



STAGES AND METHODS OF QUALIFIERS IN SPORTS

B. R. Xudoyberdiyev

Qarshi davlat universiteti p.f.b.f.d (PhD)., dotsent

Abstract:

The article provides information about the stages of selection of athletes and selection methods.

Keywords: Qualifying stages, coaches, sports, psychology, technical tactics, sports results

Introduction

The criteria for the classification of qualifying stages are aimed at educating the characteristics and characteristics of the individual in order to create an opportunity for primary sports training, sports improvement. Therefore, the beginner is to determine fitness for sports training. Then team rosters are formed to participate in competitions. A limited number of athletes are allowed to participate in competitions. Coaches include the most promising or skillful and talented players in the squad of the game. The contents are more and more volatile; "Excessive" players will be determined. They first take the bench and then leave the compound entirely.

Observation and experience show that it would take two years for qualified trainers to make a diagnosis of fitness without the use of scientific methods. It was during this period that most mistakes were made. There will be fewer mistakes in compiling game contents. Usually, this is the training of skilled players who can take the place of young athletes who are suitable for sports development. The purpose of sorting here is to evaluate. Therefore, this stage should be called the perspective assessment stage.

In the qualifier stage for certain competitions, the appropriate sports state, experience of competing with opponents who are similar in style, psychological state are important. Strong play in some ties; The bold moves at the end of the meeting allow the coach to make a structural change. There are three aspects of the sorting system: criteria, methods, and organizational factor. The criteria include qualitative-quantitative indicators of special abilities. Among the methods used, examination, instrument-bearing method and test method are distinguished. Organizational factor is a set of measures aimed at the most effective and rational application of sorting methods.





The examination method (which originated in ancient times) is commonly used to identify medical candidates for the sport and to assess prospects when forming a group or team.

Tool-bearing method has been used since the end of the last century. The reason for its appearance is the emergence of the need for a precise quantitative analysis. The use of tools makes the sorting system even higher. This method is somewhat limited. Modeling the specific conditions of sports activity even with the most perfect equipment is incredibly challenging.

A set of game tests is based on mobile games and game exercises and must meet the following requirements:

- a) The same tasks of the player being tested are checked in different descriptions and reflected by different indicators. This avoids random results.
- b) the final assessment of the player being tested reflects the whole set of his necessary morphological, functional and psychological abilities.

Athlete qualification for the national team is an important part (systematically) in the training of highly qualified athletes. It will be of two types: the selection of candidates for the national team; Selection of national team members to participate in international competitions.

The main criteria of the first type are considered to be the primary and serve as a prerequisite for the preparation of candidates for the second type of qualifying. They include:

- the dynamics of the sport-technical result and its achievements in recent years of training;
- the athlete's health, taking into account the age, anthropometric indicators and the specifics of the sport;
- the degree of their strengthening in order to eliminate technical errors in the performance of the most important phases and elements of athletics technique;
- the level of development of special physical qualities, which changes little in the process of long-term training;
- the ability of the functional system of the body to perform specific movements in athletics;
- mental toughness to specialized training loads;
- Goal-orientedness.

The athletic athlete's sports result is an important pedagogical criterion for the second type of qualifying. This criterion provides for a detailed analysis and consideration of the set of Shari'ahs and the reasons that influenced its implementation. For the first place in athletics will in most cases depend on the draw. An athletic athlete can meet





all strong opponents at the beginning of the competition and not reach the final, or make it to the final, spending a lot of physical strength and nerve. Another track and field athlete can only meet empty opponents before the finals and save energy and reach the finals.

Therefore, when qualifying for the national team for important competitions, the preparation of candidates who took 1-5th places in control competitions is reviewed and analyzed. Sometimes an athlete who did not participate in the last control competition can be sorted according to their recent achievements and the dynamics of their level of preparation. For example, he won over all the strongest athletes or in a personal meeting between comparable candidates. The dynamics of the development of the athletic uniform, its special physical training, especially special endurance, the degree of strengthening of elements of technical and tactical skills, which often do not change when performing attack and defensive actions in competitions, the level of mental preparedness and consistency of athletics to conduct athletics in emergency conditions, health, competition taking into account the specifics of the competition, The conditions and the method of conducting the competition that is more suitable for the arbitrator of international competitions, the technical and tactical skill set that will help to successfully conduct the competition with potential opponents are not always taken into account.

The main set of conditions is that, on the basis of which the sports result must be corrected when qualifying for the team to participate in major competitions.

Qualification by level of technical and tactical skill One of the other most important pedagogical criteria for qualifying for the national track and field team is the level of technical and tactical skills. It is determined by a number of indicators of the Olympic medalist model characteristics, resulting in a sporting outcome accordingly. These indicators are determined in a number of control competitions in the course of athletic athletes' competitive activities. At the same time, its dynamics in recent years will be taken into account. Long-term reviews show that high athletic performance is achieved as long as there is an ability from the cupper to meet the minimum specs of the model descriptions of an athletic athlete in various sections of technical and tactical skill. A high attack coefficient is formed from the athletic's ability to attack with complex attacking movements by combining a deceptive movement into a single movement without a break, which prepares a favorable dynamic situation for the completion of the movement: the first.

All indicators of model characteristics of the technical-tactical skill, in turn, are formed from the entire competition activity and the process of training work to improve the technical-tactical skill.





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