

## THE STAGES OF MODERN HANDBALL MANAGEMENT AND ITS PLACE IN GLOBAL SPORTS

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**Abstract:** This article analyzes the formation, stages of development of the modern handball sport and its place in the global sports arena. The article covers the period of the first appearance of handball, its popularization in Europe and the processes of its internationalization based on historical sources. It also extensively studies the modern technical and tactical development trends of the sport, international competitions, the activities of national and international federations, and the activities of national teams of leading countries. Special attention is paid to the formation and development processes of handball in Uzbekistan and Central Asia, and the work on training young people and professional athletes, organizing competitions is analyzed. The impact of handball on a healthy lifestyle, sports tourism, economy and cultural life, and its place in the educational process are highlighted, and prospects and proposals for the future development of the sport are developed.

**Keywords:** Handball, sport, international competitions, modern sport, Uzbek handball, sports history, sports equipment, sports tactics, healthy lifestyle, sports tourism, physical education, young athletes, international federation, national team, sports infrastructure.

### Introduction

Handball is one of the most popular sports in the world today. It is distinguished from other sports by its dynamism, speed and the need for teamwork. The place of handball in the modern sports system is becoming increasingly strong. Handball has gone through several stages in its formation and development. Its first form appeared at the end of the 19th century and gradually developed to its modern form. Initially popular in European countries, this sport later spread widely to other continents. The dimensions of the handball field, the rules of the game and the composition of the team have been improved over the years and adapted to international standards. Today, handball is played in two main forms: outdoors and indoors. Modern handball competitions held in indoor sports halls are gaining international attention. In a handball game, each team consists of 7 players, one of whom is the goalkeeper. During the game, players use various technical and tactical methods to score the ball into the opponent's goal. Speed, physical fitness, tactical thinking and team cohesion are important during the game. The International Handball Federation (IHF) plays an important role in the international development of handball. This organization establishes uniform rules for handball worldwide, official competitions and a rating system. Every year, world championships and international tournaments are held in different countries of the world among different age groups. Handball competitions, especially at the Olympic Games, are held at a high level and attract millions of spectators. Today, the national teams of countries such as France, Spain, Denmark, Germany, and Norway are leading the world rankings. Uzbekistan has also been paying special attention to handball in recent years. In our republic, certain work is being carried out to develop handball, train young athletes, and ensure the participation of the national team in international competitions. The Uzbekistan Handball Federation has strengthened cooperation with international organizations in this regard and regularly holds championships and cup competitions among various age groups at the republican level. Handball clubs operate in youth sports schools and higher educational institutions, and talented athletes are selected. The organization of special classes and competitions in handball at school sports competitions is also



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contributing to the popularization of the sport. Handball is not only successful on the sports field, but also plays a significant role in economic and cultural life. Today, handball is becoming of great commercial importance for large sports clubs, advertising companies, and media networks. Especially in European countries, competitions are organized annually between professional handball clubs that attract millions of spectators. Such competitions have a positive impact on sports tourism and the local economy. In addition, the role of handball in promoting a healthy lifestyle for athletes and attracting the younger generation to sports is incomparable. Handball is constantly improving in terms of technique and tactics. Modern teams are developing complex attack and defense systems, taking into account the strengths and weaknesses of the opponent. Athletes are also striving to constantly develop physical fitness, endurance, speed, balance and coordination. Each situation in handball requires quick decision-making, quick passing of the ball and adaptation to the opponent's movements. Therefore, this sport requires not only physical, but also mental and spiritual preparation. Handball is also becoming increasingly popular among women. International tournaments and world championships held among women's national teams are of great interest. In some countries, women's teams are performing at an equal professional level with men's teams and achieving high results in the international arena. This is of great importance in strengthening the principles of gender equality in sports. The prestige of handball in the international sports arena is growing every year.

