

MAIN TOOLS AND METHODS OF TRAINING YOUNG ATHLETES

Axrorjon Nuriddinov Bahodir o'g'li

Asian International University

Teacher Of The Department Of Physical Culture

nuriddinovaxrorjonbahodirugli@oxu.uz

Annotatsiya. *The article discusses the features of using special tools and standards in the process of athletics in 11-13-year-old students. The author also gave practical recommendations for the development of their endurance in middle-distance running competitions.*

Key words. *Athletics, sports section, physical preparation, special running exercises, physical exercises, general and special physical preparation.*

Among sports, athletics is distinguished from other sports by its general and special exercises. In particular, it is noteworthy that the history of this sport is unique and ancient, and that it was included in the program of the Olympic Games. The number of fans of this sport is increasing due to the amazing results of women as well as men in world competitions. Therefore, in our country, there are many people who are involved in popularized athletics - short, medium and long distance running, high and long jump. Among them, athletes who show high results are a minority, but they have positive indicators in terms of forming a healthy lifestyle in society.

Sport is one of the important factors in a person's not only physical, but also spiritual development and formation as a person. By now, everyone knows the state of athletics in the world. Only at the last XXIX Olympic Games, fans surpassed all sports in terms of watching the competitions directly in the stadiums. It can be recognized that the interest in athletics is highly respected by the people of the world.

The training of highly qualified track and field athletes and training of reserve athletes in Uzbekistan depends on the practice of coaches in every way. Further improvement of the skills of such highly qualified athletes in sports, including athletics, in middle-distance running depends on the creation of an effective structure of the training process.

Depending on the age and level of training of the athlete, the characteristics of the athletics type, the period and stage of the training, some aspects of training are given more attention, and some aspects less. For example, a novice athlete should pay more attention to mastering athletics and other exercise techniques, improve general physical fitness, while a master of sports should pay more attention to high tactical skills and special physical training. During the preparation period, more time is devoted to general and special training, and during the competition, more time is devoted to special training. While performing the same exercise, you can learn different aspects of preparation, but some aspect will be learned more. For example, physical and volitional qualities are developed and nurtured by teaching sports techniques. Since the main purpose of the exercise in this example is training, more demands are placed on the ability of the athlete to control the movement. So, this exercise is aimed more at teaching.

Pupils of all ages are divided into groups. Primary preparatory group (11-12 years old), teenage group (13-14 years old), juniors (15-16 years old).

In the 11-13-year-old group, the main focus is on strengthening health, all-round physical training, development of coordination skills (agility), speed, flexibility and endurance.

In simple terms, it is best to teach the long jump technique after looking at speed preparation and teaching the trainees after they have learned to run smoothly and accelerate.

It is known that physical exercises can have a multifaceted effect on the body of young athletes, which often allows solving several tasks at once during sports training. For example, cross-training strengthens internal organs and systems, cultivates perseverance, the will to overcome difficulties, increases muscle strength, and improves running technique. But these tasks are not solved in the same way in every exercise. For example, barbell exercises develop more strength, long-distance running more endurance, acrobatic jumps more agility, and less other qualities.

Tools and their standards used in the training of 11-13-year-old athletics

№	Content	Standard
1.	Special running exercises. Running with knees up, running with the mallets back, jumping from side to toe, jumping from side to foot forward (deer-like), running with quail steps, high running. In the quail stride, the arms are down at idle, and in the production of all other achievements, the arms are present in the run.	Perform 2 x 30 m
2.	Acceleration (fast running) - running with a gradual increase in speed.	3 x 50 m
3.	Running at a steady pace.	200 m.
4.	Alternate jumping up and down on the legs to develop leg strength.	3 x 40 m.
5.	Running on the spot with the knees raised high.	for 10 seconds.
6.	Standing in place and running with various weights on the knees.	3 x 10 seconds.
7.	Pass the ball to each other with a partner (with a weight of 2-3 kg behind the head).	20 times.
8.	Throw the ball up by jumping up with the filler ball.	20-30 balls 2-3 kg.
9.	Throwing the ball forward from a semi-sitting position holding the ball with both hands.	10-15 times. ball 2-3 kg.
10.	Standing long jump.	10-15 times.
11.	Running from a low start.	3 x 30 m
12.	Triple jump from a standing position.	4-5 times.
13.	Repeat run.	2 x 40-50-60 m
14.	Throwing the nucleus forward from below with both hands. (weight 3-4 kg.)	10 times.
15.	Climbing the rope.	2-3 times.

Thus, any physical exercise develops certain qualities more than others. Special exercises are used to selectively develop the necessary qualities in this way. They make it possible to improve the strength of certain muscle groups, the mobility of one or another joint, the speed of movement, and agility in accordance with the selected type of athletics. It is also possible to improve some elements of sports technique on the road with the help of special physical exercises aimed at developing physical qualities. As a result of repeated repetition of special exercises designed to learn sports techniques, additional physical qualities are also developed.

Development of the main physical qualities of athletics (physical training) is, first of all, a comprehensive and special physical development process of the athlete. Accordingly, physical training is divided into general physical training and special physical training.

General physical training means the all-round development of an athlete, that is, the development of movement musculature, strengthening of body organs and systems, increasing their functional capabilities, improving the ability to control, increasing strength, speed, endurance, agility, flexibility, and deficiencies in stature and body structure correction is provided.

Special physical training is aimed at developing all functional capabilities of the athlete's body, all organs and systems at a high level, depending on what is required to perform this type of athletics. For this, of course, selected athletics exercises and special exercises are used.

For general physical training, exercises with an additional general effect are used, and for special training, exercises aimed at a specific goal are used. But in general physical training, clearly directed exercises are used to eliminate deficiencies in physical development, body structure, stature, and the like. Exercises that develop strength, quickness, endurance, agility, and flexibility play a key role in general and special physical training. The same qualities reflect the athlete's ability to move, based on the ability of the organs and systems in the entire organism.

During the initial training period, it is desirable to raise the physical qualities of track and field athletes, in particular, endurance, and to increase the endurance qualities of middle distance runners by using tools to develop endurance in training.

1. Therefore, practical recommendations for developing the endurance of track and field athletes during the training of middle-distance runners, that is, during the initial training period.

2. According to the results of test exercises that represent the level of development of physical qualities during the initial training period, it was found that in the control and research groups, the track and field athletes, which included endurance types, were insufficiently developed.

3. It was noted that the indicators representing endurance, quick-strength, special endurance and special quick-strength endurance increased by 65-70% in the research group compared to the control group. Therefore, the indicators recorded in the research group indicate that the physical training exercises applied to the students in this group are very effective.

4. Paying great attention to the initial training period of middle-distance runners has been proven in practice.

In short, to increase the interest of students who are just starting athletics, to perform athletics-related exercises through various exercises, to form and develop their physical abilities, and then to direct them to athletics according to their interest, sports training Conducting training with the help of interesting, optimal methods will be the basis for the development of an exemplary, competent, talented athlete in this sport in the future.

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