



PURPOSE AND CHARACTERISTICS OF SPORTS ACTIVITIES

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KEYWORDS

sport, training, development,
abilities, planning, result

ABSTRACT

In this article, sports improvement in the training process involves the use of the entire complex of training and extracurricular factors, which allows you to purposefully influence the development of an athlete and, ultimately, increase his physical level.

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DOI: 10.5281/zenodo.6678036

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Exercise is an integral part of athlete training. It is a pedagogically organized process of improving the sport aimed at developing certain qualities, abilities and forming the necessary knowledge, skills and competencies that require the athlete to be ready to achieve the highest results in the chosen sport.

Improving sports in the process of training involves the use of a whole set of training and non-training factors, which allows a targeted impact on the development of the athlete and ultimately increases his level of fitness, ie. the flexibility of his body to specific tasks.

The purpose of sports training is to achieve the highest level of training for a particular athlete due to the specific features of competitive activities and the guarantee of demonstration of planned sports results in important competitions.

In order to achieve this goal, the following main tasks will be solved during the training:

Mastering the techniques and tactics of the chosen sports discipline.

To develop physical abilities and increase the capacity of functional systems in the body, to ensure the successful completion of competitive exercise and the achievement of planned results.

Improving the mental processes, functions, moral-ethical, emotional-volitional, aesthetic, intellectual and other mental qualities of the athlete, ensures maximum concentration and mobilization of the athlete's forces during training and competitions.

Gain theoretical and practical knowledge that allows you to plan and manage a workout, and ensure close collaboration between the athlete, coach, scientist, and physician.

Comprehensively improve the ability to understand the level of preparation achieved at important starts of the season and competitions.

The generality of the above tasks determines the content of sports training. Each group of tasks is closely related to the main types (aspects) of the athlete's training during the training process.

Technical, tactical, physical, psychological, theoretical (intellectual) and integral. As a result of solving these problems, in general, an appropriate level of physical, technical and other types of training is provided, which characterizes the readiness of the athlete to achieve success in the chosen sport.

Sports training has the following specific features:

- focused on achieving the highest possible individual result in a single sport or sports discipline;
- early (timely) and in-depth specialization of the athlete in the chosen sport or its specific discipline;
- Careful selection of athletes for systematic training in a particular sport;
- the long duration of training required for maximum sports results and a relatively limited period of demonstration;
- very high level of training and competitive load, which places high demands on the health of athletes, their psychophysical capabilities;

- High level of individualization of the process of training athletes;
- The need for systematic and in-depth comprehensive monitoring of the athlete's condition. the process of training sessions and competitions;
- the leading role of the coach with a sufficiently high independence and creative approach to the training process of the athlete himself;
- Extensive use of non-specific means and methods of training, which allow to fully reveal the functional reserves of the athlete's body during training.

The whole set of sports training tools used in the process of training athletes can be divided into two groups:

Real exercises are the main tool, because their application allows you to solve the main tasks of sports training.

Depending on the similarities and differences with the sport chosen as the subject of specialization, all exercises are divided into competitive and preparatory exercises, the latter in turn into special training and general training exercises.

Competitive exercise is an integral set of movements or actions that serve as a means of conducting a competitive fight of the same composition as in the competition environment for the selected sport. For example, in athletics, these include different types of throwing: javelin, discus, hammer; rowing: rowing, rowing and canoeing at certain distances, rowing in slalom; in weightlifting: weightlifting is a separate exercise in biathlon pulling, pulling and pulling. In this sense, the concept of "competitive exercise" is the same as the concept of "sport".

Methodologically, there are: in the real conditions of sports competitions, real competitive exercises performed in full compliance with the rules of competition established for this sport; training forms of competitive exercises that correspond to competitive exercises in terms of the composition and general direction of movements, but differ from them in the characteristics of the regime and the form of movements. These are typical forms of competitive exercise.

Special training exercises are movements that have significant similarities with competitive exercises in terms of the coordination structure of movements, spatial, spatio-temporal, rhythmic and energetic properties, neuromuscular tension and the predominance of physical abilities. For example, a runner's special training exercises include running along selected distance segments; for gymnasts - the operation of the elements and ligaments of competitive combinations; exercises such as deadlifting or bending with a barbell for weightlifters; for players - individual, group and team actions and combinations with and without the ball.

Conclusion. The choice of specific training exercises is determined by the specific characteristics of the chosen sport and therefore the scope of these exercises is usually relatively limited.

It is important to keep in mind that special training exercises are not the same as the chosen sport, otherwise there will be no benefit in using them. Their selection is done precisely in a way that focuses on the development of the specific physical abilities and

movement techniques required of the athlete and has a differentiated effect.

Depending on the purpose, special training exercises are divided into:

- leading exercises are mainly focused on mastering movement techniques;
- the developer is mainly focused on the development of physical and mental abilities;
- aimed at developing the qualities and techniques of action at the same time.

Such a division is, of course, largely conditional, because the form and content of motor movements are the same. Only if the leading exercise is closer to the chosen sport style and the developmental exercise is, as a rule, associated with more important exercise loads.

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