



CHARACTERISTICS OF TECHNICAL AND TACTICAL TRAINING METHODOLOGY OF BOXERS

Ibragimov Alisher Karomatovich

Head of the Department of Interfaculty
Physical Culture and Sports, Associate Professor,

Esanov Farrukh Utkirjonovich

(master), Bukhara State University, Bukhara, Uzbekistan

Annotation

Exercises can be performed in a standing position, which facilitates the formation of time-space dependencies, especially during the performance of the methods. The mastery of the training tools is then complicated by maneuvering, especially when the attacker (and then the defender) has the initiative.

Keywords: Exercise, technical, characteristics, boxers, training

At present, due to the initiative and care of President Sh.M.Mirziyoev, a high level of sports activity has been observed in Uzbekistan. The successful participation of many of our athletes in international competitions is a proof of our opinion. The national teams of Uzbekistan in various sports as a separate team had the opportunity to participate in the Olympic, Asian Games and World Championships. Boxing is one of the most actively developing sports in our country. Finding ways to ensure the successful improvement of sports skills of young boxers is one of the pressing challenges. First of all, this applies to the improvement of technical and tactical skills, as this aspect of training is the most delicate aspect of the boxing skills that make up the reserve of future Olympians.

- According to experts, the training is often carried out unilaterally, with special emphasis on increasing the level of functional and physical training without compromising the improvement of the necessary technical and tactical means: I.P. Degtyarev, N.A. Khudadov (1978), G.O. Djeroyan (1980), A.M.Bazeyan (1990), E.V.Kalmykov (1996), A.G.Shiryayev (2002).
- It is known that among the various technical and tactical training tasks in boxing, one of the most important problems is to accelerate the transition from the technique of performing actions in the training environment to their application in competitions. In the system of technical and tactical improvement of boxers





training fights are used regularly and on a large scale, primarily due to the need to model the conditions of application of movements in conditions close to competitions [1,2]. At the same time, the differences between the technical and tactical amount of training fights and competitions are important in some of their components, which is confirmed by some experts and research data on young boxers [3,5,8].

- The challenges identified determine the need for a scientific search for signs of the impact of their training and competition activities to accelerate the technical and tactical training of boxers.
- Object and subject of research: technical and tactical armament of boxers aged 14-15. Types of movements in training battles and official competitions, as well as indicators of the use of their tactical components.
- The purpose of the study: to develop a method of improving technical and tactical training in the process of training with boxers aged 14-15.
- Research Objectives: Based on the research objective, we have identified the following tasks for ourselves.
 - Analysis and generalization of the relevant literature;
 - To determine the individual characteristics of young boxers in the use of the composition of the main types of movement in training fights and competitions, as well as the degree of interdependence between the performance indicators of the movement.
 - Development of a methodology aimed at accelerating the process of transfer of actions learned by young boxers to the conditions of the competition and substantiate the effectiveness of the proposed method in practice.
 - Among the methodological methods for teaching boxing techniques and tactics, the most commonly accepted are [1,12,13]:
 - mastering the methods and actions (without a partner) in a group under the general command of the coach in a line;
 - mastering the method (with a partner) in groups under the general order of the coach in two rows;
 - individual mastery of the boxer's methods and movements when working with the coach in "flat gloves" or gloves;
 - Independent mastery of coaching tasks in couples moving freely around the hall;
 - conditional fight with each boxer assigned a task;



- conditional combat with low technical tasks;
- free combat (unrestricted combat).

A typical area of boxing training typically involves improving basic movement types [16]. These include:

- a) preparatory actions - various options of standing positions, places, distances, shifts, movements and deceptive actions;
- b) offensive movements - direct, side and bottom blows to the head and torso with both hands;
- c) defensive actions - with the help of hands, torso, sliding and combined methods of protection;
- g) counter-offensive movements - direct, side, bottom-to-head and torso blows in the form of response and counter-blow in both hands.

In addition to the basic movements practiced in almost every session, the following are mastered on the basis of independent plans [20, 21]:

- specializes in new methods, actions, tactical types of their application, the most effective and frequently used combinations of actions, skills in their preparation and application in modeling the resistance situations of opponents;
- repetition of favorite movements practiced in the same situations;
- Combat actions and situations to resist certain opponents;
- a certain composition of actions to conduct a fight with standard tactical models - in the form of offensive or defensive, fast or ambush, maneuvering or positional;
- Psychological features of the preparation and application of the main types of action;
- Means of overcoming psychological barriers that prevent the application of certain basic actions.

