

**ELITA GANDBOLCHILARIDA BA'ZI JISMONIY TAYYORGARLIK
PARAMETRLARI O'RTASIDAGI MUNOSABATLARNI TEKSHIRISH.**

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Annotatsiya. Ushbu tadqiqotning maqsadi gandbolchilarning sprint tezligi, reaksiya vaqtlari, kuch va vertikal sakrash xususiyatlari o'rtasidagi bog'liqlik o'rganiladi. Yoshi, bo'yi, vazni, sprint tezligi, reaksiya vaqti, kuch va vertikal sakrash qiymatlari asboblar bilan o'lchandi. Xususiyatlar o'rtasidagi munosabatlarni tekshirish uchun Pearson mahsulot korrelyatsiyasi testi qo'llanildi va muhim daraja $p < 0,05$ deb qabul qilindi.

Kalit so'zlar: Qo'l to'pi, jismoniy tayyorgarlik, ishlash, korrelyatsiyasi testi.

**INVESTIGATION OF THE RELATIONSHIP BETWEEN SOME PARAMETERS OF
PHYSICAL TRAINING IN ELITE HANDBALL PLAYERS.**

Abstract. The purpose of this study is to investigate the relationship between sprint speed, reaction times, strength and vertical jump characteristics of handball players. Age, height, weight, sprint speed, reaction time, strength and vertical jump values were measured with instruments. Pearson's product correlation test was used to examine the relationship between characteristics and the significant level was taken as $p < 0.05$.

Key words: Handball, physical training, performance, correlation test.

**ИССЛЕДОВАНИЕ ВЗАИМОСВЯЗИ НЕКОТОРЫХ ПАРАМЕТРОВ ФИЗИЧЕСКОЙ
ПОДГОТОВКИ У ВЫСОКОКВАЛИФИЦИРОВАННЫХ ГАНДБОЛИСТОВ.**

Аннотация. Целью данного исследования является изучение взаимосвязи между скоростью спринта, временем реакции, силовыми и вертикальными прыжковыми характеристиками гандболистов. С помощью приборов измерялись возраст, рост, вес, скорость спринта, время реакции, сила и значения вертикального прыжка. Для изучения взаимосвязи между характеристиками использовался тест корреляции продуктов Пирсона, а уровень значимости принимался за $p < 0,05$.

Ключевые слова: Гандбол, физическая подготовка, результативность, корреляционный тест.

Kirish

Jismoniy tayyorgarlik deganda harakatlarning to'g'ri bajarilishi va jismoniy chidamlilik bilan bog'liq holda tananing hozirgi holati tushuniladi. Ushbu ta'rifga ko'ra, eng yuqori jismoniy tayyorgarlikka ega bo'lgan odam eng uzoq vaqt charchamasdan harakat qila oladigan odamdır.

Jismoniy tayyorgarlikni faoliyatni muvaffaqiyatli bajarish qobiliyati sifatida ham aniqlash mumkin. Jismoniy tayyorgarlik yurak-nafas olish tizimining chidamliligi, mushaklarning chidamliligi, mushaklarning kuchi, mushaklar kuchi, tezlik, moslashuvchanlik, chaqqonlik, muvozanat, reaksiya vaqti va tana tuzilishini o'z ichiga oladi. Bu sifatlar sport ko'rsatkichlari va

salomatlik nuqtai nazaridan har xil ahamiyatga ega bo'lganligi sababli, ular mahorat bilan bog'liq jismoniy tayyorgarlik va sog'liq bilan bog'liq jismoniy tayyorgarlik deb ataladi. Jismoniy va fiziologik tayyorgarlik sportda muvaffaqiyat qozonish uchun zarurdir.

Agar sportchining jismoniy va fiziologik xususiyatlari sport sohasiga mos bo'lmasa, kerakli sport ko'rsatkichiga to'liq erishib bo'lmaydi. Biroq, jismoniy tayyorgarlik yuqori ishlashning yagona muhim sharti emas. Sportdagi natijalarga ta'sir qiluvchi ba'zi jismoniy omillar bo'y, tana vazni, tana tarkibi, aerob va anaerob kuch, kuch, tezlik va moslashuvchanlikdir (Kalyon, 1990). Jismoniy tuzilma yuqori darajada ishlash uchun zarur bo'lgan xususiyatlardan biridir. Kuch, kuch, moslashuvchanlik, tezlik, chidamlilik va chaqqonlik kabi boshqa ishlash o'zgaruvchilari bilan birlashtirib ishlashga ijobiy ta'sir qiladi. Shu nuqtai nazardan, ushbu tadqiqotning maqsadi gandbolchilarda sprint tezligi, reaksiya vaqti, kuch va vertikal sakrash xususiyatlari o'rtasidagi munosabatlarni o'rganishdir.

