

ORIGIN AND HISTORY OF HANDBALL**Urinov Obloqul Jumaevich**

Annotation: This article provides information on the origins and history of handball. Uzbekistan will describe unresolved problems in handball.

Keywords: Sprouts of hope, handball, origin, participant, training.

Introduction: The game of handball began around 1898 with the teaching of one of the gymnasiums in Ordurupe, Denmark. Nelson decided to create a new sports game that would be different from football in that it could be played in gyms in rain-soaked air suitable for girls. Leaving goalkeepers, he reduced the number of teams, suggesting that the ball was passed, received, carried and fired only by hand. Thus in the universe "Handball" was born, and later quickly spread throughout the world. Stages of the emergence and development of handball game in Uzbekistan. The development of handball in our republic began with the first Handball Championship in 1938. 1960-11x11 handball competitions were held among cadets studying in Tashkent higher military educational institutions.

In 1960, All-union competitions in handball among young people were held in Kharkiv city, and after that this sport began to develop rapidly in the country. In 1960, the Department of handball specialist was opened for the first time in the Uzbek State Physical Education incitement. Since the 1960s, 16-20 teams began to participate in the Tashkent City premierships, and Uzbekistan was considered the year in which handball players began to participate in the former Union era. At the second former Union Championship in Tbilisi and Sverdlov in 1962, the men's Uzbek team took part in the competition and won the qualification to the higher league.

Methodology: Who founded the termajamoa of Uzbekistan. Abdurakhmanov, M. Zhukov, B. Pikin, W. Ogirenko, M. Sirotenko, M. Magdulin, A. Oleynikov, N. Rakhmatov, A. Pantasenko and A. Sadigovs were representatives of the Uzbek State and The Tashkent Institute of irrigation. To the former Union Championships the national team of Uzbekistan V. Sevastiyonov and V. Lemeshkovs coached. The Uzbekistan gamblers achieved high results in 1972-1973. They finished 6th in the Championship played among Major League teams in the former Union. The o'z d'jti team won the All-Union student competitions three times.

The Uzbekistan girls' team Tenna finished 6th in honor at the former Union ring spartakiad in 1975 and 1983. More than 20 of our girls have fulfilled the requirements of the master of sports.

In order to ensure the mass involvement of students in physical education and sports activities, the president of the Republic of Uzbekistan I.A. On the initiative of Karimov, according to the resolution of the Cabinet of Ministers "on measures for the further development of physical education and sports in Uzbekistan" dated May 21, 1999, a mass sports system of continuous education based on the national model of training of personnel in the country and harmonized with its requirements began to be created and implemented. The new system fully covers the student youth of our country. For the first time, when sports become the Daily need of a student at school, academic becomes his constant companion in high school and vocational colleges. And at the University and insitut, this companion brings him to prestigious international competitions. The winners discovered in the competitions will be involved in the national teams of Uzbekistan. Another important aspect is that young men and girls who have

worked on a certain type of sport in these systems will continue their work in this regard in their future families, in labor communities. Including 16 men's and 14 women's teams in handball, it was included in the "Universiade-2002" program, which was held in Bukhara for the first time. Since the launch of this three-stream system, attention has again begun to be paid to the sport of handball, its survival and development. In 2003, the formation of the Sports Society "Talba" became the same muddoa, because among all sports, competitions in handball are held among the universities, which serves as an experimental throw of our athletes.

There are still a lot of unresolved problems in the handball of PA. Today, first of all, it will be necessary to dramatically improve the process of training in handball teams and the quality of educational work. Scientific representatives of sports-doctor of Pedagogical Sciences Ye.Seytkhalilov and scientists of the same field M. Zhukov, J. Akramov, L. Khasanova, I. Shelyagina, S. Azizov, F. Abdurakhmanov, V. Lemeshkov and Sh. Pavlovs, on the basis of their experience, should be armed with all the innovative and advanced methods of handball, as long as they offer, recommend. Only by following these are the best teams able to have a leading position in our World Handball. In order to ensure the mass involvement of student-youth and student youth in physical education and sports activities, president of the Republic of Uzbekistan I.A. Many decisions were made on Karimov's initiative. Based on the decision of the court of justice No. 271 "on measures for the further development of physical education and sports in Uzbekistan", adopted on May 21, 1999, a mass sports system of continuing education was created in the country, based on the national model of Personnel Training and harmonized with its requirements.

- "Sprouts of Hope"-first-link competitions cover students in grades 1-9 of general secondary education schools;
- "perfect generation" - Second-Link competitions include Academic High School students and vocational colleges; (held every two years);
- with the Sports Association" student "
- with students of higher educational institutions of the third tier "Universiade" Sports Competitions are held (held every three years);

This new system regularly interests and covers all student-youth and students in the country in sports competitions. When sports activities become a student's daily requirement at school before, Academic High School and vocational colleges become his regular companions. In higher education, however, it brings young people to prestigious international competitions. From the moment this three-Link system was established, the focus on the sport of handball, its development, has increased even more. Therefore, a sharp improvement in the quality of training and educational work, which is primarily carried out in teams engaged in the sport of handball, is also one of the main issues.

Handball is one of the most common sports and is one of the most popular, consequently, the most convenient means of physical development of student youth, strengthening their health. It is considered a genuine, ring-like game that is equally acceptable for both adults and adolescents. Each team fields 2 teams out of 7. Games last from 25-30 minutes to 2 times, with a break of 7-10 minutes in the interval. The playing surface consists of a rectangle measuring 40 × 20 m. The gate will be 3 meters wide and 2 meters high, a player who grossly violates the rules of the game will be fined uchunjamo. This is done by shooting the ball into the goal from a

distance of seven meters. From the athlete performing the fine, the goalkeeper and other athletes will be required to stand 3 meters away.

Conclusion:The basis of the handball game is natural movements that help the harmonious development of those involved in all aspects, such as running, jumping, passing the ball, taking away, throwing. Downloads have a positive effect on the development of all functional systems in the body. Under the influence of training, as well as the mental activity of those involved in competitions, such qualities as speed, chambering, creative thinking and initiative develop. The game of handball can serve as a good tool for general physical fitness.

References:

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