

## **CROSS-COUNTRY RUNNING TECHNIQUE**

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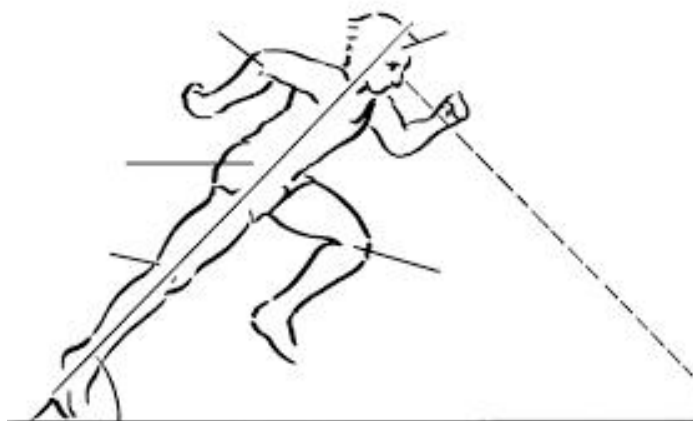
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**Annotation:** this article briefly talks about the organization and conduct of cross-country running processes and issues related to this process.

**Keywords:** running, beginner ready-made, cross-country running, long-distance running, running technique.

The cross-country running technique has its own characteristics. Unevenness of the road, sharp turns, ups and downs, various obstacles disrupt the rhythm of running. All this requires a high working capacity from the athlete, the ability to properly coordinate his actions. Overcoming various pores makes running difficult, but makes it more interesting. All cross-country distances start with a high start, just like the Middle, long, and extreme long-distance yugukrish. At The Start, "To Start!"there are several

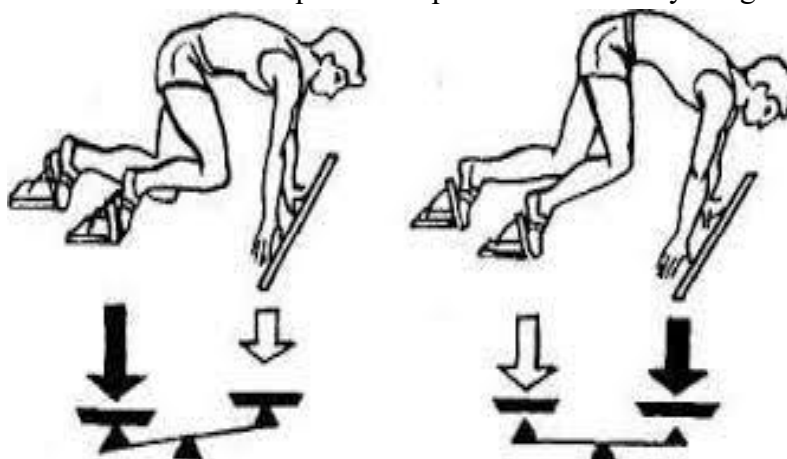
variants of the cases that the runner takes after the command is given. They also vary depending on what speed it is intended to start running, which means the length of the distance. The shorter the cross-country distance and the higher the speed being intended, the more the torso bends and the body weight is transferred forward. The athlete who has a desire to shoot faster than the start relies on his arm on the opposite side of the leg, which is released forward at the start (i.e. stronger). "attention!", the body weight is transferred to the forward leg, while the torso is pulled forward to the extent necessary to keep balance. "Marsh!"the run begins with the command (or shooting). The distance running technique is obliged to ensure that the speed obtained from the start is maintained.



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The runner uses the technique of rocking running, seeking to perform an economical straight-line movement forward, which envisages free movement of the legs and the torso leaning forward unnoticed. The athlete who occupies a place from the leading group will move to a kind of running pace and methodology. The most important thing is that the athlete freely performs the same movements as he learned in training. The torso is most conveniently bent forward, the arms are bent at the elbow joints, the hips are with a rise, the width of the steps – as usual. A low – rich runner with short legs should not adapt to the wide strides of a high-rich athlete with light and freedom of running-these are the necessary conditions for high performance in running. Running smoothly, with wide, freely thrown bowls gives a good result. It is necessary that the movements of the arms and legs are strictly coordinated(at the same time the forward left foot and right hand, then the right foot and left hand are removed). The runner moves forward mainly

at the expense of the adjustment and pushing of the leg behind him (at the same moment – the pushing leg). A well-done push-up is coordinated by the correct position of the torso, arms and other leg (at the same moment-the rocker). After depressing, the flight (flight) stage begins, at which point the pushing leg is pulled forward., while the rocking leg adjusts and prepares to fall to the ground. at the time of contact with the surface of the Earth, the rocking leg is slightly bent at the knee joint, and its heel falls on the soil, then the outer edge of the palm is pressed, which leads to a saving of strength. But it is recommended that when the level of engagement increases and the muscles of the palms of the feet of the yuurians and the calf are full of strength, during the run, the leg is initially attached to the tip and then lowered to the heel. At this time, the pushing leg is pulled forward and the steps are repeated. It is necessary to squat the calf sunly backwards and not to put the way out of it forward beyond the need, to pay attention to the fact that the tip of the palms of the feet is facing inward, and not outward, that is, parallel to the line of movement. Raising the thighs too high is not bad. It should be observed that running is carried out without serious vertical tabulations, since they make up about 75% of the total amount of power consumed during running. If the runner lifts his body to 6-8 CM at each step, the power used for this will be equal to the product of the body weight to the height of the rise. We see that



