

## PHYSICAL IN SPORTS TRAINING AND THE IMPORTANCE OF TECHNICAL PREPARATION

Salixova G.H.

UzDJTSU Physical education, sports theory and methodology of the department

Associate Professor, Ph.D.

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**Abstract:** This sports training in the article purpose, tasks, means, methods and athletes preparation to the types related was scientific and theoretical materials about word It includes sports activities. purpose, tasks, means, methods and athletes physical, technical, tactical, theoretical and psychological readiness take to go methodology illuminating given.

**Keywords:** sport, sports training, physical, technique, tactics, psychological, preparation, goal, task, result, youth, activity, intensity.

## ФИЗИЧЕСКАЯ ПОДГОТОВКА В СПОРТИВНОЙ ТРЕНИРОВКЕ И ЗНАЧЕНИЕ ТЕХНИЧЕСКОЙ ПОДГОТОВКИ

**Аннотация:** Эта спортивная тренировка в статье цель, задачи, средства, методы и подготовка спортсменов к видам, связанным с научными и теоретическими материалами о слове Она включает в себя спортивную деятельность. цель, задачи, средства, методы и спортсмены физическая, техническая, тактическая, теоретическая и психологическая готовность взять на себя методологию, освещающую данную.

**Ключевые слова:** спорт, спортивная тренировка, физическая, техника, тактика, психологическая, подготовка, цель, задача, результат, молодежь, активность, интенсивность.

## INTRADUCTION

In the world society current contemporary situation, its development pace growing coming generation and his/her to your health high requirements The younger generation health strengthen it society full-fledged citizen as socio-economic, cultural and political in activity active participation to reach preparation world community of the policy priority direction is considered. Therefore the population, especially the youth between physical upbringing and sports promote to do and improvement all in the countries first level to the task is spinning.

Uzbekistan Sports in the Republic of Uzbekistan work considered, physical upbringing with together population all layers and young groups cover In our country, more than 50 more sports type popular

## MAIN PART

Today on the day in our society of sport main 3 each other related organizational forms available: public amateurism ; study science high quality ; high results. Public amateurism sport - human physical improvement condition ; those people age, health condition, physical development to the level according to is limited. science quality sports - all kind of education institutions and armed in the forces military physical preparation to programs enters. Top results sports the most to good sports performance achieve for conditions creates, human physical readiness demonstration will, physical preparations effective tool and methods public to practice implementation to reach help gives.

Progress sports physical activity upbringing from the circle to leave, to be independent general cultural, political, aesthetic, economic importance profession Sports friendly international

connections to expand, to peoples mutual each other understand and friendship to develop service 19th century from the middle one how many west professional sports are developing in countries He started today. on the day visibility, business round, big income source become progress with separated stands.

2 main types of sports group available: national sports and international sports. National sports every one of the people to oneself typical marriage style, work activity and rest conditions based on developed. International sports certain under the circumstances competitions of transfer generalized from systems consists of is, in this competition of the participants mutual relationships, results into account to take and evaluation international on a scale one kind order to bring, from the only rules to use based special restrictions in mind holds.

In our society healthy marriage style formation of the population, especially the young generation physical upbringing and with mass sports regular to engage in for time requirements suitable conditions Sports competitions through in youth own will, strength and to the possibilities was trust strengthening, courage and patriotism, mother To the homeland loyalty feelings mature to give, as well as to young people among talented athletes sort to take their work systematic organization and physical upbringing and public sports further to develop directed wide extensive affairs done is being increased.

With this together, our country all in the regions public of sport human and family in life important importance, its physical and spiritual of health basis that it is propaganda to do, to life big hope with enter coming the youth harmful from habits to protect them own ability and talents to come true releases for necessary conditions create, they among talented athletes sort to take and targeted preparation system improvement regarding important and current tasks is standing.

Modern sport is own evolutionary history, position and status and to oneself typical competition to the rules has was from many many of species content found.

