again stands at the front of their team. After the player at the end of the team runs up and says “Smirno!” (a phrase signaling completion), the team that finishes the task first without mistakes is declared the winner.

Rules of the game:

1. The game can only start at the leader’s signal. If any starter runs before the signal, their team loses.
2. Players waiting their turn must not cross the starting line prematurely.
3. Every player must cross the obstacles according to the rules.
4. Each mistake results in a penalty point for the team.
5. The team with penalty points loses.

Educational significance: This game requires coordination, agility, and courage from participants. The obstacles improve mobility and dexterity. The game fosters a team spirit as each player strives for the best result to protect their team’s interests. Running and overcoming obstacles are the best demonstrations of movement in this game.

Methodological guidelines: When dividing players into teams, not only the number but also the players’ preparedness for overcoming obstacles must be considered. For example, a player who lacks skill in supported jumps cannot be an effective team member and may violate the rules. The quality of task performance should be closely monitored. Each method of crossing an obstacle must be strictly defined. Teams must receive penalty points for every mistake made by their members.

To prevent injuries during hurdle jumps, two players should be positioned in front of the hurdles to assist participants.

This game requires considerable skill and good coordination of movements. Therefore, it is recommended to conduct this game starting from grades VI-VII.

Finding the Foxes

Preparation for the game: This game should be played in a wooded area. The leader must select the location in advance, paying special attention to ensure there are plenty of hiding places where the foxes can conceal themselves. For the game, 1-2 bags filled with colorful pieces of paper or straw are needed. The game is suitable for 12 to 20 students at most.

Game description: One or two of the fastest runners are chosen as foxes. The foxes take the bags and scatter the pieces of paper (or straw) along their route as they run a distance of 1 to 1.5 kilometers. The other players act as hunters. After the foxes have set off, the hunters wait for 10-15 minutes and then follow the trail, trying to find the foxes. If the hunters find the foxes within the allotted time (30 minutes or 1 hour), they win; if they fail to find them, they lose.

Methodological recommendations: The more and the more diverse the hiding places in the playing area, the more enjoyable the game will be. The foxes must leave a trail every 10-15 steps. This game is recommended to be played outside of regular class time.

Adabiyotlar

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