



## POSSIBILITIES OF USING THE TOOLS USED IN TEACHING SHORT-DISTANCE RUNNING TECHNIQUES

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### Annotation

The article describes effective ways to teach short-distance running techniques and how to use the tools.

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In the short period since Uzbekistan gained the status of an independent state, there have been centuries-old changes in the field of physical culture and sports, as in all areas.

The Constitution of the Republic of Uzbekistan, the Law "On Physical Culture and Sports", the Law "On Education", which is currently reflected in the life of our people, On measures to further develop physical culture and mass sports "No. PQ-3031, dated August 10, 2017" On the wide involvement of Uzbek athletes in public and sports activities, who have achieved high results in prestigious international sports competitions, and Resolution of the President of the Republic of Uzbekistan dated January 25, 2018 "On general incentives, secondary special and higher education" State Program on educating "Healthy Generation" No. PP-3196 "On incentives for coaches" Decree "On measures to radically improve the system of vocational education", chaired by the President of the Republic of Uzbekistan Sh.M.Mirziyoev on October 31, 2017 improved the system of management in the field of physical culture and sports Conceptual documents such as the development of mass sports, the selection and training of talented athletes, the strengthening of the industry with qualified personnel and the construction of modern sports facilities are the key to educating a harmoniously developed generation.

The construction of large sports complexes in accordance with international standards in different regions of the country is a result of the above-mentioned state





documents. 'Indicates that he has risen to the top. Therefore, ensuring the future of Uzbek sports and bringing it to a competitive level in line with international standards requires the development of this field on a scientific and technological basis. Therefore, it is necessary to organize the process of training highly qualified athletes in sports institutions of our country on a scientific basis.

Many coaches today recognize that sprinter running technique is highly individual and, despite certain biomechanical characteristics, depends on certain individual characteristics of the athlete, as well as the level of intensity and speed he or she achieves. This, of course, does not negate the elements of intelligent technology that are common to all, and they are still being developed.

Short-distance running is better than starting with a short run after a few practice sessions.

The following are some of the tasks and solutions, as well as guidelines.

Task 1. Helps to develop students' understanding of short-distance running techniques.

Tools. I. Explain and demonstrate the technique of running on a straight track and running from a low start. 2. View movies and movie rings. 3. Observe the running technique of the best sprinters.

2- function. Learn how to run the right distance.

Tools. I. Accelerated running at 50-80 m at 3-4 speeds. 2. Running with the thighs high and the legs back (30-40 m). 3. Running a quail step (30-40 m) with the legs back. 4. Running with the thigh pulled back and the leg shaken high (40-50 m). 5. Running with jumping steps (30-60 m). 6. Move your arms as if you were running. 7. Do Exercises 2, 3, 4, and 5 at an accelerated pace, then return to normal running.

Guidelines. All running exercises are performed individually by the learner, and the instructor gives technical instructions. As the technique is mastered, the exercises will be performed in groups. When running fast, you should gradually increase your speed, but do not allow the runner's movements to be congested. As soon as there is too much tension, the speed will stop.

After reaching a high speed, you should try not to stop suddenly, but to continue to run without exerting high force (running freely) each time. The free running distance is gradually increased. Accelerated running is a basic exercise in learning the technique of sprinting. All running exercises should be done freely, without exertion. Do not throw the upper body backwards while running with the thighs high and the quail running. When running with the calf back, do not lean forward: it is better to run



with studded shoes. The recommended exercises are repeated 3-7 times, depending on physical fitness.

### 3-function. Learn to turn.

Tools. 1. Accelerated running at a speed of 3-4 at a distance of 50-80 m on a curve with a large radius (4-6 lanes). 2. Accelerated running at 3-4 speeds (50-80 m) on the turn of the first track. 3. Running at different speeds in a radius of 20-10 m. 4. Accelerated running on a turn, running in a straight line at different speeds (from 80-100 m). 5. Running on the right track with acceleration, turning at different speeds (from 80-100 m).

Guidelines. You need to be able to run freely on a curve, so you should only start running on a small radius turn once you have mastered the technique of running on a large radius turn. In the first exercise, participants should be reminded of the running feature when turning, and encouraged to monitor their movements.

