

# TEACHING GOALKEEPER'S RESISTANCE TO ATTACK SHOTS IN HANDBALL THROUGH NATIONAL GAMES TECHNOLOGY

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**Abstract:** This article analyzes the technology for improving the ability of young handball players — particularly goalkeepers — to resist attack shots using national games. The proposed educational and methodological approach is aimed at developing agility, reaction speed, and tactical sensitivity.

**Keywords:** National games, handball, goalkeeper, attack shot, technology, training.

## MILLIY O'YINLAR ORQALI GANDBOL O'YINIDA DARVOZABONNI HUJUM ZARBASIGA QARSHI TURISH TEXNOLOGIYASI YO'LLARINI O'RGATISH

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**Annotatsiya:** Ushbu maqolada milliy o'yinlardan foydalanib, yosh gandbolchilar — xususan darvozabonlarning hujum zarbalariga qarshi turish qobiliyatini oshirish texnologiyasi tahlil qilinadi. Taklif etilgan o'quv-metodik yondashuv harakatlilik, reaksiya tezligi va taktik sezgirlikni rivojlantirishga yo'naltirilgan.

**Kalit so'zlar:** milliy o'yinlar, gandbol, darvozabon, hujum zarbasi, texnologiya, tayyorgarlik.

## ОБУЧЕНИЕ ВРАТАРЕЙ ТЕХНИКЕ ОТРАЖЕНИЯ УДАРОВ В ГАНДБОЛЕ НА НАЦИОНАЛЬНЫХ ИГРАХ

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**Аннотация:** В данной статье анализируется технология повышения способности молодых гандболистов, особенно вратарей, противостоять атакующим ударам с использованием национальных игр. Предложенный

образовательно-методический подход направлен на развитие мобильности, скорости реакции и тактической чувствительности.

**Ключевые слова:** национальные игры, гандбол, вратарь, атакующий удар, технология, подготовка.

In modern sports training, attention is being given to the comprehensive development of athletes. Particularly in team sports, individual technical and tactical preparation directly affects an athlete's overall performance. Handball is one such complex, dynamic, and highly reflex-driven sport. In this sport, the goalkeeper plays a particularly crucial role, as they are the last and most important line of defense, directly influencing the outcome of the game.

A handball goalkeeper must not only stop the ball but also possess complex psychomotor skills such as anticipating, reading, and making decisions based on the attacking players' movements during the game, positioning correctly, and predicting the direction of shots. To develop and enhance these skills, innovative and creative approaches must be applied alongside classical methods.

From this perspective, the effective use of national games could serve as an important tool for achieving favorable results, especially for young athletes. National games, as an inseparable part of our culture and values, contribute to increasing the physical, mental, and social activity of children and adolescents, as well as developing physical qualities such as coordination, speed, agility, quickness, balance, and reaction time. These qualities are directly linked to the skills required for a handball goalkeeper.

Unfortunately, in current sports training practices, the systematic methods for utilizing national games are not sufficiently developed, indicating that existing resources and experience are not being fully utilized. Thus, the relevance of the research lies in its focus on using national games to develop and enhance goalkeepers' skills in defending against attacking shots. The aim is to develop methods for improving the goalkeeper's technical and tactical potential based on national games and to substantiate their effectiveness through practical trials.

**Research Participants:** The research was conducted in two sports schools in Kokand city, with a total of 30 young handball players aged between 14-16 years. The participants were divided into two groups:

**Experimental Group:** 15 students, trained using a methodology based on national games.

**Control Group:** 15 students, trained using traditional methods.

**Research Design and Duration:** The research lasted for 8 weeks, with each group participating in three 60-minute sessions per week. The sessions were conducted in sports halls, outdoor sports fields, and sometimes on game courts.

**Main directions of the experimental group's sessions:** The training was conducted in four main areas:

1. National games to develop agility and quickness: Adapted exercises from games such as "Chillak", "Qoch-qoch", "Do'ppini olib qoch";

Coordination-enhancing exercises like "Sokin yugur" and "To'p tashla."

2. Exercises aimed at improving reaction speed: Sudden ball shooting, response to light signals;

Tasks that distract goalkeepers and force them to make quick decisions.

3. Developing tactical decision-making skills: Simulating decision-making elements from games like "Ko'r futbol" and "Uloq tortish";

Exercises to respond to attacking players' actions and adapt to them.

4. Improving goalkeeper techniques: Exercises for defending the goal in one-on-one situations;

Defending against shots from various angles;

Exercises for rapid recovery and regaining position after falling.