Exercises performed without a partner include:

- independent repetition of hand movements, defensive imitations, displacements, shifts and deceptive movements;
- serial implementation of methods;
- provide mutual guidance during breaks between exercises;
- Implement methods as a flow.

It should be noted that almost all exercises performed without a partner are inherently specific gymnastics, which is aimed at mastering the movement structure of methods that have a specific dynamics of the interaction of body members in the performance of various movements [19].



Athletes follow the instructions to perform certain boxing tools by independently repeating specialized movements, while the coach's control allows for an immediate assessment of the level of performance and the correction of inaccuracies or errors that can be made accordingly [14].

Execution of command or signal methods helps to regulate the integrity of given motion structures or the division of methods into structural (phase) parts. In this case, the coach's instructions are given in such a way that the trainees have time to visualize the structure of the given actions [15].

Serial performance allows an individual athlete or group of athletes to repeat the learned movements continuously and many times. This results in a large motor density, which forms a special endurance [17].

Mutual guidance is the process by which those who exercise together help each other in turn and begin to master the skills of leadership. If the trainers perform the exercises given by the trainer alternately in the general line, then they will be able to evaluate the technique of performing the methods, showing their partners the positive aspects and obvious shortcomings [18].

The flow of methods is the execution of tasks in sequence (sequence), the completion of the movement by one practitioner serves as a signal to the athlete standing on the right or left to start. Thus, the performance of the exercises will have the same fan-like feature, which will allow the trainer to observe and quickly evaluate each participant [4].

Exercising with an imaginary (imaginary) partner (opponent) is often referred to as a "shadow fight". It involves the execution of a combination of methods consisting of basic types of attack and defense, as well as means of response and counter-attack. It is necessary to perform combinations and a series of separate actions without a break. The boxer fights as if he anticipates the opponent's movements and uses tactically appropriate single combat tools.

Exercises performed on boxing shells and trainers play an important role in preparing boxers for fights.

At the same time, depending on the nature of the target, in particular, hanging on the wall and motionless, the moving properties of the displacement amplitude varies indefinitely, they can be used to solve various pedagogical tasks to increase the accuracy and strength of strokes [11].

Numerous studies have shown that precise targeting is determined primarily by adherence to a typical stroke technique, the ability to move it in response to





unexpectedly changing situations, anticipation (perception), selective reactions, and the degree of specialization of differentiated reactions. In addition, the moving target in many ways helps to solve the task of improving the accuracy of the impact due to the acceleration of the process of adaptation of athletes to the conditions of the competition. Thus, a variety of target exercises performed at different distances and with instructions for quick and precise punches form specialized movement skills that need to be demonstrated in boxing fights.

The most common forms of exercise are [1,6]:

- Exercises with a partner;
- individual work with the coach in a "flat glove";
- free battles;
- independent improvement of sliding methods;
- Mashqlar Exercises performed in bags and simulators;
- Freestyle battles series.

Exercise with a partner as a means of training and coaching boxers is primarily the basis for group training with young boxers who are now practicing. At the same time, some types of exercises performed with a partner are also used in the training of highly qualified athletes. Their effectiveness can be explained by the wide range of opportunities for partners to change, from helping each other to helping each other to quick and confrontational one-on-one combat that is difficult to predict.

Among the types of forms of pairing exercises are exercises that are performed with mutual assistance. They are used when it is necessary to master the movement structure of a method or tactical skill. However, in all cases, one of the partners attacks, while the other resists the attack using pre-arranged methods and can miss or return the blow. Exercises can be performed in a standing position, which facilitates the formation of time-space dependencies, especially during the performance of the methods. The mastery of the training tools is then complicated by maneuvering, especially when the attacker (and then the defender) has the initiative.

This way of organizing the exercises helps to stabilize the types of movement given by the coach, including counter-attacks, counter-attacks, counter-counter-attacks, and the technique of striking.

Often there are also mutual lessons, which are used in the practice of training qualified boxers. They differ from the typical exercises performed by helping each other using a wide range of actions given by the coach. Conditions may also be put in place where



one partner interacts with the other by interpreting the exercises and evaluating the methods performed.

