



FUNDAMENTALS OF THE PREPARATION OF YOUTH FOR PHYSICAL EDUCATION AND SIGNIFICANCE OF THE PROCESS

O'tkirov Otabek Zokirjon o'g'li

Student of the Uzbekistan State University of Physical Education and Sport

Annotation

Present article discusses the importance of biological sciences, primarily sports physiology, which is the natural scientific basis of physical education, for the correct conduct of the training process, teaching young athletes in the training process, taking into account didactic principles. The main task of teaching general gymnastics is to master the same type of gymnastics, at first simple, and then more complex, to master the basics of gymnastic techniques.

In addition, the coach managed to improve the technique of this sport, to speed up the process of mastering this technique by summarizing the best work experience.

Keywords: Athlete, gymnastics, movement, development, physical fitness, endurance, training.

Introduction

The training process in the world of sports can be properly organized only on the basis of scientific and theoretical foundations and generalization of advanced experience. The main task of pedagogy should be the basis of the pedagogical process, which consists in teaching new gymnastics movements or improving them. Due to the correct conduct of the training process, biological sciences, first of all, are of great importance in sports physiology, which is the scientific and natural basis of physical education. In the training process of young athletes, the coach can take into account didactic principles and, based on the modern results of sports physiology, correctly plan the training process and choose the most effective methods and means for it. In addition, a coach can improve the technique of this sport by summarizing best practices, and speed up the process of mastering this technique.

The system of teaching physical education of young people is carried out on a scientific and theoretical basis. The training process is one of the basic didactic principles (consciousness, activity, clarity, suitability, regularity, consistency and resistance) - one of the main means of physical education. It is characterized by some features arising from the properties of this sport. All of them are closely related to each other and complement each other. The application of these principles in the training process should, first of all, depend on the conditions of his upbringing. Training should be





designed and organized so that those involved develop strong convictions, patriotism, teamwork and a sense of camaraderie, discipline, precision, creativity, and will and other athletic qualities. The trainer plays a key role in this process. He organizes the team, builds the right relationship with the team, and relies on the team to help influence individual athletes.

Discussion

The coach organizes and conducts training and determines the content of the system of knowledge, skills and habits that athletes acquire during training. The coach acquaints athletes with the technique of performing sports exercises, hygiene rules and other rules. He advises athletes to consciously follow them. As a result, athletes acquire objective knowledge, acquire the necessary skills in life and sports, learn to use them in any situation, and learn the rules of humane behavior.

The conditions created in training and competition help to reveal the will and moral qualities of athletes.

Strict adherence to the rules of the educational process in sports allows the trainer to immediately feel the violation of the plan and rules, explain the purpose and importance of the work, and, if necessary, apply discipline or encouragement.

Athletes, in turn, learn to pay constant attention to their growth and accuracy of movements, trying to master the technique of movement, because they are taken into account in competition.

The coach must be able to protect and assist those exercising during training. Otherwise, the goal of creating a "sense of fear" in athletes will not be achieved.

In addition, the coach must have pedagogical tactics so that he can be exacting about his students, show an example of accuracy, business activity and activity. If the coach fulfills this requirement, he will win the respect of the students, awaken enthusiasm for the sport they play, and as a result will be able to successfully fulfill the tasks assigned to him.

The interest in training has a large impact on the preparation of athletes and the results they achieve in training. There are a number of features of the application of didactic principles in the training process. Consciousness and activity are one of the most important principles of didactics. If he does not understand the meaning and tactics of the actions that he is studying, and also if he is not able to consciously control the actions performed, he will not be able to have his own body and actions.

In the process of training, the athlete first imagines and understands what needs to be done, what actions should be performed openly. After that, he thinks about the technique of movement, the teacher checks the correctness of his first imagination



and only then performs the movement of the athlete. As the movement is repeated and mastered, the details of the technique are understood, as well as the movement obtained during the exercise, the sensations received during the movement are analyzed, and the reasons for the deficiencies in the exercise are identified, the conditioned reflex of the action is performed in accordance with the correct technique of movements. As a result of repeated performances and analysis, young athletes learn to control their movements. This indicates that the athlete has mastered the trained movement, that is, he has relatively strong temporary conditioned reflex connections. In order for movement habits to develop and strengthen quickly, it is necessary to regularly increase the conscious activity of athletes. This is achieved by special methodological techniques.

It is also important to consciously perform actions that contribute to the general physical development and development of young athletes. Athletes know the purpose of their actions and how they affect the body, as well as the importance of the methods used, which lead to their activity and useful training.

Activity is closely related to consciousness. An athlete's personal interest in training and a conscious approach to them is the main driving force behind the activity.

In the training process, various methods and techniques are used (including games, competitions, etc.) to increase the activity of athletes.