Sports training - athletes preparation structural It is part of the sports activities. chosen in the type the most high to the results achieve for athlete's readiness question provider certain quality and abilities to develop and necessary knowledge, skills and qualifications to form directed pedagogical in terms of organization done specialized Sports training is also a pedagogical process. event is, he is in sports high to the results achieve for directly directed special physical upbringing is a process.

Sports training purpose of the sport according to game qualifications to teach them improvement, individual, group and team, technician and tactical actions is mastery.

This purpose achieve for training in the process following main tasks solution is being done:

1. Selected sport technique and tactics mastery ;
2. Competition practice successful execution and planned to the results to achieve provider physical abilities develop and organism functional systems opportunities increase ;
3. Athletes training and competitions on time strength maximum concentration and mobilized to reach opportunity giver psychic processes, activities, moral-ethical, emotional-volitional, aesthetic, intellectual and other psychic adjectives improvement.
4. Exercise the most right in the form to transfer it to manage opportunity giving, athlete, coach, scientist employee and doctor's closely relationscooperation providing theoretical and practical knowledge to occupy
5. Responsible for the season in competitions preparation achieved level done increase ability complex improvement.

Listed tasks sports training content defines. Each tasks group training in the process athlete of preparation main types - technical, tactical, physical, psychological, theoretical ( mental ) and integral aspects with solid related. This tasks solution to grow as a result athlete's in the chosen sport to achievements to achieve for readiness descriptive physical, technical and other preparation types relevant level is provided.

Regular sports training as a result human movement activity formed goes, new forms of movement to the body comes, vital necessary skills, qualifications improves, psychic qualities ( thinking, consciousness, will, attention, emotion) and others ) polished Finds a specific sport specific movement skills will be perfected.

Sports training one how much to oneself typical aspects there are, they are are:

- his/her a sport or individual achievement in a particular sport possible was the most high to the result to achieve orientation ;
- athlete himself/herself chosen sport or his/her known one in appearance early ( own in time ) and deep specialization ;
- athletes or this is a sport with regular to engage in for carefully sort to be taken ;
- training to maximum sports results achieve for necessary was far duration and them manifestation of reaching relatively limited period ;
- training and competition of the loads athletes to their health, psychological opportunities in front of high requirements put extremely high level ;
- athletes readiness process individualization high level ;
- training and competitions in the process athletes status regular and deep complex control to do necessity ;
- athlete enough independence and training in the process creatively attitude with together coach's leadership place ;

Sports improvement certain in the phase ( of the training) annual or many annual cyclical within the framework of the athlete the most good readiness status his/her sports uniform describes. Sports uniform in the case of athlete himself/herself for maximum the result of the sports event demonstration will reach.

Special in literature athletes of preparation every kind and types varies. Scattered and relatively stable of thoughts generalization their general classification for three the most significant fish offer to reach opportunity gives: athlete to success achieve for preparation or this structural priority to the components ( technical, tactical, physical, psychological, mental ( theoretical ), preparation ) impact show in ; sports specialty with mutual of dependence to the feature according to ( general) and special preparation ); training and competition activity under the circumstances preparation every kind aspects adjectives and of abilities unity, harmony and to come true release (integrated training ).

Athlete's physical readiness his/her health reinforcement and save to stay, body structure to form, to the organism functional opportunities increase, strength, speed, coordination, endurance and flexibility such as physical abilities to develop is redirected.

Modern sports athletes physical to prepare high requirements This is the following factors with explained:

1. In sports achievements growth every always athlete's physical abilities development new to degrees For example, the core must be placed more than 20 m away. push for only perfect technique not, high at the level developed power and speed necessary. Calculations shows that the nucleus extend the flight by 1 m for push increase power by 5-7% necessary will be.

2. Physical preparation high level – training and competition downloads increase important from the conditions one. The last 20-25 years during in the world the most strong athletes annual in the cycle loading indicators 3-4 times grew. That's why as a result myocardium extreme tension chronic color received athletes the number is also sharp increased. This disease often physical in development, a separate organ and systems in the activity defects was in athletes occurs.