Combat exercises with a partner in the game mode to stabilize technical skills, specialize the speed of movement and exchange direct, bottom and side counterattacks on the spot or in combination with maneuvering allows you to accelerate the training of defenses and counter-attacks on the basis of the formation of specific tactical skills.

The cycle of non-stop interaction of partners in each exercise is 20-70 seconds.

Rapid resistance exercises are important, they are used with the term "against". They are used in boxing training mainly with two pedagogical tasks:

- Improving offensive and defensive techniques with retaliation;
- Demonstration of speed of movement and specialization of reactions.

The conditions of one-on-one fights in counter-movements, including the distance between partners (opponents), are determined by the coach, while boxers can act in non-alternative conditions, initially only in partially abstract conditions (when the attack begins). According to the instruction, the attacker only performs one attack assigned by the coach, such as two deceptive moves and a direct blow to the head.

The defendant is entitled to apply only one specific protection in such a situation, for example, protection with a side deflection. Apparently, in such situations, that is, when the defender knows how and which body part to attack him, he can only succeed in attacking at the expense of performing the initial level of movement quickly and unexpectedly.

Individual work with a coach in a "flat glove" is an independent form of organizing boxing training, as well as training [1].

In addition, the regular use of volumes of movement in the training of young athletes lags behind pairing exercises and combat practice in terms of the effectiveness of the methodological impact on the process of technical and tactical improvement. Only the control functions of working with the coach in the "flat glove" and the possibility of using it to quickly and purposefully correct technical errors, to model some of the situations that are close to the interaction in the competition, come to the fore [10].

The smaller volumes of combat practice than other training tools and the occasional, control fights for results at least 2-3 times a month form the basis for specializing in the functional training of boxers to conduct long-lasting and mentally intense fights. In the series of training and control battles, the tactics of actions and their preparation and application are optimized, individual adjustments are made [7].





In summary, the analysis of specialized literature and the results of a survey of leading experts in the field of boxing theory and methodology allow us to conclude that in sports science, issues related to sports theory have always come to the fore, sometimes without taking into account the specifics of athletic competition.

It is obvious that before preparing an athlete to achieve a certain result, it is necessary to know the conditions of wrestling, the requirements for specific functions of the body, its energy expenditure, etc., and then to build a training process based on them.

References

1. Абдиев А.Н. Индивидуал дарсада тренер маҳоратининг асослари // Монография. Т.-2000. –169 б.
2. Акоюн А.О., Новиков А.А. Анализ характеристик соревновательной деятельности как фактор построения тренировочного процесса в единоборствах. - М.: ВНИИФК, 1985. – 18 с.
3. Абдуллаев М.Ж. Бошланғич тайёргарлик босқичида шуғулланувчи ўсмир энгил атлетикачиларнинг жисмоний тайёргарлиги динамикаси // “Фан-спортга” илмий назарий журнал. – Тошкен, 2018, №2. 13-15 б. [13.00.00№16].
4. Абдуллаев М.Ж. О некоторых особенностях кинематики метания диска с места // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 7-10.
5. Абдуллаев М.Ж. Физкультурно-оздоровительные подходы в процессе физического воспитания студентов вузов // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 10-14.
6. Абдуллаев М.Ж. Swot-анализ в структуре информационных технологий физического воспитания // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 14-18.
7. Абдуллаев М.Ж. Взаимосвязь физического и психического развития детей в процессе физического воспитания. // Журнал. Вестник интегративной психологии. Ярославл, 2018. №17. 10-13 б. [13.00.00№23].
8. Абдуллаев М.Ж., Олимов М.С., Тўхтабоев Н.Т. Энгил атлетика ва уни ўқитиш методикаси. Дарслик. “Баркамол файз медиа” нашриёти Тошкент-2017 й. 620 бет





