

After four weeks of sports rehabilitation training, the dynamics of the injury were studied by palpation and testing of motor actions (compression bending of the knee in the supine or lying position, vertical jump and static half-squat). A recovery effect was observed.

As a result of the rehabilitation program, there was a significant increase in maximum strength (by 10%) and speed of movement (by 7.8%), a decrease in fatigue after training, an increase in activity and mood of athletes during the training process, and confidence in competitions.

Conclusion. Thus, the prevention of injuries and the restoration of athletes without interrupting the training process is a really urgent problem of sports. The use of sports rehabilitation training based on a complex application with passive manual therapy (training of the concentric strength of the quadriceps muscle, training of the eccentric strength of the hamstring, training of balancing stability, and restoration of running performance) for a month allows sprinters to quickly recover from injuries, maintain training continuity, and improve sports performance. At the same time, there is an improvement in physical qualities and a positive impact on the psychological state of athletes.

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COMPARATIVE ANALYSIS OF OFFENSIVE AND DEFENSIVE PERFORMANCES OF GOALKEEPERS IN HANDBALL (TAKING THE WOMEN'S HANDBALL FINAL OF THE 2024 CHINA STUDENT SPORTS GAMES AS AN EXAMPLE)

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Keywords. Handball goalkeeper; 2024 National Student Games; Final Four team; offensive and defensive effect.

Since the handball goalkeeper is the last player on the team's defense line, his personal defensive effect can directly affect the number of points the team loses, and he can also help the team by passing the ball in the offensive. The study of the offensive and defensive effects of the handball goalkeeper is of great practical significance. value.

Ah, the goalkeepers of the youth women's handball teams, and bring a certain amount of Currently, domestic special research on the goalkeepers of the women's youth handball team focuses on technical training alone, and there is no systematic comparative analysis of the attacking and defensive effects. Enrich the relevant theories on attacking and defensive effects with information from the theoretical research of youth handball coaches, athletes, and other practitioners [1].

The purpose of the study is to identify the strengths and weaknesses of the top four goalkeepers in order to establish selection standards at the grassroots level, find solutions for training young players, and strengthen the overall structure of the reserve forces.

The offensive and defensive actions of the goalkeepers from the four finalist teams in the women's handball event at the 2024 National Student Games are taken as the research object. Specifically, the goalkeepers selected for the study are from the teams of Jiangsu Suzhou, Anhui Chuzhou, Guangxi Nanning, and Guangxi Beihai [2].

Material and Methods. The following research methods were used: the literature method, the video analysis method, the mathematical statistics method, and the logical analysis method.

Results and discussion. Among the goalkeepers of the women's handball "final four" teams at the 2024 National Student Games, the overall defensive performance of the Jiangsu

Suzhou goalkeepers is the highest, followed by the goalkeepers of the Anhui Chuzhou, Guangxi Nanning, and Guangxi Beihai teams. The defensive performance is relatively low, and the defensive performance is lower. The defensive performance of the team's goalkeepers can have a certain impact on the team's performance.

Among the goalkeepers of the top four women's handball teams at the 2024 National Student Games, the goalkeepers of the Chuzhou team in Anhui are better at one-pass fast passes, the goalkeepers of the Suzhou team in Jiangsu are better at one-pass fast passes, and the goalkeepers of the Chuzhou team in Jiangsu are better at one-pass fast passes. The goalkeepers of the Guangxi Beihai team have relatively poor performance in one-pass and short-pass fast passes.

Among the goalkeepers of the top four women's handball teams at the 2024 National Student Games, the goalkeepers of Guangxi Nanning are the best at defending flank and low-line shots, the goalkeepers of Jiangsu Suzhou are the best at defending inside and center shots, and the goalkeepers of Guangxi Nanning are the best at defending low-line shots. The Anhui Chuzhou team has the best defensive effect when hitting the ball, and the goalkeepers of the Guangxi Beihai team do not have obvious advantages in defending against various types of shots.

Conclusion. Women's handball goalkeepers should strengthen the training of their own technical skills in defense, focusing on the development of defensive literacy, prediction, reaction speed, and mobility, etc. At the same time, they should accumulate more experience in real combat games to comprehensively improve the defensive effect of youth goalkeepers.

Women's handball goalkeepers should conduct targeted training and improve themselves in response to their own shortcomings in the accuracy of shots from line defenders, insiders, lower lines, and the main roster. At the same time, they should also pay attention to studying the shooting skills and habits of players in various positions of the opponent, and then respond in advance to increase the likelihood of success in defense during the game.

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A STUDY ON THE INFLUENCE OF SWIMMING LEARNING SEQUENCE ON JUNIOR HIGH SCHOOL PHYSICAL EDUCATION ENTRANCE EXAMINATION SCORES

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Keywords. Swimming instruction sequence, physical education in junior high schools, entrance examinations, impact on grades, skill development.

With the deepening reform of physical education entrance examinations in my country, swimming, as a sport combining physical fitness and practicality, has been included as an optional subject in the physical education entrance examinations for middle schools in many regions. However, swimming instruction in middle schools currently typically suffers from the problem of "emphasizing technical instruction while ignoring the teaching sequence. Most teachers directly teach holistic swimming movements (e.g., freestyle and breaststroke), ignoring the principles governing students' basic physical fitness and the acquisition of technical decomposition. This leads to poor student performance on examinations and a lack of motivation due to insufficient mastery of movements and a mismatch in physical fitness.