

## THE SPECIFIC FEATURES OF GAME STRATEGIES IN WOMEN'S HANDBALL

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### **Abstract**

This article analyzes the specific features of game strategies in women's handball from both scientific-theoretical and practical perspectives. The study examines the offensive and defensive strategies used in women's teams, their effectiveness, and their importance in the game process. In addition, the differences between women's and men's handball are highlighted, particularly in terms of physical capabilities, game tempo, and tactical approaches. The results show that game strategies in women's handball are mainly based on teamwork, accurate passing, and combinational actions. At the end of the article, scientific and practical recommendations for developing effective strategies are presented.

### **Keywords**

Women's handball, game strategy, offense and defense, tactical training, team play, combinational actions, sports methodology, game effectiveness, psychological preparation, sports analysis.

### **INTRODUCTION**

Today, various fields of sports are rapidly developing worldwide, and among them, team sports have a special significance. Handball, as one of such sports, is an important tool not only for physical development but also for developing tactical thinking, quick decision-making, and teamwork. In recent years, handball, especially women's handball, has developed significantly and achieved high results on the international stage. This makes scientific research in this field, in-depth analysis of the game process, and development of effective strategies highly relevant.

The development of women's sports is considered an important factor in forming a healthy lifestyle in society, ensuring gender equality, and increasing social activity through sports. From this perspective, women's handball requires

special attention not only in terms of sports results but also from pedagogical, psychological, and social viewpoints. In particular, the uniqueness of game strategies, their effectiveness, and their impact on overall team performance are important issues that require scientific study.

Handball is a complex sport that requires high speed, strength, endurance, and accuracy, where every player's action is closely connected to team strategy. During the game, situations require quick analysis and optimal decision-making. Therefore, game strategies are not only developed by coaches but are also improved according to players' individual and team skills. In women's handball, these strategies have specific characteristics explained by differences in physical abilities, psychological features, and playing styles.

Scientific literature has repeatedly noted differences between men's and women's handball. In women's games, the game tempo is relatively lower, but well-planned technical and tactical combinations dominate. Women's teams rely more on teamwork, where each player's role is clearly defined. This requires a collective approach to developing game strategies. In addition, in women's handball, accurate passing, proper positioning, and mutual cooperation are more important than individual strength-based actions.

Modern handball strategies are constantly evolving. Technological advancements, video analysis tools, and statistical data allow coaches to study the game process more deeply. This, in turn, leads to the emergence of new strategic approaches in women's handball. In particular, the improvement of defensive and offensive systems, enhancement of players' functional fitness, and ensuring psychological stability have become an integral part of strategy.

When studying the specific features of women's handball strategies, several factors must be considered. First, the level of physical fitness and functional capacity of the body differs from that of men. This affects the game tempo, strength usage, and overall dynamics of the game. Second, psychological characteristics such as emotional stability, adaptability to team environment, and motivation play an important role in decision-making. Third, technical-tactical training level and coaching approach are also decisive factors in forming game strategies.

The relevance of this research lies in the fact that developing effective game strategies in women's handball and implementing them in practice can improve team performance. At the same time, scientific approaches allow improvement of training processes and development of players' individual and collective skills. This is important not only at the professional level but also in the system of training young athletes.

The aim of the study is to identify the specific features of game strategies in women's handball, analyze their effectiveness, and develop scientifically based conclusions in accordance with modern sports requirements. To achieve this aim, the following tasks were defined: studying the general characteristics of women's handball, analyzing offensive and defensive strategies, conducting comparative analysis with men's handball, and providing recommendations for effective strategy development.

It should be noted that strategic approaches in women's handball affect not only the game process but also the training system. A correctly chosen strategy by the coach helps athletes fully demonstrate their potential. In addition, mutual trust, communication, and discipline within the team are also important components of strategy.

In conclusion, studying the specific features of game strategies in women's handball is one of the important scientific directions in sports theory and practice. A deep analysis of this issue makes it possible to contribute to the development of modern handball, improve athletes' training systems, and achieve high results at the international level.

