



STAGES OF MODELING AND AGE INDICATORS IN THE OPTIMIZATION OF THE PROCESS OF SPORTS ACTIVITIES

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Annotation

It focuses on modeling and diagnostics in sports, the stages of development of age and physical qualities in the training of qualified athletes.

Keywords: model, modeling, forecasting, model-targeted approach, sports training, sports games, age indicators, results.

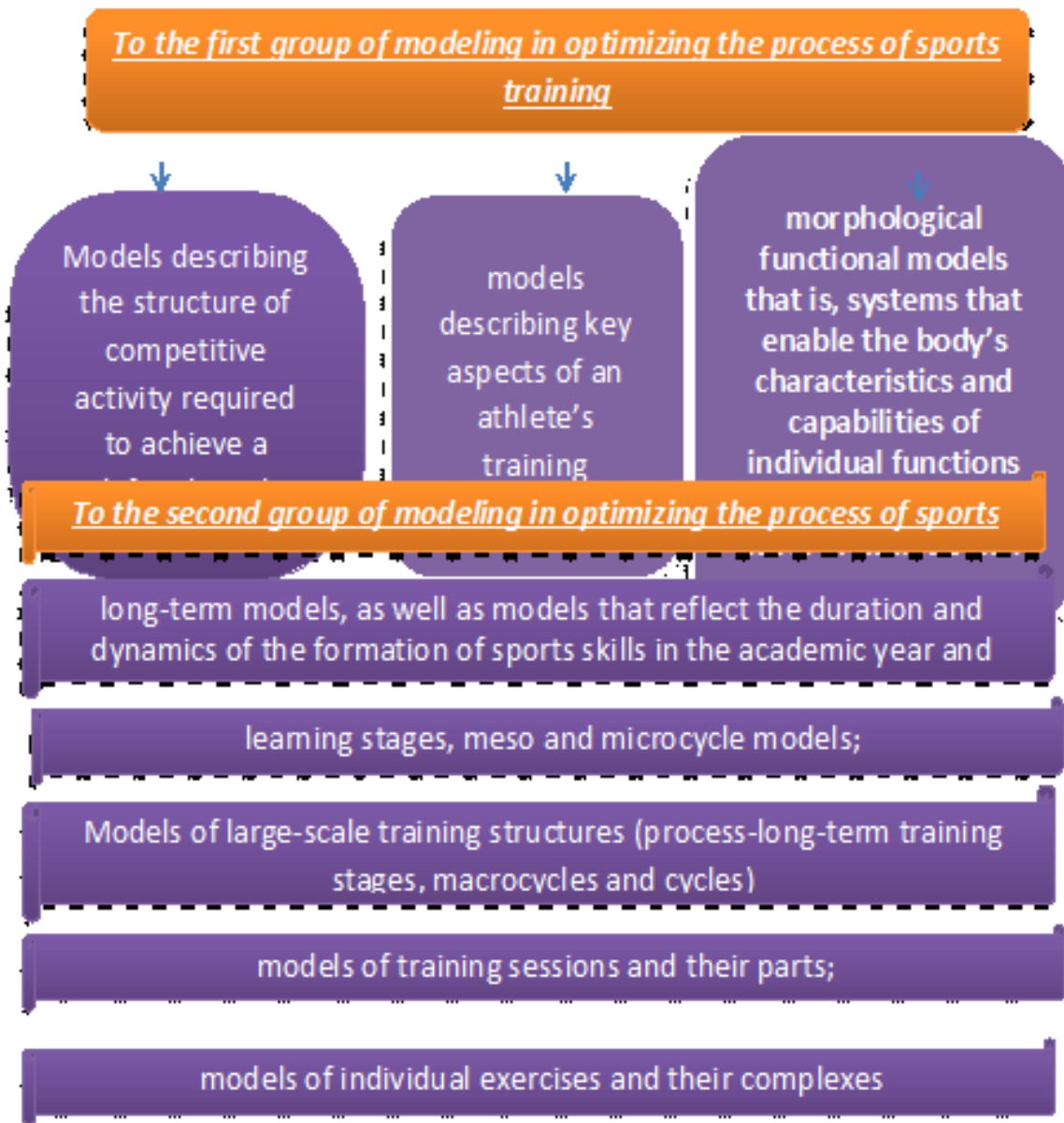
INTRODUCTION

Training in any sport is a multifaceted, long-lasting process that requires not only physical effort, but also a great deal of knowledge on the basic issues of sports science. Achieving high results in any type of activity depends on many factors. The main part of them is the maximum conformity of personal characteristics to the requirements of the chosen profession. In this regard, knowledge of the requirements of a particular sport for highly qualified athletes is the most important condition for the effective selection of promising athletes.

In recent years, the problem of selection and diagnosis of sports ability has become an independent field of research in sports science, a general methodological approach to solving it has emerged.

It allows the use of two main methods of modeling in optimizing the process of sports training.





