

DEPENDENCE OF TIME-RANGE DIFFERENTIATION AND BALANCING MOTION ACCURACY IN HANDBALL PLAYERS WITH STABILITY

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ABSTRACT

The article establishes that insufficient development of vestibular kinetic capabilities has a negative impact on the stability of maintaining dynamic balance, the accuracy of differentiation of spatio-temporal relationships and the accuracy of target motor actions.

Keywords: Competitive activity, the technique - tactical preparation, individual tactical preparation. maintaining balance, experienced handball players.