



IMPROVING THE TECHNIQUE OF RUNNING SHORT DISTANCES AT THE UNIVERSITY

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Abstract

Short-distance running is characterized by the most complex technique, which largely explains the relatively slow increase in results, lengthens the training time of highly qualified sprinters. This necessitates constant improvement of the methodology of training runners, identification and analysis of the main and additional factors that affect the increase in the speed of overcoming the competitive distance. Materials. The improvement of the physiological mechanism of running steps over short distances makes it possible to determine the importance of the individual characteristics of each athlete from a new perspective, the knowledge of which determines the choice of the most effective means and methods of sports training. The article presents a new approach to the development of a methodology for improving individual running technique at a sprint distance based on the identification of the physiological mechanism of running steps; factors affecting the performance of running; complex of pedagogical conditions, the reaction of which contributes to the timely correction of the technique of running steps, taking into account the peculiarities of the mechanism of interaction with the support. Methods: analysis and generalization of scientific and methodological literature, pedagogical experiment, testing, statistical data processing. Outcomes. The developed methodology was tested in the course of a pedagogical experiment. One of the new elements of the method of improving running technique was the explanation to athletes of the physiological mechanism of running steps over short distances, which led them to understand the importance of accurate performance of special exercises in accordance with the given spatial-temporal and spatial-force parameters. At the same time, more attention was paid to the variability of the formation of motor skills, through the use of various conditions for the performance of the system of motor tasks. A variety of sports training methods, as well as methodological techniques, made it possible to take into account the individual characteristics of sprinters as much as possible.

Keywords: Running, short distances, physiological mechanism, control, methodology, pedagogical experiment.





Introduction

For each athlete, the parameters of the device were adjusted, taking into account her height and weight indicators, the shape of the shoulders and the length of the upper limbs.

In the process of training sessions, after running various segments of the distance, the opinion of runners about the expediency of using this device was revealed. It turned out that even those runners whose running technique had no complaints about the direction of arm movements in the anterior-posterior direction, felt the presence of a special limiter of the range of the amplitude of motor actions. This made it possible to identify not only significant deviations in the direction of arm movements in the elbow joint to the side, but even minor errors. The use of this method during the pedagogical experiment made it possible to eliminate the distortion of the running technique according to this parameter, which was reflected in the results of overcoming the competitive distance.

Improvement of short-distance running technique is associated with overcoming unconditionally reflex reactions, which determine the cyclical nature of stereotypical motor acts. In natural conditions of life, no special technical training is required to run. The results of the strongest runners have reached a level at which the fight takes place for every thousandth of a second. This determines the need for a constant search for ways to improve individual running technique, taking into account height and weight indicators, the length of the upper and lower limbs, latent properties of the body (body stability, muscle strength, motor reaction, etc.). Of great importance for improving speed qualities is the rational arrangement of parts and links of the body in space and time. Thus, a significant forward inclination of the torso causes a change in articular angles, which affects the technique of running; A straight position of the body significantly increases the resistance force of the oncoming air flow, which adversely affects the result of overcoming the competitive distance.

One of the common shortcomings of the technique of short-distance running is the irrational movement of the upper extremities in the anterior-posterior direction, when athletes move the elbow to the side, which results in a mismatch in the movements of the upper and lower extremities and a significant loss of speed. A set of verbal methods aimed at creating a rational model of motor action does not achieve the desired effect due to the strengthening of motor skills during an individual life.

Conclusion. Thus, the results of the pedagogical experiment showed that the technique of short-distance running can be improved in its various parameters, each of which contributes to the results of competitive activity. The strength of the arm swing and the accuracy of the direction of movements is one of the important reserves





for increasing the speed of running over short distances. The use of the technique developed by us made it possible to make significant adjustments to the nature of movements of the upper extremities, which contributed to the improvement of results due to a significant reduction in the resistance of the oncoming air flow and an improvement in the coordination of movements of the upper and lower extremities.

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