

**ANALYSIS OF THE MEDICAL-BIOLOGICAL ASPECT OF SPORTS DIRECTION
AND SPORT DIFFERENCES ON THE EXAMPLE OF BALL AND ADOLESCENT
SCHOOL STUDENTS**

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Annotation: *World sport is entering a more dynamic stage of development. In addition to the two main components of the sports training system - competitions and exercises, additional factors that increase their effectiveness are very important. The training of top-class athletes depends on the effectiveness of a multi-year training system, which can be described as a well-organized process of training, educating and training athletes.*

Keywords: *Sports school for children and adolescents, sports clubs, highlighting typical shortcomings and challenges, an important factor in assessing the current consumption of time and effort.*

It is known that the increase in sports results depends on the methodology and tactical actions of sports training, the development of technical means and the effective rehabilitation of performers, as well as the increase in popularity and proper selection. Most issues are determined by social, economic, and organizational issues rather than solutions. Qualifying in sports is a problem of scientific research.

Interest in sports in children and adolescents is determined by the correct choice of sports specialization, which in turn depends on the individual characteristics of the sport. selection is the task of sports competition. The task of sports selection is to select the most talented ones based on the sports competitions[1].

Orientation to sports is an assessment of the capabilities of a particular person, and the most suitable sports activity is selected for them. Therefore, it is necessary to distinguish between the concepts of “sports orientation” and “sports qualification”. Obviously, it is not easy to develop flawless methods of qualifying, for example, to select the future winners of the Olympic Games, because the formation of any talent depends on many factors, and the scholar can reach the end of the list. but man, based on his anatomical, physiological, and psychological features, is fully adapted to a particular type of activity. What are the objective reasons for the need to qualify in sports? The logical solution to the qualifying problem in sports is that different people have different

levels of training in the quality of movement in the same training opportunities. This means that not everyone can achieve high sports results. High sports performance is the result not only of strenuous exercise, but also of unusual genetic information that is alien to the sport[2].

Modern craftsmanship requires long-term training of 5-6 years or more. Exercise should start at the age of 10-12 or even 5-6 years. Therefore, the most difficult task in this regard is to be able to see in the child the skills needed for future victory. Unfortunately, the criteria for assessing the prospects of the athlete, who has just started training, are not enough. Unfortunately, the experience of the coach and the sensitivity of the link are not generalized on a large scale. A sample description of the "Ideal Tour" in individual species of sporning has not yet been developed. High results in sports can be achieved in the presence of certain abilities, but so far no serious formation or development of abilities, or what scientific criteria for determining talent in this movement activity has been studied. In this regard, it is necessary to emphasize the set of qualities and characteristics that ensure success in sports. For example, children of normal height have been shown to retain this trait in later years. But not all instructions can be approached in this way. During the period of growth and development of the child is characterized by great potential, unusual flexibility and adaptability to various movements and mental functions. If a coach chooses a group of children based solely on his or her experience and sensitivity, he or she can get a child who is not only gifted but also familiar with the task at hand. As with any complex event, the formation of an ability consists of a stable probabilistic and random experience. While a random experiment cannot be predicted, an exact (stable) experiment can be easily estimated to predict a possible experiment. In particular, the moral and volitional qualities of the individual, such as goal-oriented diligence, sense of duty, responsibility, relatively stable-emotional endurance, self-will, mental stability, concentration, can be easily directed to the goal. The problem of qualifying in sports is directly related to the growing popularity in sports. is the most basic principle in the system of mass physical education. At the same time, according to some data, there has been a decline in popularity in certain sports[3].

In conclusion, the decline in popularity in sports is usually due to the right choice of sports specialization. When a survey was conducted among school children aged 10-18, it was found that sports specialization is often chosen at random. Considering that the country's BOSMs cover an average of about 3 million children and adolescents, the remaining 40-45 million students will be forced to practice their favorite sport at school, after school, which is a popular sport. can lead to the loss of a huge reserve that belongs. During the first years of training at BOSM, most of your young athletes leave school. The main reason for this is the incompatibility of the athlete's ability to specific aspects of the sport. Withdrawal from the competition is a situation that exists at different stages of training of high-level athletes. For example, 8,000 children will be selected for

swimming, of which only 8-10 will be selected, and only one of them will be able to become a master of sports.

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