

THE IMPORTANCE OF THE DEVELOPMENT OF PHYSICAL QUALITIES IN THE MOTION OF GAMES

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ANNOTATION.

The article examines some approaches to the qualities of dexterity, develops one of the main results of motional games, develops scientific proposals and practical recommendations for the development of the training process of athletes.

Key words: training of athletes, motion games, technical training, folk games, speed exercises with weights.

ХАРАКАТЛИ ЎЙИНЛАРДА ЖИСМОНИЙ СИФАТЛАРНИ РИВОЖЛАНТИРИШНИНГ АХАМИЯТИ.

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АННОТАЦИЯ.

Мақолада тезкорлик куч сифатлари бўйича айрим ёндашувлар тадқиқ қилинган, ҳаракатли ўйинларнинг асосий натижаларидан бири ишлаб чиқилган, спортчиларни тайёрлаш жараёнларини ривожлантириш юзасидан илмий таклиф ва амалий тавсиялар ишлаб чиқилган.

Таянч сўзлар: спортчиларни тайёрлаш, ҳаракатли ўйинлар, техник тайёргарлик, халқ ўйинлари, оғирликлар билан тезкорлик машқлари.

INTRODUCTION.

Ancient thinkers, scientists and educators recognized that it is possible to cultivate in a person such qualities as generosity, honesty, patriotism, respect for the opponent and respect for nature under the influence of national games. In this regard, especially the games of the Uzbek people's movement have the power to form various vital habits, skills and abilities. Folk games are

the invention of this nation. Therefore, these games play an active role in his mind, household chores, family and neighborhood upbringing. Moving games, including national games, were revived as a unique value only after our country gained its independence, and today they are becoming more and more popular among the population, especially among schoolchildren.

Moving games reveal a person's abilities and uniqueness more broadly than other activities. Specially selected sports games increase the overall and fast endurance that a wrestler needs. The speed and coordination of movement formed during the games is important in successfully overcoming obstacles during the competition.

ANALYSIS OF THE LITERATURE ON THE SUBJECT.

Folk action games are becoming more and more important as a scientific object.

In recent years, a lot of scientific literature has been published proving that movement games are a very effective tool in the training of athletes, the formation of motor skills and physical qualities (L.V.Byleeva, I.M.Karotkov, 1982; I.M.Karotkov, 1988; M.S. Bril, 1980; T.S.Usmanxodjaev, F.X.Xo'jaev, 1990; 1992; A.I.Lisitsa, 1991; T.S.Usmanxodjaev, X.A.Meliev, 2000; V.V.Kuzin, C. A.Polievsky, 2000; F.A.Kerimov, N.Yusupov, 2003 and others). However, at the same time, scientific research on the use of movement games in the training of young volleyball players, the development of their physical qualities is very limited (M. Kurbanova, 2003), according to LV Byleeva and IM Karotkov (1982), modern sports the more and skillfully the game techniques are used to form physical qualities, technical and tactical skills in their games, the more the skills and abilities of the appropriate athletes can grow at a high level. At first glance, sports games are games in themselves, and the use of different games seems to be "overloaded". However, such an understanding is completely wrong. This is because the use of traditional specialized and standard exercises in the development of physical qualities, technical and tactical skills and other skills, based on scientific data in pedagogy, physiology and psychology, leads to rapid fatigue and loss of interest, especially in the initial training. Motion games, on the other hand, have a positive effect on a child's emotional state, the onset of fatigue symptoms is "delayed", and most importantly, the child's genetic abilities and new motor skills may emerge (IM Karotkov, 1971; 1979; A. I.Lisytsina, T.S.Usmankhodjaev, 1985; M.N.Zhukov, 2003; I.Vlasyuk, 2005 and others). If the appropriate volleyball games are selected and played with a volleyball, the effect will be even higher (M.A. Kurbanova, 2003).

Such games include, for example, "Pass the ball - sit", "Pass the ball and run the relay", "Put the obstacle on the ball" and others.