1 usul

Sportchilarning o'lchovlari musobaqa davrida va dam olish kunlarida amalga oshiriladi.

Tana vazni 0,1 kg aniqlikdagi elektron tarozi bilan, balandligi esa 0,01 sm aniqlikdagi raqamli balandlik o'lchagich bilan o'lchanadi (Tamer, 2000). Tana massasi indeksini aniqlash uchun tana massasi indeksi = Tana vazni / Balandligi (m)² formulasidan foydalaniladi. 30 metrlik Sprint tezligi testi 0,01 sezgirlikdagi fotoelementni sinovning boshlanish va tugash nuqtalariga oldindan belgilangan 30 m maydonda joylashtirish va dam olish oralig'i bilan 2 ta sinovdan eng yaxshisini olish orqali o'tkazildi.

Qo'lni ushlab turish kuchi (o'ng va chap), orqa kuch va oyoq kuchi o'lchovlari orqa va oyoq dinamometrlari bilan amalga oshirildi. Vertikal sakrash testi vertikal sakrash taxtasi yordamida amalga oshirildi. Oyoqlar birgalikda va tana tik holatda, ikkala qo'l yuqoriga ko'tarilib, barmoq uchlari tegib turgan oxirgi nuqta belgilandi. Keyin, bor kuchi bilan ikki oyog'i bilan yuqoriga sakrab, taxtaga tegadi, bir qadam tashlamasdan va tizzalarini 90 gradus egmasdan sakrashni amalga oshirdi.

Bu jarayon ikki marta takrorlandi va eng yaxshi qiymat qayd etildi. Ma'lumotlarni tahlil qilish: Tadqiqotda olingan barcha ma'lumotlar aniqlanadi. Olingan ma'lumotlarning o'rtacha arifmetik va standart og'ish qiymatlarini hisoblab chiqqandan so'ng, jismoniy tayyorgarlik qiymatlari o'rtasidagi bog'liqlikni tekshirish uchun Pearson korrelyatsiya testi qo'llanildi va ahamiyatlilik darajasi $p < 0,05$ sifatida qabul qilindi.

Topilmalar

Ushbu tadqiqot gandbolchilarda sprint tezligi, reaksiya vaqti, kuch va vertikal sakrash xususiyatlari o'rtasidagi munosabatlarni o'rganish uchun o'tkaziladi. Ushbu tadqiqotni barcha elita gandbolchiga test va o'lchovlar qo'llanilsa bo'ladi. Barcha qiymatlar statistik tahlil qilinadi.

Munozara va xulosa

Ushbu tadqiqot gandbolchilarda sprint tezligi, reaksiya vaqti, kuch va vertikal sakrash xususiyatlari o'rtasidagi munosabatlarni o'rganish uchun o'tkaziladi. Tadqiqotda qatnashgan elita gandbolchilarning o'rtacha yoshi inobatga olinadi. Ularning yoshi, o'rtacha bo'yi sm, vazni kg, tana massasi indeksi yozib jadvalda joylashtiriladi.

Tadqiqot natijalari shuni ko'rsatadiki, gandbolchilarning jismoniy tayyorgarligining ko'plab parametrlari o'zaro bog'liq va gandbolchilarning o'rtacha ko'rsatkichlari adabiyot

tadqiqotlari bilan solishtirganda kuch, sprint tezligi, reaksiya vaqti va vertikal sakrash xususiyatlari bo'yicha juda yaxshi holatda. Natijada sprint mashqlari reaksiya vaqtini yaxshilash uchun, vertikal sakrash mashqlari esa kuchni oshirish uchun ishlatilishi mumkin, deb hisoblaymiz.

Gandbolchilarning mavsumoldi mashg'ulotlarini rejalashtirishda buni e'tiborga olish foydali bo'ladi, deb hisoblaymiz.

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