Athletes should be taught to bend their body toward the center of rotation before creating a centrifugal force when entering a turn. Exercises are repeated 3-8 times, depending on the level of readiness of the participants.

### Task 4. Teach high start technique and start acceleration.

Tools. 1. "Start!" execute the command. 2. "Attention!" execute the command. 3. Start running independently without signal (5-6 times). 4. Start running without a signal with the body strongly tilted forward (up to 20 m - 6-8 times). 5. Start running with the signal and perform the acceleration of the start by leaning the body forward and pushing the number forward sharply (6-8 times).

Guidelines. When running from the start, make sure that the front leg of the front leg is extended with the back shoulder. Run as long as you can, getting closer to the slope of the body as you master the start. Only after mastering the basics of the technique will you be able to start with a signal.

### 5-function. Training for low start and post-start running.

Tools. 1. "Start!" execute the command. 2. "Attention!" execute the command. 3. Start running independently, without signal (10-20 times up to 20 meters). 4. Start the run with a signal (when the bullet breaks). 5. "Attention!" start running with a different time signal after the command.

Guidelines. You only need to start running once you have mastered the basics.

In the first steps after the start, when the runner is straightening his body, it is possible to increase the distance between the starting line and the poles, to prevent the body from straightening, and to put a rail on the top of the runner while standing. The best





exercise for an athlete to lose weight early is to start from a high start with one arm on the floor and the body lying flat.

When teaching a low start, it is important to be careful not to run before the signal (falstart). To do this, participants are asked to "Attention!" It is recommended to give only the last signal at the start of the run. Only when everything is done correctly can you practice a low start when the shot is fired. Repeat can be 3 to 15 times.

Task 6. Learn how to jump from a post-start run to a long-distance run.

Tools. 1. Running with inertia (5-10 times) after running a short distance at high speed. 2. Increase speed after a free run with inertia: this running distance is gradually reduced to 2-3 steps (5-10 times) 3. After a low start, move from running to inertia (5-10 times). 4. Increase speed after free running with inertia after running after low start; the free running distance is gradually reduced (6-12 times). 5. Variable running. Running 3-6 times from high power to free running with inertia.

Guidelines. Free running with inertia should be taught first at a distance of 60-100 m. Particular attention should be paid to the transition from high-speed running to free running with inertia without losing speed.

Task 7. Learn to run properly when turning from a turn to the right side of the road.

Tools. I. Accelerated running in the last quarter of the turn, running with inertia on the right turn from the turn (50-80 m 4-8 times). 2. Increasing speed after running with inertia The speed increase distance gradually decreases to 2-3 steps (80-100 m 3-6 times). 3. Do the second exercise by running the full distance of the turn and try to increase your speed before going on the right track.

Guidelines. It is best to do this after the participants have learned the first two exercises. Free running time with inertia is gradually reduced - only after learning to change the intensity of the force while running.

8-function. Low turn start training.

Tools. 1. Install the turnstiles on the turn. 2. Start accelerating in a straight line with the acceleration of the start. 3. Accelerate after start to full speed.