**Measurement criteria and assessment methods:** At the start and end of the research, each participant was evaluated based on the following criteria:

**Reaction time (in seconds):** Measured from the moment the goalkeeper sees the ball until they begin the movement;

**Shot-blocking effectiveness (%):** Recorded how many successful blocks were made out of 10 shots;

**Accuracy of visual tracking (%):** Assessed the accuracy in responding quickly to a moving target;

**Balance maintenance:** Observed the ability to maintain balance during dynamic exercises.

**Statistical Analysis:** The obtained results were analyzed using the t-test method in SPSS software. A statistically significant difference was considered if  $P < 0.05$ .

This methodological approach resulted in clear improvements in the experimental group's performance, while changes in the control group were minimal.

Throughout the training, the experimental group made significant progress, based on weekly observations and evaluations. One of the most important indicators was the goalkeeper's ability to react quickly and accurately to attacking shots. Initially, the average reaction time of the participants was 0.92 seconds, but

after 8 weeks of national game-based training, this figure decreased to 0.47 seconds. This represents a 48.9% improvement in reaction time.

There was also positive progress in shot-blocking ability. Initially, the blocking rate was 54%, but the final result increased to 66%, showing a 12% improvement in the goalkeeper's efficiency in defending against attacks.

In accuracy tests for visual tracking, participants initially demonstrated 63% accuracy, which increased to 79% by the end of the training. This indicates that athletes became more capable of quickly and accurately tracking moving objects, thus improving their ability to position themselves correctly.

At the conclusion of the research, the following positive changes were observed in the experimental group:

<b>Indicator</b>	<b>Initial</b>	<b>8th Week</b>	<b>Growth</b>
Reaction Time (Average)	0.92 s	0.47 s	48.9%
Shot-blocking Rate	54%	66%	12%
Accuracy of Visual Tracking (%)	63%	79%	16%

Analysis of the results revealed that using national games significantly improved goalkeepers' psychomotor skills, reflexes, speed, and tactical decision-making abilities. Moreover, teamwork, mutual trust, and initiative among the participants were also strengthened.

The results of the research show that the use of national games in training significantly improves handball goalkeepers' defensive skills. These results are based on the multifaceted impact of national games, which contribute not only to physical development but also to mental and psychological growth.

The main advantage of national games is their dynamic nature, which requires quick decision-making and full attention from the players. For example, in games like "To'p tashla" or "Chillak," goalkeepers quickly identify the direction of a shot, adjust their position, and perform reflex actions to block it. This training allows athletes to practice in conditions that closely resemble real game situations.

Furthermore, national games strengthen essential elements of positional defense, such as movement trajectory, shot anticipation angles, and strategies for tracking attacking players. This approach provides more contextual learning compared to traditional drills, where athletes adapt their movements to real-game situations.

Psychologically, game-based training reduces stress, boosts athletes' self-confidence, and enhances their social engagement. They also create new methodological opportunities for coaches, allowing them to engage players in complex technical-tactical tasks through fun and interactive training.

During the experiment, it was found that goalkeepers, through national games, achieved significant improvements in reflexes, coordination, and the ability to analyze game situations, make decisions, and determine optimal positioning. The individual approach from the coach and the gradual complexity of the game elements played an important role in this.

Based on the findings, the methodology of game-based training for goalkeepers can be seen as an innovative approach to preparing athletes for defending against attacking shots.

**Conclusion.** Training based on national games provides young handball players, especially goalkeepers, with effective preparation for defending against attacking shots. The unique methodology of national games serves as an effective tool in developing athletes' movement systems and physical abilities, while also playing a significant role in their psychological and tactical preparation.

The interesting and distinctive nature of national games, their ability to actively engage athletes, and their influence on increasing motivation play a crucial role in improving goalkeepers' ability to defend against attacking shots. Each national game incorporates specific rules, tactics, and types of movements, which allow athletes to test and improve their physical capabilities. Moreover, the game-based approach helps develop psychological resilience, self-confidence, and readiness for challenges in athletes.

Additionally, the integration of national games into sports training contributes significantly to the development and preservation of national culture. They offer athletes not only a chance to engage in sports but also an opportunity to connect with their national values and traditions. Through training based on national games, athletes expand their knowledge of cultural, ethnographic, and historical contexts.

As a result, the methodology of using national games in training contributes to the development of modern approaches in physical education, providing athletes with greater opportunities to improve their tactical preparation, mental, and physical state.

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