9. M.J. Abdullaev. Methodology of application games in the training of young athletes // *ACADEMICIA: An International Multidisciplinary Research Journal*. ISSN: 2249-7137 Vol. 10, Issue 11, November 2020 Impact Factor: SJIF 2020 = 7.13/497-504 pg.
10. M.J. Abdullaev. Characteristics, forms and methods of extracurricular activities with athletes of different ages // *European Journal of Research and Reflection in Educational Sciences* Vol. 8 No. 11, 2020 ISSN 2056-5852. 110-114 pg.
11. M.J. Abdullaev. Methodology of application games in the training of young athletes // *European Journal of Research and Reflection in Educational Sciences* Vol. 8 No. 11, 2020 ISSN 2056-5852. 115-122 pg.
12. S.S., M.J.Abdullayev, A.T., O.Yu.. Improving Methodology Of Action Games In Training Athletes Of Different Ages // *European Journal of Molecular & Clinical Medicine*, 2021, Volume 8, Issue 1, Pages 806-813. https://ejmcm.com/article_6556.html
11. M.J.Abdullayev, O.I. Berdiyev, N.R. Omonova. Methodology Of Organization Of" Physical Education And Sports" Lessons In Higher Educational Institutions // *The American journal of social science and education innovations (TAJSSEI)* SJIF-5.857 DOI-10.37547/TAJSSEI Volume 3 Issue 02, 2021 ISSN 2689-100X. 3 (02), 312-320
12. A.K.Ibragimov, F.I.Mo'minov. Methodology of optimization of training for young players // *International Journal For Innovative Engineering and Management Research* Vol 10 Issue 02, Feb 2021 ISSN 2456 – 5083 Page 43-48.
13. M.J.Abdullayev, Z.M.Turayeva Methodology Of Teaching 18-20 Year Old Girls For Healthy Aerobic Exercises // *The American Journal of Medical Sciences and Pharmaceutical Research* (ISSN – 2689-1026) Published: February 28, 2021 | Pages: 77-85
14. S.S.Tajibaev, M.J.Abdullaev, A.T.Niyazov, O.YuNiyazova. This article scientifically analyzes and substantiates the methodology of using movement games in the development of physical and psychological training of 11-12-year-old athletes in the primary training group // *European Journal of Molecular & Clinical Medicine*, 2020, Volume 7, Issue 6, Pages 2907-2914
15. A.K.Ibragimov. Catalog of training tasks for training special endurance of young handball players // *Academical. An International Multidisciplinary Research Journal* 2.35-39p





16. А.К.Ибрагимов. Психологические особенности мотивации спортсменов // Журнал. Вестник интегративной психологии. Ярославл, 2019. №19. 161-164 б. [13.00.00N°23].
17. S.S.Abdueva, Sh.Kadirov, M.Fatullaeva, Sh.Khurbonov. Using of innovation terms in physical education and sport lessons and their social and educational features. Journal of Critical Reviews ISSN-2394-5125 Vol 7, Issue 6, 2020
18. S.S.Abdueva, Sh.Khurbonov, N.Sabirova. Evolution of physical performance and techniques of handball girls aged 11-12. International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). 2019 december
19. S.S.Abdueva. Activities that increase children's interest in the sport of handball. Innovatsionnoe razvitie nauki I obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya 2020
20. Abdueva Sitorabonu Savriddin qizi. "Determining the speed and strength of 14-15 year old handball players in jumping". ACADEMICIA An International Multidisciplinary Research Journal (Double Blind Refereed & Peer Reviewed Journal) ISSN: 2249-7137 Vol. 10 Issue 11, November 2020 DOI: 10.5958/2249-7137.2020.01417.2
21. Базеян А.М. Техничко-тактичешкая подготовка боксеров юниоров на основе учета показателей их соревновательной деятельности: Автореф. дисс.... канд. пед. наук. - М.; 1990. - 23 с.
22. Бокс: Тренеры об основах мастерства боксера /В.М.Романов //Ежегодник. - М.: Физкультура и спорт, 1981. - 51 с.
23. Гаськов А.В. Теоретико-методологические основы управления соревновательной и тренировочной деятельностью квалифицированных боксеров: Автореф. дисс канд. пед. наук. - М., 1999. - 41 с.
24. Гаськов А.В. Теория и методика спортивной тренировки в единоборствах. - Улан-Удэ, Изд-во Бурят. Гос. университета. - 2000. - 271 с.
25. Гаськов А.В. Спортивная тренировка единоборцев как системный процесс планирования и управления //Восток-Запад: Проблемы физической культуры и спорта в современных условиях: Матер. II междунар. науч.- практич. конф. - Улан-Удэ, Изд-во Бурт. Гос. университета. - 2000. - Ч.2. - 24-28 с.
26. Горстков Е.Н. Анализ тренировочной и соревновательной деятельности боксеров тяжелых весовых категорий //Бокс: Ежегодник. - М.: ФиС, 1983. - 43-46 с.