Today, this sport is developing in many countries at both the professional and amateur levels. In particular, European countries occupy leading positions in the world in handball. National teams and professional clubs of countries such as France, Denmark, Norway, Spain, Germany, Croatia have consistently achieved high results in the international arena. The development of sports infrastructure in these countries, the conditions created for the training of young athletes, the activities of qualified coaches and the wide distribution of sports schools play an important role in this. World championships, Olympic Games and intercontinental competitions in handball serve as a great school of experience for athletes. The annual European championships are organized at a particularly high level and attract great attention from spectators and sports experts. Through these tournaments, new talents are developed, modern techniques and tactics are put into practice. Also, each competition directly affects the position of national teams in the rankings. Another important aspect of handball is that it is a team sport. During the game, each athlete is required to clearly perform his task, adapt to team actions, and quickly react to the actions of the opponent. It is precisely because of these aspects that handball has a great impact on the physical and mental development of athletes. During the game, athletes develop skills such as communication, quick response to situations, decision-making, and deceiving the opponent. This is a useful skill for young athletes not only on the sports field, but also in everyday life. Uzbek handball has gone through different periods in its formation and development. During the years of independence, handball, along with all branches of sports, entered a new stage of development. Handball sections were organized at sports schools, universities and sports clubs at the republican level. The Uzbekistan Handball Federation, having established cooperation with international organizations, began to organize championships, cup competitions and youth tournaments at the republican level. Currently, the Uzbek national team regularly participates in Central Asian and Asian regional competitions.

Currently, large-scale work is being carried out in the republic to attract young people to handball. Handball clubs operate in school gyms, sports schools and academies, and talented athletes are selected from among the younger generation. Regular training is being conducted to improve their physical and technical training, game culture, sports ethics and interest in a healthy lifestyle. Such work not only serves to train professional athletes, but also to help young people spend their free time meaningfully, improve their health, and educate them through sports. It is worth noting that modern handball affects not only sports, but also socio-cultural and economic spheres. Today, many major competitions are creating the basis for the development of sports tourism. Athletes, specialists and spectators from different countries come to participate in and watch competitions. This, in turn, has a positive impact on the development of the hotel, transport, food and service sectors in the regions. At the same time, the opportunities for watching handball competitions through sports television and



online broadcasts are expanding, which also contributes to the expansion of the sports advertising market. At the same time, sports, as an integral part of a healthy lifestyle, play an important role in strengthening human health, preventing diseases and stabilizing the psychological state. Handball training serves to develop all physical qualities of the human body. Athletes develop skills such as endurance, agility, balance, strength and speed. In addition, handball is an effective tool for reducing stress, improving mental health, and maintaining a positive mood. Therefore, special attention is being paid to handball in organizing mass sports events in sports schools, higher educational institutions, and enterprises.

Another important aspect is the integration of this sport into the education system. Today, in the educational process, along with sports disciplines, special programs are being developed for handball, which are being implemented in physical education and sports lessons. Handball competitions are being organized among students and schoolchildren, and talented young people are being selected. This will serve to increase the potential of the national team of the republic in the future.

### Conclusion

Based on the above analysis and observations, it can be said that modern handball is a sport that has taken a strong place in the world sports arena, has its own unique technique and tactics, is a spectacular sport that requires physical and mental preparation. The historical formation of handball, its entry into the international arena, the holding of competitions and the activities of national teams of major sports countries indicate that this sport has acquired a special significance in the global sports system.

Taking the example of Uzbekistan, it is gratifying that interest and attention to handball in our republic is growing year by year, and this sport is becoming popular among young people. In recent years, competitions held at the republican level, the activities of sports schools and academies, and the development of international relations indicate promising directions for handball.

Also, handball plays an important role not only in competition on the sports field, but also in the formation of human health, a healthy lifestyle, social activity and sports culture. More comprehensive work should be carried out in the sports system of our country to fully realize the potential of this sport, support talented youth, strengthen international participation, and widely introduce it into the education system.

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