Physical preparation every how age, qualification and sports has was athlete for necessary. However athletes physical preparation – separate adjectives development level, functional opportunities and body structure every a sport to oneself typical requirements For this reason, he or she in this sport, every kind young and qualified athletes physical readiness content and in the procedure certain differences to be natural

Physical preparation types, task and tools. General physical preparation (UJT) and special physical training (MJT) is different.

UJT for the selected sport typical not, but every without sports activities success defining physical of abilities every one-sided development process is considered.

UJT 's tasks:

1. The body functional opportunities general level increase and support.
2. All the main physical qualities – strength, speed, endurance, agility and flexibility development
3. Physical in development shortcomings eliminate to be

Someone's himself/herself engaged and from other sports taken exercises UJT tools is also considered agile. and flexibility developing to exercises big place is separated. General endurance developer of exercises contribution less It will be long. to distances in runners, on the contrary, in general endurance developing exercises separately importance has. In the UJT process to them big place Strength training how much big not been weights with, but many repeatedly is done.

MJT 's chosen sport to the characteristics appropriate was physical abilities to develop is directed. In this case, it is abilities opportunity at the level maximum to develop aimed at will be.

MJT 's tasks:

1. A specific sport for necessary was physical abilities development
2. In the chosen sport successes determining authority and systems functional opportunities increase
3. Competition of activity to oneself typical under the circumstances there is hidden functional opportunities to the surface release abilities To educate. For example, to swimmers laboratory under the circumstances standard loading when given maximum oxygen consumption (MKI) averages 70 ml/kg / min. organization will. Competition at speed while swimming and 46 ml/kg/ min., i.e., only 65% of the MKI equal will be.

4. Specific sports science requirements into account received without the body structure of athletes For example, every kind to distances specialized light body composition in athletes indicators ( height, weight, build) and hk ), usually from each other difference does. That's why for both in the MJT process body in the chosen sport achievements defining and sports activities tool and methods using targeted accordingly change possible was structural into parts directing impact show necessary.

Athlete's UJT and MJT tools in training ratio solution attainable tools, athlete age, qualification and separately characteristics, type of sport and training process periods to the likes of depends.

Technical preparation athlete actions to the technique to teach and them perfect to the level to deliver aimed at will be.

Sports equipment sports movement to perform way is an athlete own psychophysical from the possibilities use efficiency certain level with separated stands.

Sports equipment in various sports importance one kind not. To himself specific sports equipment has of sports that are four group is separated:

1. Speed-to-strength based races ( sprinting) running, throwing, jumping, heavy athletics and etc. ) In these sports technique so directed, in which sprinter competition of the exercise leader in stages, for example, running, long distance and to the height in the jump push during the, javelin, discus and etc. in throwing final actions while doing the most energetic and fast voltages develop to receive necessary.

2. Endurance demonstration sports that require endurance ( long to distances running, skiing racing, bicycle sports etc. ).

3. The basis movement art organization performing sports ( gymnastics, acrobatics, water skiing ) jump and etc. ). Technique athlete of their actions beauty, expressiveness and accuracy providing to give need.

4. Sports games and martial arts. Technique competition of struggle always changing standing under the circumstances to the athlete high efficiency, stability and of their actions servariant providing to give necessary.

Athlete's technician readiness this one with separated It seems that it has been mastered. actions complete takes and their technique occupying received. Technical preparation enough high level technician They call it skill. Technical of skill criteria are: Technique size – athlete complete can technique receptions general amount. Technique versatility – technical receptions diversity level.

For example, in sports games this is every kind game from the receptions uses of pace ratio.

Technical of skill this indicators technician of actions very big reserve in sports that are – sports games, martial arts types, gymnastics, figure skating flying – especially big importance has. Sports equipment ownership to do effectiveness of sports activities to the individual optimal option of the technique proximity level with is determined.