Visibility Principle - Sports exercise plays an important role in training because the form of movement is predetermined. It is important to imagine a new movement in order to create the correct visual image of the movement learned in the early stages of mastery. To do this, you need to demonstrate visual speed in the training process. Demonstrators need to make wider use of the demonstration method in teaching: because beginners have little experience in movement, have no idea or knowledge of the basic forms of movement.

The principle of convenience is a guarantee of high quality lessons. For early mastery of exercises, the coach must choose actions that correspond to the technical and volitional training of the trainees, as well as their physical development.

It is impossible to properly organize and plan the training process without observing regularity and consistency.

It is especially important to apply this principle in each of the principles of sports improvement as you learn new and increasingly complex and complex movements. Therefore, it is necessary to prepare program materials in a sequence more suitable for the study of movements.



Result

First, each structure is technically divided into basic actions, followed by a sequence of actions, and only then the actions are associated with each other.

It is especially important to master the technique of movements in the training process.

These movements need to be accustomed to in the race in order to perform them calmly and easily, and as a result get a high score. A strong habit is formed as a result of repeated and conscious performance of actions. However, even if this habit is developed to a high level, it is important to repeat it regularly to improve the athlete's overall fitness.

To consolidate sportsmanship, it is necessary to perform it in different ways. After the movements are performed relatively freely separately, various details and new movements are added to it, which each time connect with each other in a new way. As a result, the learned movement is repeated several times, and the basic elements of its technique are strengthened. Because the movement doesn't change in any way. Later, the assimilated action is carried out at first in a simple, but more and more complex way. This technique is more convenient than other methods for mastering basic movements in any kind of multisport competition. Each combination of free movement and movement of tools consists of several key elements. It takes a lot of perseverance and a lot of practice to get all the combinations right. At each stage of the development of sports, new and more and more complex and complex movements are studied. At the same athletic level, the program changes from time to time. This means that the athlete must have a high level of performance in order to successfully prepare for the race.

Technical training is divided into two main groups: general and special sports training.

General training consists of improving the athlete's ability to move and, in turn, the cost of adapting movements, which are the basis of high performance. He plays an important role in the process of general physical education.

The main task of teaching general gymnastics is mastering the basics of all gymnastic techniques as a result of mastering the same type of gymnastics, at first simple, and then more complex. Special training serves to achieve high results in competitions and basically means technical mastery of the competitive program.

According to the rules of the competition, the athlete must perform well in multi-competition racing exercises. Most of the work requires that managers be able to work. Therefore, he must develop and improve his shortcomings, speed, endurance





and ability to adapt to each other. Thus, the body must achieve high general and specific physical fitness.

Comprehensive general physical training. Creates the basis for sports specialization. This training is achieved through the sportsmanship of young athletes, as well as through other means used in the system of physical education. The more complex the content of general physical training, the more the athlete gains the experience of movement, on the basis of which the motor habits characteristic of this sport are formed faster and more firmly, the functional capabilities of the organism develop and improve.

Special physical training. The training process in sports is one of the important aspects. This process is aimed at developing the characteristics of the chosen sport, the basic qualities of movement. In sports, high qualities can be achieved only with the development of such characteristic qualities as strength, endurance and agility. If gymnastics has reached the required level of technical and general physical fitness, then the results obtained in the competition will largely depend on its special physical fitness, functional state and mood of the body.

It is especially important to specialize in physical education during each training competition. Before the competition, the athlete performs all movements in each lesson a little earlier in the order in which they will be performed in the competition. In addition, with special physical training, an athlete must develop the ability to mobilize his capabilities so that he can demonstrate high results in competitions.

It all depends on the correct organization of the training process and the methods used, as well as on the content of the athlete's knowledge, skills and habits. Moral-volitional training of athletes in training is closely related to improving the quality of their movements and mastering sports techniques.

In the process of training, the coach must, with the help and through the team, educate athletes in a conscious attitude to work, social situations, people, as well as a sense of teamwork and camaraderie.

Voluntary training develops and strengthens athletes' tenacity, courage, determination and high self-esteem. Stubborn exercise helps to improve these qualities. The coach must most actively and regularly develop the character of the athlete. He must get athletes to cope with the difficulties that arise in the training process.

Conclusion

Moral and voluntary training is an integral part of training; without them, an athlete will not be able to achieve the first high sports results and success in competitions.





Organizational and methodological training. It involves the acquisition of defense and refereeing skills in sports, as well as the ability to help the teacher in organizing and holding competitions in the classroom, as well as in performing other activities included in the training system. In addition, practitioners should receive a variety of knowledge that will help them consciously assimilate teaching materials, learn to apply this knowledge in their sports activities and life, because without this it is impossible to advance in sports. One of such knowledge is mastering the theoretical foundations of training and sports techniques, mastering the rules and programs of competitions that determine the content and methodology of technical training.

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