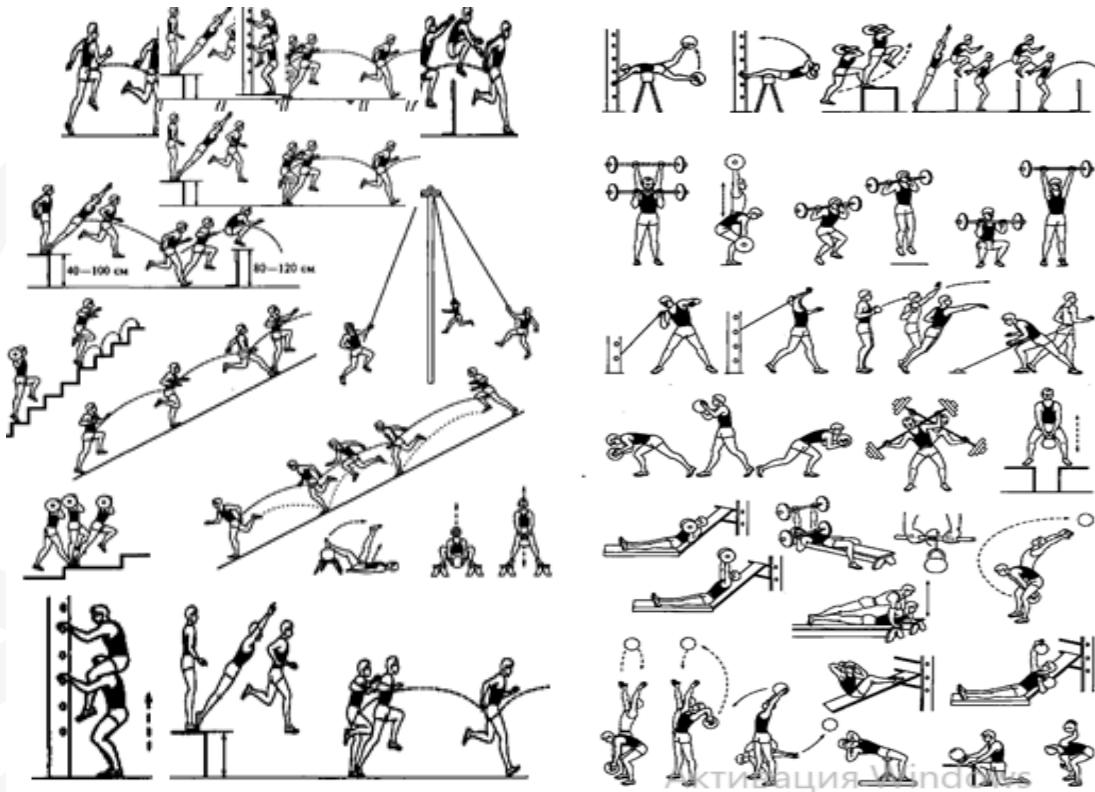
Guidelines. Learn how to start a low turn on a turn only after you've learned how to start a low turn on a straight track. You can also move the start to the right side of the track so that the runner can turn around after reaching a high speed and slightly straightening his body. Then, gradually shortening the straight path, the starting point is taken to the place where the road begins to turn, that is, to the original starting point.



### Task 9. Learn to shoot the finish line.

Tools. 1. While running, pull your arms back and lean forward (2-6 times). 2. When running slowly and fast, pull your arms back and reach the ribbon (6-10 times). 3. Individually and in groups, when running slowly and fast, bend your shoulders forward and reach the ribbon (8-12 times).

Guidelines. When training to reach the finish line by throwing a ribbon, it is necessary to train the willpower necessary to keep the maximum speed achieved without slowing down to the end of the distance. It is important to train runners to finish the race, not as soon as they reach the finish line. For training to be successful, the exercises must be done in pairs by runners of equal strength, or by giving preference to the weaker ones.



### Task 10. Improving your overall running technique.

Tools. I. All the exercises used for teaching and other special exercises. 2 Run the full distance. 3. Participation in quizzes and competitions.

Guidelines. The best way to improve your sprint technique is to run at a steady pace; running with acceleration to a high level of speed; is to get out of the start at a different pace, run faster, and reach a higher speed. Trying to run at high speeds without mastering the technique and without adequate preparation almost always leads to



overexertion. To avoid this, you should first run at 1-2 and 3-4 speeds. Because when you run lightly, comfortably, effortlessly, it is easier for the athlete to control his movements.

When practiced in such conditions, you can increase the speed in each of the next exercises. But if the sprinter feels that he is overworked, that his muscles are getting too strong, and that he is having difficulty moving, he should slow down immediately. As the skill matures, so does the time when it becomes more and more difficult. In this way, the sprinter's movement is maintained with ease and comfort, and the running speed is increased.

You just have to be more discriminating with the help you render toward other people. Particular attention should be paid to the fact that the response time to the start signal is reduced, so as not to start running early.

When describing short-distance running techniques, the exercises were repeated several times in a single lesson. If there are too many types of exercise in a class, the dose may need to be reduced.

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