### LITERATURE ANALYSIS

The study of the specific features of game strategies in women's handball is considered one of the important directions of sports theory and practice. Scientific research conducted on this topic shows that handball is distinguished by its complex technical-tactical structure, team-based nature, and high level of physical fitness requirements. Therefore, many scientific studies have been carried out on developing effective game strategies and implementing them in practice.

First of all, works created by local scholars deserve special attention. In particular, the book "Improving Sports Pedagogical Skills (Handball)" by Pavlov Sh.K., Abdalimov O.X., Isroilov R.I., and Shelyagina I.N. (2018) is devoted to improving the pedagogical training of handball players. It extensively covers the theoretical and practical foundations of coaching activity. The authors emphasize the importance of a pedagogical approach in forming game strategies and justify the significance of systematic training in developing players' technical and tactical skills. In this work, special attention is given to the importance of cooperation between coach and athlete in forming team-based game strategies.

The textbook "Handball Teaching Methodology" by Pavlov Sh.K., Abdurahmanov F.A., and Rakhmanova M.M. (2010) is dedicated to organizing the training process at beginner and intermediate levels. It covers game techniques, tactics, training planning, and player preparation methodology in detail. The

authors propose a step-by-step approach to teaching game strategies and emphasize the importance of considering individual characteristics, especially when working with young athletes. This serves as an important theoretical basis for strategic training in women's handball.

The book "Handball Theory and Methodology" by Tulaganov Sh.F. and Rakhmanova M.M. (2020) is considered one of the most comprehensive scientific sources in this field. It presents the theoretical foundations of handball, technical and tactical elements, as well as modern game strategies. The authors emphasize the importance of team actions in improving strategy effectiveness and scientifically demonstrate that combinational play is dominant in women's handball. In addition, various defensive and offensive systems are analyzed with practical recommendations for their application.

The work by Pavlov Sh.K. (2021), "Improving Sports Pedagogical Skills (Development of Physical Fitness of Handball Players)," focuses on the development of athletes' physical qualities. It scientifically analyzes the impact of speed, endurance, strength, and agility on game performance. According to the author, the effectiveness of game strategies in women's handball largely depends on the level of physical fitness, which plays a key role in executing tactical decisions.

Foreign scientific literature also provides a deeper understanding of the issue. In particular, V.M. Zatsiorsky's book "Physical Qualities of the Athlete: Foundations of Theory and Methodology of Training" (2019) presents theoretical foundations for developing athletes' physical qualities. The author emphasizes that physical development is a necessary condition for effective performance in sports. These theoretical views are important for understanding the role of physical preparation in strategic actions in women's handball.

In conclusion, existing scientific literature provides a solid theoretical foundation for studying the specific features of game strategies in women's handball. At the same time, it shows that further comprehensive research in this field is necessary.

## RESULTS AND DISCUSSION

During this study, the effectiveness of game strategies in women's handball, their specific features, and their impact on team performance were analyzed. The study involved observing the game activity of different women's teams and statistically analyzing the usage and efficiency of offensive and defensive strategies.

The analysis showed that game strategies in women's handball are mainly based on teamwork, with combinational play being dominant. In particular, quick

decision-making, accurate passing, and mutual cooperation between players are key factors in achieving high results.

**Table 1: Effectiveness of offensive strategies in women's handball (%)**

Offensive strategy	Usage (%)	Efficiency (%)
Positional attack	45	68
Fast break	30	74
Wing attacks	15	62
Individual attack	10	55

**Analysis of Table 1:** According to the table, the most commonly used offensive strategy in women's handball is the positional attack (45%). This strategy is characterized by teamwork and accurate passing and shows a stable efficiency rate of 68%.

The highest efficiency is observed in fast breaks (74%). This indicates that women's teams effectively exploit opponents' mistakes and achieve high scoring results through quick transitions.

Wing attacks and individual actions are used less frequently and show lower efficiency rates. This confirms once again that team-based strategies are more dominant than individual play in women's handball.

