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HANDBALL IS AN ACTIVE SPORTS GAME

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ANNOTATION:*In article values of handball as an active form of sports are considered. The main feature of Handball is creation of game on the basis of natural movements of the person.*

Keywords: *international federation, classification, force, speed, endurance, flexibility.*

Handball is the most fascinating game invented by man. Even primitive people, in order to get food for themselves, had to be able to run and jump, accurately and strongly throw stones, spears into prey. The main feature of Handball is the construction of a game based on natural human movements.

Handball is not only a team game, but also an individual one. A lot depends on the personal qualities of each player.The birth date of the sports ball game, registered in the international sports classification under the name "handball" (hand ball), is considered to be 1898, when the teacher of physical education at the real school of the Danish city of Ordrup Holger Nielsen introduced a ball game called "haandbold" ("haand" - hand and "bold" - ball), in which teams of 7 people competed on a small field, passing the ball to each other and trying to throw it into the goal.

Handball, a dynamic and thrilling sport, combines speed, agility, and teamwork to create an intense and captivating experience. Originating in Scandinavia in the late 19th century, handball has evolved into a globally popular sport played at both amateur and professional levels.

Handball, a fast-paced and dynamic sport, has gained popularity worldwide for its thrilling action and strategic gameplay. For fans who can't be present at the arena or in front of a television, online platforms offer a convenient way to stay connected with online updates and live scores. Handball is played on a rectangular court, with two teams competing to score goals by throwing a ball into the opponent's net. We will explore the dimensions of the court, the positions of the players, and the equipment used in the game. Understanding the fundamentals will provide a solid foundation for appreciating the intricacies of handball. We will delve into the rules that govern handball matches, including the duration of the game, the concept of possession, and the various ways players can score goals. From dribbling and passing to shooting and defending, we will uncover the technical aspects of the game and the strategies employed by teams to outsmart their opponents. Handball requires a range of skills, combining physical prowess with mental agility. We will explore the essential techniques involved in shooting with power and accuracy, passing with precision, and dribbling to evade defenders. Additionally, we will discuss defensive strategies such as blocking shots and intercepting passes. Developing these skills is crucial for players to excel in the fast-paced environment of handball. Handball is a team sport that places great emphasis on collaboration and strategic thinking. We will discuss the importance of communication, coordination, and positional play within a team. From fast breaks and set plays to defensive formations and counterattacks, we will highlight the strategic elements that teams utilize to gain an advantage on the court. Handball competitions offer an exhilarating showcase of talent and passion. We will explore prestigious tournaments such as the IHF World Championships, the Olympic Games, and the European Handball Championships. These events bring together teams from around the world, igniting the spirit of competition and uniting fans in their support of their respective nations. Handball has gained popularity in various regions of the world. We will examine the sport's growth and development, particularly in Europe, where it enjoys a strong following. Furthermore, we will explore efforts to promote handball in other parts of the world, contributing to its global reach and the emergence of talented players from diverse backgrounds.

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Surprisingly quickly, the game gained popularity throughout Denmark. And in In 1904, the Danish Handball Union was established. 7x7 handball has been played in many countries: Czechoslovakia, Sweden, Russia, Germany. The first rules of the 7x7 handball game were published in 1912 by the Swede L. Walden. In 1919 , the teacher of the German Academy of Physical Education Karl Shelentz proposed a new version of the game of handball. In 1920, this type of handball was included in the school curricula of secondary schools in Germany. For the first time, handball (variant 11x11) was included in the XIII program Olympic Games (Berlin, Germany). At the initiative of representatives of eight European countries Denmark, Finland, Norway, Sweden, France, Holland, Poland, Switzerland, the International Handball Federation was established in 1946 . Currently , the handball national federations of 159 countries of the world are members of this federation. Until the end In the 50s of the XX century in Europe there was a parallel development of two varieties of handball: 11x11 and 7x7. Official 11x11 handball competitions were discontinued after 1966.

In 1992, the European Handball Federation was established on the initiative of the European National Handball federations. Currently, the handball national federations of 48 European countries are members of the federation. Since its formation, the federation has regularly held European Championships among men and women, juniors and juniors, boys and girls.

To master techniques and tactical actions, a handball player needs special physical training. High speed of movement without a ball and with a ball during the game, jumping, powerful throws, movements with a wide amplitude, long intensive running require all physical qualities: strength, speed, endurance, flexibility "Theory and practice of modern science" No. 5(35) 2018 55 and dexterity.

In the game activity of a handball player, the manifestation of force is dynamic in nature, and it is often required to apply as a high-speed force (throwing the ball, passing the ball, holding the ball with your hand, etc.), and explosive force (jump, jerk). In addition, you have to show strength in the game repeatedly. Therefore, strength endurance plays an important role in the fitness of a handball player. In order to become a good handball player, it is not enough to learn technical and tactical techniques of the game. It is equally important to lead a healthy lifestyle, harden up, eat right, and constantly monitor your well-being.

The right way of life is to observe the daily routine. Hardening — improves health and helps to get rid of colds. The basis of sports hardening is a shower of different temperatures. Hard training, games, competitions are hard tests for the body, requiring a lot of energy. Regular and full nutrition is necessary for its recovery.

The main qualities that a handball player should possess are speed, endurance, strength, agility, flexibility. The beauty of handball is in the movements of the players, in the dynamics of the game, in the combination of strength and power with plasticity, agility, jumping.

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