

THE IMPORTANCE OF HANDBALL SPORTS IN PERSONAL PHYSICAL DEVELOPMENT

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Annotation: *The article discusses the role of handball in human health and physical development. Information is given about how this sports game makes a person physically strong and healthy, especially how it improves the functioning of the heart and blood vessels. It also talks about the importance of handball in developing speed and endurance.*

Key words: *endurance, speed, physical stability, muscles, strategy, heart muscles, training, quickness.*

Handball is a sport that originated in Scandinavia and Germany in the 19th century. Although handball first made a temporary appearance at the Olympic Games in 1936, it is played as an open game with 11 players per side. Handball for men since 1972 (Munich) and for women in 1976 (Montreal). This sport is widespread and is played by approximately 19 million people of all ages in more than 180 countries. The activity is not only entertaining, but also very beneficial from a physical point of view. Young children can learn the game by joining mini handball, which helps improve physical fitness and establishes basic techniques and tactical competencies with less competition than traditional handball. National Youth Sports Association mini handball minimizes the contact and aggressive play associated with the adult version of the sport, while maintaining the benefits and skills training.

Playing handball requires several actions, including hitting, passing, jumping, blocking, pushing, running, shooting and dribbling. It is a high intensity interval contact sport. The goal of the handball game is to score as many goals as possible in two rounds of 30 minutes each. It's a fast-paced game with lots of action and scoring, leading to high-profile games of 20 or more goals. In many handball matches, four officials are involved, including a scorer, two referees and a timer.

Handball is a complex sport that requires coordination, endurance, strength and the ability to tactically plan and recognize strategies in the game. Of course, there is recreational handball for all levels. Although the game is intense, few expect high-level athleticism from those who seek the physical and social aspects of the sport in a comfortable environment. Handball is a sport that provides a lot of physical training and is fun. Cardiovascular exercise is any type of exercise that raises your heart rate—handball is definitely a heart-rate-elevating sport. Depending on the type of team, you can perform vigorous cardiovascular

exercises, including high-intensity anaerobic intervals during handball. There are many benefits of vigorous cardiovascular exercise. Some of the most prominent ones include:

- Reduces the risk of heart attack, high blood pressure, high cholesterol, diabetes and some types of cancer
- Improves sleep quality
- Promotes healthy weight balance
- Reduces stress, depression and stress tolerance
- May relieve depression and anxiety

Also, handball helps to increase endurance of muscles and cardiovascular vessels. Cardiovascular endurance contributes to a healthy heart — the better your cardiorespiratory endurance, the better your aerobic fitness. Muscular endurance develops your body's ability to sustain repeated contractions against resistance over time. Daily life becomes easier with muscle endurance. You can do things like shovel snow, climb stairs, and carry groceries or luggage. The muscular and cardiovascular endurance gained from playing handball pays off in any other sport you play. Research shows that better muscular endurance and muscle strength reduce the risk of musculoskeletal injuries.

Core and pelvic stability (jumping, changing direction, landing, etc.) – This is a very broad and comprehensive requirement. 'Core and hip stability' is not overly specific, and as we've mentioned before, the role of certain muscle groups can change depending on how the movement or task is being performed. However, the key point here is that there is a lot of hip stability in addition to the core stability required in frequently shaped (and simple tasks like jumping, running, and landing). It's also important to train core and hip stability in similar positions to what is required in these tasks. If these skills are not transferred to the positions required in the game, it is not good to have a large core and hips, stability boards and other exercises, especially standing, because you (in the task and movement specific handball game) As a result, many of the exercises found in books and programs, several of which are good examples of single-leg exercises, were also chosen with this requirement in mind.

Joint stability and mobility and injury prevention - This is another point that is very broad, but being specific would create a whole new book, and there is more detail than is required here. Joint stability and mobility of the entire body is important not only for maximum performance in certain tasks, but also for minimizing injury while doing them. We've already mentioned the importance of hip stabilization when performing a dynamic single-leg movement, but shoulder stability is just as important. How many guys (and girls) have shoulders playing handball? Or are the ligaments in the ankles stretched beyond repair after moving

weak ankles so much? The point is made! Therefore, even though it is not a 'pattern' movement, it is a physical requirement for effective performance.

Perform all of these tasks in all 3 planes of motion – When training to improve the above tasks, remember that they involve movement and stability in a dynamic environment, standing, and in all 3 planes of motion. Don't fall into the old trap of doing sagittal-dominant exercises, or worse, doing exercises on non-skill machines.

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