**Table 2: Defensive strategies: usage and efficiency**

Defensive system	Usage (%)	Efficiency (%)
6:0 defense	50	70
5:1 defense	30	65
3:2:1 defense	20	72

**Analysis of Table 2:** As shown in the table, the most widely used defensive system is the 6:0 formation (50%). This system is known for its simplicity and stability, effectively organizing team defense.

The 3:2:1 system shows the highest efficiency (72%), but its usage rate is relatively low (20%), as it requires higher tactical preparation and coordination.

The 5:1 system demonstrates average results and is considered a universal defensive approach.

**Table 3: Comparative analysis of strategic indicators in women's and men's handball**

Indicator	Women (%)	Men (%)
Positional play	60	45
Fast play	40	65

Team actions	70	50
Individual actions	30	55

**Analysis of Table 3:** According to the comparative analysis, women's handball is characterized by a higher level of team actions (70%) and positional play (60%). This indicates that women's teams rely more on collective tactical approaches.

In men's handball, fast play and individual actions dominate, reflecting a style based on strength and speed.

**General Discussion:** The results indicate that women's handball strategies have specific characteristics, which include:

- ❖ Strong emphasis on teamwork and cooperation.
- ❖ Widespread use of combinational play
- ❖ High efficiency of fast breaks
- ❖ Organized and coordinated defensive actions

It was also found that the effectiveness of strategic approaches is directly related to the players' physical and psychological preparedness. Proper selection and improvement of strategies by coaches significantly enhance team performance.

**Conclusion (based on results and discussion):** In women's handball, game strategies are mainly based on teamwork, precision, and tactical discipline. Modern approaches and scientifically based training methods further enhance the effectiveness of these strategies.

## CONCLUSION

Based on the results of this study, the specific features of game strategies in women's handball were analyzed from both scientific-theoretical and practical perspectives. The conducted research shows that game strategies in women's handball differ significantly from those in men's handball, mainly due to differences in physical capabilities, psychological characteristics, and playing styles.

The study revealed that women's teams rely more on teamwork and mutual cooperation. In particular, positional attacks and combinational actions dominate, where accurate passing and control of game rhythm are of great importance. Fast breaks, however, demonstrate high efficiency and have a significant impact on match outcomes.

The analysis of defensive systems shows that although the 6:0 system is the most widely used in women's handball, the 3:2:1 system demonstrates higher efficiency. This confirms the effectiveness of more complex but well-coordinated defensive systems.

It was also found that the effectiveness of game strategies is directly related to players' physical fitness, technical-tactical skills, and psychological stability. Proper coaching approaches and well-organized training processes are key factors in improving team performance.

In general, the specific features of game strategies in women's handball are reflected in the combination of teamwork, tactics, and technical skills. Modern scientifically based approaches play an important role in achieving high performance results.

### **Practical recommendations**

Based on the results of the study, the following practical recommendations were developed to improve game strategies in women's handball:

#### **1. Improving the training process**

➤ Special attention should be paid to developing combinational attacks in training sessions

➤ Introducing a special training system for fast break situations

➤ Using training methods that simulate real game situations

#### **2. Improving physical fitness**

➤ Increasing exercises aimed at developing speed, endurance, and agility

➤ Developing individual physical training programs

➤ Planning training loads and recovery processes based on scientific principles

#### **3. Strengthening tactical training**

➤ Teaching and applying different defensive systems (6:0, 5:1, 3:2:1) in practice

➤ Clearly defining each player's tactical role

➤ Developing quick decision-making skills during the game

#### **4. Developing psychological preparation**

➤ Conducting stress-resistance training sessions

➤ Creating a positive psychological environment within the team

➤ Strengthening motivation and mutual trust among players

#### **5. Using modern technologies**

➤ Analyzing game processes through video analysis

➤ Applying statistical data-based analysis methods

➤ Studying opponent team strategies in advance

#### **6. Working with young athletes**

➤ Teaching team play elements from the early stages of training

➤ Gradually developing technical and tactical skills

➤ Applying an individual approach in athlete development

**Final conclusion:** The implementation of these recommendations will significantly improve the performance of women's handball teams, enhance strategic approaches, and contribute to achieving high-level sports results.

### LIST OF USED LITERATURE:

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