



OPTIMIZATION OF TRAINING PLAN BASED ON ASSESSMENT OF THE FUNCTIONAL STATE OF ATHLETES

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Abstract: This article provides information on the optimization of the training plan based on the assessment of the functional status of athletics.

Key words: Track and field, track and field athletes, functional condition, training, teaching methods, word method, demonstration method.

Teaching to perform general developmental and special exercises in athletics. When doing athletics, it is necessary to perform "warming up" exercises in sequence. To acquire theoretical information about the necessity of carrying out exercises for height, shoulder and arm exercises, body and arm exercises, body and leg exercises, movement coordination and agility exercises.

Fundamentals of athletics and training. Athletics exercises are very different in terms of intensity, form and character of movement. Therefore, it is necessary to observe physical exercises and a hygienic regime when participating in any type of athletics. In the process of practicing athletics, as well as through other activities, to educate in the spirit of ethics in the science of athletics and its teaching methods, to train the will and drive, to acquire theoretical information about hard work. Teaching methods used in athletics training. Teaching and improving the methods used in athletics training is a component of the training process.

The general principles of the methodology of training in athletics are as follows. Teaching methods, Word method, Demonstration method, Method of



teaching exercises as a whole, Method of teaching exercises in parts and other methods. To acquire theoretical information about how the studied methods serve to effectively conduct athletics training.

Organizing and conducting athletics training in educational institutions. To acquire theoretical information about the methods and forms of organizing and conducting athletics training in pre-school educational institutions, general secondary schools, academic lyceums and vocational colleges, higher educational institutions. To acquire theoretical information about the main organizational form, group or individual or longer training in the organization and conduct of athletics training.

Methodology of teaching sports walking technique. Theoretical foundations of teaching athletic walking techniques. The main task of training is to teach proper sports walking technique, to learn to walk comfortably without excessive load at different speeds. In addition, to have theoretical information about increasing the optimal speed for each athlete with walking speed and step length.

Methodology of teaching running techniques. There are several types of running and they are listed below. Short-distance running, Middle-distance running, Long-distance running, Ultra-long distance running, Marathon running, Steeplechase, types.

Methodology of teaching jumping techniques. There are several types of jumping and they are as follows. Jumping high, Jumping high, Running and long jump, Running and triple jump, Long jump from a standing position, Jumping with anchor, getting theoretical information about types of jumps.

Methods of teaching throwing techniques. Training in throwing techniques, getting theoretical information about nuclear throwing, discus, javelin throwing, grenade throwing, baskan throwing.

The methodology of teaching the techniques of many types of fighting. The methodology of training for many types of wrestling includes types 3,5,7,10, 100



meters in triathlon, nuclear and high jump types. 5 races, 60 or 100 meters long jump, grenade throw, high jump, cross-country running, 7 races, 100 meters long jump, discus throw, high jump, 110 meters hurdles, 800 meters race. 10 events: long jump, discus throw, high jump, 400 m hurdles, 110 m hurdles, shot put, high anchor pole vault, javelin throw, 1500 m run.

Organization, planning and accounting of educational work in athletics. In the organization, planning and accounting of educational work in athletics, students are taught the theoretical knowledge about keeping documents of educational work and organizing extracurricular activities, planning and accounting for extracurricular activities. access to information.

Athletics sports facilities, equipment and their use. Athletics sports facilities, equipment and requirements for their use. to have information.

Organization and holding of athletics competitions, documents and referee work in competitions. Completing applications for sports in the organization and holding of athletics competitions, obtaining theoretical information about refereeing for each sport, competition regulations.

Instructions and recommendations on the organization of practical training In practical training, students learn to organize and conduct various athletics lessons. Recommended topics for practical training:

1. Teaching the techniques of athletics. The main task of teaching the techniques of athletics is to introduce each participant to the features of running, identify their shortcomings, and teach them how to walk, run, jump, throw. , it is explained that it consists of a lot of struggle. Information is given on the need to pay attention to the movements of the body and head, legs and arms when improving athletics techniques.

2. Teaching how to perform general developmental and special exercises in athletics. In athletics, first of all, "warming up" exercises should be performed in sequence. To provide knowledge about the need to carry out body and leg



exercises, shoulder and arm exercises, body and arm exercises, body and leg exercises, coordination of movement and agility exercises.

3. Fundamentals of athletics training and athletics training. Therefore, it is necessary to observe physical exercises and a hygienic regime when participating in any type of athletics. In the process of practicing athletics, as well as through other activities, it consists of educating in the spirit of ethics, training the will and movement, training in hard work in the science of athletics and its teaching methods, teaching the technique of athletics. introducing its features, identifying its shortcomings, it is explained that both adults and teenagers can learn, and the main task of teaching is to walk, run, jump, throw, and wrestle. Information is given on the need to pay attention to the movements of the body and head, legs and arms when improving athletics techniques.

4. Teaching to perform general developmental and special exercises in athletics. "Warming up" exercises should be performed in sequence when doing athletics. To provide knowledge about the need to carry out body and leg exercises, shoulder and arm exercises, body and arm exercises, body and leg exercises, coordination of movement and agility exercises.

5. Fundamentals of athletics training and athletics. Therefore, it is necessary to observe physical exercises and a hygienic regime when participating in any type of athletics. In the process of practicing athletics, as well as through other activities, it consists of educating in the spirit of ethics, training the will and drive, and educating in the field of athletics and its teaching methodology.

6. Methodology of teaching athletic walking technique Both adults and teenagers can learn athletic walking technique. The main task of training is to learn the technique of athletic walking, to teach to walk comfortably without straining at different speeds. In addition, to assess the knowledge of the optimal speed for each athlete.

7. Methods of teaching the technique of running. There are several types of



running, and they are as follows. Evaluation of theoretical and practical knowledge of short-distance running, middle-distance running, long-distance running, ultra-long distance running, marathon running, steeplechase.

8. Methodology of teaching jumping techniques. There are several types of jumping and they are as follows. Jumping high jump, jumping high jump, running long jump, running triple jump, standing long jump, pole vault, evaluation of theoretical and practical knowledge of jump types.

9. Methodology for teaching throwing techniques. Training in throwing techniques, assessment of theoretical and practical knowledge of throwing, discus, javelin, grenade throwing, and jumping.

10. The methodology of teaching the techniques of many types of wrestling. The training methodology for many types of wrestling includes 3, 5, 7, 10 types, 100 meters for triathlon, nuclear and high jump. 5 races, 60 or 100 meters long jump, grenade throw, high jump, cross-country running, 7 races, 100 meters long jump, discus throw, high jump, 110 meters hurdles, 800 meters run. 10 competitions: long jump, discus throw, high jump, 400 meter run, 110 meter hurdles, shot put, high anchor pole vault, javelin throw, 1500 meter run.

CONCLUSION

Regular training in athletics is a very necessary training for the athlete. The main task of introducing the technique of athletics to each athlete with the characteristics of running, identifying their shortcomings, and teaching both adults and teenagers. it is explained that it consists of walking, running, jumping, throwing, wrestling. To determine and evaluate whether it has theoretical information about the need to pay attention to the movements of the body and head, legs and arms when improving the athletics technique.

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