27. Дегтярев И.Н. Тренированность боксеров. - Киев: «Здоровья», 1985. - 140 с.
28. Иванов И.И. уроки бокса: Метод. пособие.-М.:Воениздат, 1970.-128с.
29. Качурин А.И. Варианты технико-тактического применения ударов в боксе (методическая разработка для тренеров и спортсменов) /А.И.Качурин. - М.: МИИТ, 1998. – 41 с.
30. Котешев В.Е. Подготовка боксеров в ходе многолетнего учебно-тренировочного процесса: Учебное пособие. - Краснодар, 1992. - 216 с.
31. Лаптев А.П. управление тренированностью боксеров /А.П.Лаптев, В.А.Лавров, П.Г.Левитан. - М.: Физкультура и спорт, 1973. – 104 с.
32. Остянов В.Н., Гайдалюк И.И. Бокс (обучение и тренировка). - Киев. Олимпийская литература. - 2001. – 239 с.
33. Романенко М.И. Молодому боксеру /М.И.Романенко. -М.: Физкультура и спорт, 1968. - 128 с.
34. Таймазов В.А. Индивидуальный подход к технико-тактической подготовке боксеров с учетом их спортивно-важных качеств: Автореф. дисс.... канд. пед. наук. - Л., 1981. - 189 с.
35. Филимонов В.И. Бокс. Спортивно-техническая и физическая подготовка. Монография /В.И.Филимонов. - М.: «ИСАН», 2000. - 432 с.
36. Филиппов С.С., Таймазов В.А., Квачадзе Д.И. Спортивная тренировка в боксе как объект информационного обеспечения //Теория и практика физической культуры. - 1999. - №1. - 36-38 с.
37. Шатков Г.И. Юный боксер /Г.И.Шатков, А.Г.Ширяев. - М.: Физкультура и спорт, 1982. - 127 с.
38. Щитов В. Бокс: Эффективная система тренировки. - М.: ФАИР- ПРЕСС, 2003. - 432 с.
39. Щитов В. Бокс для начинающих /А.Щитов. - М.: ФАИР-ПРЕСС, 2004. - 448 с.
39. Abdueva S. S. Activities that increase children's interest in the sport of handball //Innovatsionnoe razvitie nauki I obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya. – 2020.
40. Abdueva S. S. The pedagogical significance of physical culture and sports in the upbringing of a harmoniously developed generation //Integration into the world and connection of sciences| Интеграция в мир и связь наук| Dünyaya inteqrasiya vә elmlәrin әlaqәsi ISBN. – С. 978-9952.



41. Abdueva S. S., Khurbonov S., Sabirova N. Evolution of physical performance and techniques of handball girls aged 11-12 //International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). – 2019.
42. Abdueva S. S. Q. Determining the speed and strength of 14-15 year old handball players in jumping //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 1212-1220.
43. Abdueva S. S. Q. Determining the speed and strength of 14-15 year old handball players in jumping //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 1212-1220.
44. Nematovich K. S. et al. USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES //Journal of Critical Reviews. – 2020. – T. 7. – №. 6. – C. 470-471.
45. Nematovich K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.
46. Muazzam A. F., Farrux A. N. Motivation of students to do sports as part of physical education classes ACADEMICIA: An International Multidisciplinary Research Journal. Year: 2020, Volume: 10, Issue: P: 1446-1450 //Online ISSN. – T. 22497137.
47. Nematovich K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.
48. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 99-103.
49. Fatullayeva M.A. The pedagogical significance of the stages and methods of teaching volleyball // International journal on economics, finance and sustainable development. issn (electronic): 2620-6269/ issn (printed). 2021/3/27
50. Sabirova Nasiba Rasulovna. (2021). The Importance Of Three-Stage Model In Developing The Functional Status Of Athletes. International Journal on Economics, Finance and Sustainable Development, 3(3), 190-196. <https://doi.org/10.31149/ijefsd.v3i3.1475>