The importance of motion games in the formation of physical and technical training of athletes and their advantages are noted in a number of scientific and methodological literature (AI Lisitsa, 1991; LV Byleeva, IM Korotkov, 1982; IM Korotkov, 1971; FA Kerimov, N. Yusupov, 2003; K. Fopel, 2005 and others).

According to A.I. Lisitsa (1991), action games are not only able to successfully form physical qualities, but can also effectively develop qualities such as clear targeting, precise movement, attention.

ANALYSIS AND RESULTS.

In order to achieve the goals, I distributed questionnaires on the following questions among 25 sports coaches working with young wrestlers in some rural schools of Izbozkan district of Andijan region, and thus studied their views on the development of rapid - strength quality in their initial training. The results of the survey are reflected in the appendix.

The results of the analysis show that the majority of coaches, ie 13 people (52%), do not hold competitions in attracting children to the sports circle. The number of coaches who select children for the circle is only 6 people (24%). The same percentage of coaches were partially selective.

Nine (36%) coaches talked about children's family life and interests. Five of the coaches (20%) answered "no". Eleven (44%) responded that the coach was “partially” or “don’t know”.

Do you talk to the children’s parents? to our question, 3 people (12%) answered “yes”, 8 people (72%) answered “no”, and 4 people (16%) answered “partially”.

Do the first sessions start with hands-on sessions? To our question, 17 people (68%) answered “yes”, 5 people (20%) answered “no”, and 3 people (12%) answered “partially”.

Do you develop lesson plans yourself? to our question, 8 people (32%) answered “yes”, 7 people (28%) answered “no”, and 10 people (40%) answered “I don’t know”.

Is technical-tactical training a priority in the initial training phase? To our question, 19 people (76%) answered “yes”, 3 people (12%) answered “no”, and 3 people (12%) answered “partially”.

Is it right to give strength exercises in developing speed? to our question, 11 people (44%)

answered “yes”, 9 people (36%) answered “no”, and 5 people (20%) answered “partially”.

Is it right to give speed exercises in strength development? 9 people (36%) answered “yes” to our question, 7 people (28%) answered “no” and 9 people (36%) answered “partially”.

Is it possible to give speed exercises with weights during the initial training? 13 people (52%) answered “yes” to our question, 7 people (28%) answered “no” and 5 people (20%) answered “I don’t know”.

Is it right to use a barbell sitting exercise to improve the quality of speed - strength in the initial training phase? 12 people (48%) answered "yes", 11 people (44%) answered "no" and 2 people (8%) answered "I don't know".

Rapid - Is it necessary to use standards in assessing the quality of power? 16 people (64%) answered “yes” to our question, 7 people (28%) answered “no”, and 2 people (8%) answered “I don’t know”.

Rapid - Is it possible to give strength-building exercises at the beginning of a workout? to our question, 7 people (28%) answered “yes”, 11 people (44%) answered “no”, and 7 people (28%) answered “partially”.

Does power also develop as speed develops, or vice versa? 9 people (36%) answered “yes”, 11 people (44%) answered “no”, and 5 people (20%) answered “I don’t know”.

Fast - Is mobile and national games an advantage in strength development? To our question, 11 people (44%) answered “yes”, 8 people (32%) answered “no”, and 6 people (24%) answered “I don’t know”.

CONCLUSIONS AND RECOMMENDATIONS.

In summary, the inherent considerations of the above-mentioned action games determine their potential in physical education and sports. Hence, the importance of action games, including folk national games, in the training of young athletes is immeasurable.

It is known that action games represent the image, customs, traditions and ethnogenetic features of different peoples and nations. This is why these action games are often referred to as folk games.

In conclusion, it should be noted that the results of research have shown that the set of general and specialized exercises selected for the formation of physical, technical and vestibulofunctional training of wrestlers is of great scientific and practical importance in the training of qualified wrestlers.

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