In the process of modeling, it is necessary to study the possible problems in the use of models, identify ways to apply them and the factors that hinder this. The number of parameters included in the model, the nature of the interrelationships between them, and the modeling of the types of control actions in the system, as well as determining the duration of time, help to determine the level of model parts. To be able to clearly see the complexity of objects, events and processes in the development of models in the learning process, to quantify the interdependence of various aspects of the



learning process, ie the structural and functional relationships of models, as well as the main features of models should not be overlooked. Modeling competition preparation also requires attention to tools aimed at improving physical attributes and skills. It should be noted that the inability of the coach to plan properly in improving the existing methods and tools aimed at developing many local abilities of the athlete's body today hinders the development of the athlete's physical performance. It is also necessary to ensure the necessary variability of individual parameters depending on the condition of the athlete's body at different stages of the competition activity or in different structural structures of the training process.

The following approaches are used in the development of quantitative indicators specific to a particular level of sportsmanship:

It is necessary to determine the sports requirements of the athlete, that is, the main qualities and characteristics that are characteristic of well-known athletes in the form of a particular exercise.

Determine the relationship of sports results with the level of development of specific qualities and characteristics using modern mathematical devices (factor analysis, correlation, regression, etc.)

to identify the genetically determined characteristics of the new candidates for the championship and record holders that are necessary for this species.

With this approach, we use it to determine the level of development of sports-specific anthropometric features, physiological properties (operation of energy supply systems), and motor qualities in general. Different types of sports, competitions expand a person's ability to achieve sports skills. An important role in the training of qualified athletes can be attributed to an effective selection system, which organizes a complex organizational and methodological measures, including pedagogical, psychological, social, medical-biological and other research methods.

In directing children to the sport, their interests, morphological and functional indicators, as well as age should be taken into account.

The stages of preparation for the sport for the age of children can be explained as follows.





SPORTS	TYPE SPORTS AGE (YEARS), STAGES		
	PRIMARY PREPARATION	READING GROUP	SPORTS TYPE IMPROVEMENT
Acrobatics	8-10	10-14	14-17
Basketball and volleyball	10-13	13-17	17-18
Badminton	10-13	13-17	16-18
Trampoline	9-12	11-17	16-18
Boxing	12-15	15-17	17-18
Wrestling (all types)	10-13	13-17	17-18
Bicycle (highway and road)	12-14	14-17	17-18
Suv Polo	10-13	13-17	17-18
Gymnastics sports	8-10	10-14	14-17
Gymnastics is an art	7-9	9-13	13-17
Running is academic	10-12	12-17	17-18
Boating and canoeing about running	11-14	13-17	17-18
From sports	11-13	13-17	17-18
Skating is a sport	10-12	12-17	17-18
Athletics	11-13	13-17	17-18
Weightlifting is a sport	9-12	13-17	17-18
Mountain rock	8-11	11-15	15-17
Two-sided	9-12	12-17	17-18
Springboard with jumping	9-11	12-17	17-18
Swimming is a sport	9-12	12-17	17-18
Swimming	7-10	11-14	15-17
Water in the transition	8-11	12-15	15-17
Hand ball	10-13	13-17	17-18
Modern management	10-13	13-17	17-18
Small sport	11-14	13-17	16-18
Tennis	7-10	11-15	15-17
Weightlifting	13-14	14-17	17-18
Fencing	10-13	12-17	16-18
Figure skating	7-9	9-13	13-17
Football games, hockey	10-12	12-17	17-18
Chess	9-13	11-17	15-18

Along with age, physical qualities develop at the same rate at different ages and periods. Age, gender, genetic factors, physical development, and so on should be taken into account in the development of certain qualities.



Physical characteristics and physical qualities	Yosh (yillar)										
	7	8	9	10	11	12	13	14	15	16	17
Growth						+	+	+	+		
Weight						+	+	+	+		
Power is maximum							+	+		+	+
Speed		+	+	+					+	+	+
Speed and power quality			+	+	+	+	+	+	+		
Endurance (aerobic capacity)		+	+						+	+	+
Speed endurance									+	+	+
Anaerobic capacity (glycolytic)									+	+	+
Flexible	+	+	+	+		+	+				
Coordinating ability			+	+	+	+					
Balance	+	+	+	+	+	+	+	+			

Weak personality traits and qualitative traits relative to a sport are not considered to be lack of athletic ability. Low-level characters in one type of sports activity can be favorable factors and provide high performance in other sports. In this regard, the prediction of sports abilities should be made only in relation to a particular species or group of sports. Sports abilities are mainly due to hereditary factors, which are characterized by stability, conservatism. Therefore, when predicting athletic ability, it is important to pay attention, first of all, to the relatively small variables that lead to the success of future sports activities. Since the role of genetically determined traits is maximally defined when presented to a body with high demands, attention should be paid to the high level of achievement in evaluating a young athlete's performance.

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