51. Сабирова Н. Р. ЗНАЧЕНИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В СОВРЕМЕННОМ ОБЩЕСТВЕ //Проблемы педагогики. – 2020. – №. 6 (51).
52. Journal of Critical Reviews ISSN- 2394-5125 Vol 7, Issue 6, 2020 Review Article PSYCHOLOGICAL IMPACT OF FOOTBALL GAMES TO THE FORMATION OF INDIVIDUALITY OF THE STUDENT Dustov Bakhtiyor Akmalovich, Toshov Murod Khalilovich, Sabirova Nasiba Rasulovna, Fazliddinov Farkhod Savrievich
53. Rakhmonov Rauf Rasulovich Distribution of training loads at the stage of competitive preparation for middle runners // Academics: An International Multidisciplinary Research Journal 10.5958/2249-7137.2021.00376.1
54. Akmalovich D. B. et al. Psychological impact of football games to the formation of individuality of the student //Journal of Critical Reviews. – 2020. – Т. 7. – №. 6. – С. 466-469.
55. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – Т. 11. – №. 1.
56. Ibragimov A. K., Muxiddinovich L. A. INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 234-241.
57. Ибрагимов А. К. ОСНОВА ФИЗКУЛЬТУРНОГО ОБРАЗОВАНИЯ ШКОЛЬНИКОВ–ЗНА-НИЯ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 128.
58. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 486-492.
59. Fazliddinov F. Professional competence of the specialist in physical culture //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 501-504.
60. Нуруллаев А. Р., Гафурова М. Ю., Мансуров Ш. Ш. Деление спортивных занятий на периоды //Педагогическое образование и наука. – 2019. – №. 6. – С. 153-155.
61. Нуруллаев А. Р. Основные формы и сущности экономической демократии //Молодежь XXI века: образование, наука, инновации. – 2017. – С. 227-228.





62. Abdueva S. S., Khurbonov S., Sabirova N. Evolution of physical performance and techniques of handball girls aged 11-12 //International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). – 2019.
63. Baymuradov R.S., Bakhshullaeva M. Exercise on the agenda of students. Women's sports at the current stage of development: challenges and prospects, Women's sports in the modern stage: problems and perspectives. Proceedings of the International online scientific-practical conference, May 6, Bukhara - 2020, pp. 121-125.
64. Jamilova G., Baymuradov R.S. Peculiarities of physical education in preschool education. Women's sports at the current stage of development: challenges and prospects, Women's sports in the modern stage: problems and perspectives. Proceedings of the International online scientific-practical conference, May 6, Bukhara - 2020, pp. 271-274.
65. Baymuradov R.S. Supporting Innovative Technologies and Moving Games to Endure the Perseverance of Young Volleyball Players. Women's sports at the current stage of development: challenges and prospects, Women's sports in the modern stage: problems and perspectives. Proceedings of the International online scientific-practical conference, May 6, Bukhara - 2020, pp. 607-610.
66. Fayziev Ya.Z., Sattorov A.E. Methods of adaptive physical culture. Women's sports at the current stage of development: challenges and prospects, Women's sports in the modern stage: problems and perspectives. Proceedings of the International online scientific-practical conference, May 6, Bukhara - 2020, pp. 690-693.
67. Baymuradov Radjab Sayfitdinovich, Bakhshullaeva Malokhat, Zhamilova Gulchekhra. The role of a mentor in the formation of a young specialist. Innovation in the modern education system, part 1, December 2020, Collections of scientific works Washington USA 25th December 2020.
68. Baymuradov Radjab Sayfitdinovich, Bakhshullaeva Malokhat, Zhamilova Gulchekhra. Individual work is the key to success in the work of a teacher. Science and education, scientific. Volume 1, Issue 9, December 2020, p.452-458.
69. Baymuradov Radjab Sayfitdinovich. The role of a mentor in the formation of a young physical trainer. AJMR: Asian Journal of Multidimensional Research. Vol 9, Issue 11, November, 2020.
70. Bakhshullaeva M., Baymuradov R.S., Popov V.A. Young researcher: challenges and prospects. Collection of articles based on materials from CL XXXVII International Scientific and Practical Conference No. 40 (187) October 2020, pp. 30-34.





71. Ibragimov A. K., Muxiddinovich L. A. INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 234-241.
72. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – T. 11. – №. 1.
73. Ibragimov A. K., Mo'minov F. I. Methodology of optimization of training for young players //International Journal For Innovative Engineering and Management Research. – T. 10. – C. 43-48.