Technique efficiency one how many method with they evaluate:

a) him somehow with a biomechanical standard comparison. If the technique biomechanical in terms of reasonable to the level close if, it is the most effective is considered ;

b) the movement technique being assessed high qualified athletes technique with comparison ;

c) sports results the athlete's range of motion determinant technician from the side somewhat simpler – strength, speed-strength and etc. in assignments results with comparison. For example, first 30 m lower, then high from the start running done is increased. In time difference lower start technique efficiency shows ;

g) indicated result action activity to perform during strength movements with comparison. Power expense how much less, that is actions economical if, technique efficiency that much high is considered. Actions of the technique This is a criterion this technician.

How is the movement ? learned, strengthened shows. Good mastered to actions typical Features:



a) movement standard under the circumstances to perform on time his/her to the technique typical row aspects and sports results stability ;

b) movement to perform during (the athlete's situation, complicated under the circumstances opponent movements when changing) of the result stability (relatively less change);

c) in training movement skills during breaks preserved to remain;

g) actions of execution automation.

Athletes technician of preparation types, functions, tool and methods. General and special technician preparation varies. General technician in preparation for sports activities necessary was diverse movement skills and qualifications to occupy directed.

General technician preparation in the process following tasks done increased:

1. In the chosen sport skills formation for basis calculated action skill and qualifications range expand ( or restore ).

2. UJT tools as applicable exercises technique mastery.

Special physical preparation in the chosen sport actions technique to master It is directed to this of tasks solution to be completed provides:

1. Sports activities technique about knowledge to form.

2. Actions of the technique athlete to the possibilities the most suitable incoming separately forms working exit

3. In competitions successful participation to grow for necessary was skill and qualifications to form.

4. Technique forms change and update (sports tactics) improvement required by law level

5. Sports equipment previously not used new options to shape ( for example, to height) " Fosbury -flop" in the jump ; nucleus of pushing just like in discus throwing turn on the principle based technique ; skiing like skating flight etc. ).

Technical tailoring during sports training tool and methods from the complex are used. They conditional accordingly two to the group to be possible:

*Oral, demonstrative and sensor- editor impact indicating tool and methods.*

To these the following includes:

a) conversation, explanation, story, description etc.;

b) the movement technique being studied show ;

c) posters, drawings, filmstrips, video recorder records and etc. demonstration to grow ;

g) subject and other landmarks application ;

d) sound and light ;

e) every kind simulators, notes provider devices, fast information tools.

Athlete's somehow physical exercises to fulfill based tool and methods. In this case the following applies to:

a) generalist exercises. They are the type of sport they choose. according to technician skill cultivation for foundation counted diverse skill and qualifications by mastering to take opportunity gives ;

b) special preparer and competition exercises. They are in their own sport. technique to occupy is directed ;

c) whole and distributed exercise methods. They are holistic movement activities. or his/her separately parts, stages, elements technique to occupy, to finish, to strengthen and to improve directed ;

g) actions technique improvement and to stabilize help giving one regular, variable, repetitive, intermittent, game, competition methods etc.

Above tool and of methods application chosen sport to the technique typical characteristics of athletes age and qualification, training annual and many annual in cycles technician preparation to the stages depends.

Technical preparation process athlete's whole many annual training during done is increased.

Athlete's many annual technician readiness process in 3 steps to be possible:

1. Basic technician preparation stage.
2. Deep technician improvement and high sports and technical to skill achieve stage.
3. Sports- technical skill save stay stage.

Each stage annual from cycles consists of was steps own inside For example, the first stage, usually 4-6 years cycle, the second - 6-8 years, the third - 4-6 years from cycles consists of will be.

### CONCLUSION

That's why for athlete's every one in phase technician of preparation certain content and The procedure is usually annual. training cyclical to be rounded obeys. Often this high qualified athletes in preparation obvious to the eye

The point is, the leader in athletes annual cycle separately preparation, competition and game to the times They do not distribute. whole year during training preparation to the characteristics has will be.

From this come It turns out that qualified in athletes annual training cyclical within actions technique possession and improvement process many sports uniform to possess, to keep stay and further develop to the laws related will be.

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