Cross has a lightweight runner advantage in running. The posture must be completely free from the tension that halal gives to light breathing and free limb positions. It leans slightly forward, while the lumbar part is backwards without sensations. It is necessary to keep the head straight, relax the muscles of the neck. Hands bent at an angle of about 900 on the elbow (paws in the form of a fist, but not strained)

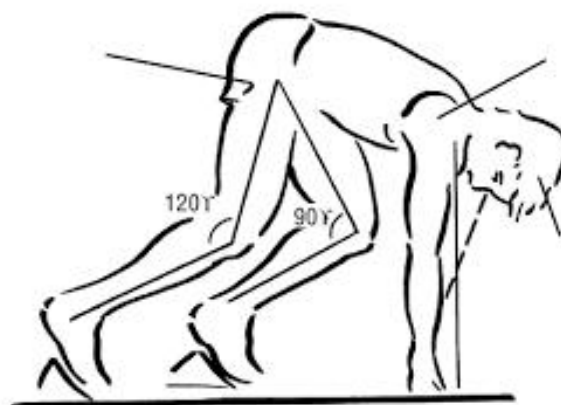
alternately rotate around the torso, moving back as far as possible, without rising forward above the level of the chin.

Depending on the conditions of the place, the runner must change the characteristics of the run and look a few steps ahead, looking at the place where his foot falls with attention. On a flat, smooth soil, the athlete runs with free, swinging steps, the palms of the feet gently admire the tip, and then fall on the heel. It is good that the steps are slightly shortened on the steep ground. Since the heels are not Lath, the tip of the foot must first fall to the ground. If you have to run through soft soil or sand, it is a slave who often runs or takes a short step. It is necessary to attach it to the entire palm so that the base area is larger and the foot does not sink into the sand. It is necessary not to adjust the pushing leg completely in the resting position, not to push the strongly. It is recommended to raise the thighs higher. If muddy, slippery areas are encountered on the road, small steps are often run again, with the tip of the foot pointing slightly inward at the ground. It is sometimes easier to get past such a place in quick steps to climb The Hill with short steps tilting the torso forward. It is advisable to step on very steep tepalies and climb on top of

this not in a straight line, but in a sloping or mokisimon direction. With large steps down the hill, it is more convenient to run without throwing the bolts too far forward, because of the slope, the steps will be even longer. At the time of going down, it is necessary to bend the torso back, rest the legs on the whole palm, starting from the heel. It is easier to step from steep hills and fall straight or sloping. Smaller ditches, pits and Furrows (2-3 m.until) running and jumping from one leg to another is exceeded, in which it is impossible to lower the speed of stopping, on the contrary, it is better to slightly increase it before jumping, not to stop when falling to the ground, it is permissible to maintain the bent position of the torso. Wide ditches without water, ravines, preferably, it is necessary to run through the bottom, but it is recommended not to disturb the rhythm of breathing. Over lower walls, hedges, hollows, limestone trees, if the soil is good, one can step over the "hollows" and climb, not press them, or push ir foot. It is necessary to overcome higher obstacles by means of a leaping ledge –with one hand and a foot on the opposite side.

For example, the right hand and the left foot are pushed off the fence, the right foot is taken from the base of the left, and the ground is lowered to the right foot, and the run continues. It is advisable to look especially carefully under the feet when running richly in forest or shrubbery, and with the hands to protect the face and torso from the hit of branches. Any athlete knows well what proper breathing is. Therefore, it is necessary to enter the breath on the road with great seriousness, in advance, much earlier than the competitions, starting with the first training session. Breathing in a deep, free rhythm, frequent, short-short breathing should be avoided. Typically, many runners take one breath every 3-4 steps at cross-country distances and exhale at 3-5 steps. But as soon as fatigue appears, breathing accelerates, which means that it becomes more superficial. It should be borne in mind that the Fuller the exhale, the deeper the breathing and, therefore, the fuller it is necessary, that is, the depth of breathing depends on the fullness of the exhale. While running, Crossmen can breathe in and out through his mouth. However, it is necessary to breathe through the nose when the air is cold. Participation in competitions makes it possible to acquire the necessary tactical knowledge, skills and qualifications, helping to form volitional qualities. Participation in the competition is planned in advance, and it is necessary for the athlete not to have an unexpected host. 1-2 days before competitions, training is stopped and the runner is rested. However, it is imperative that the three-day routine remains the same, while rest is in active form, that is, in the morning light jogging and special body warm-up exercises are performed. On the eve of competitions, it is necessary to put on personal sports equipment: training clothing, trusi, Mika (with the figure sewn on), sneakers or shipovkas (special attention is paid to the reliability of the bogimists), passing through control. If the air is expected to cool, the gloves will be prepared and admired. Eating and sleeping patterns are normal. If possible, it is better to do the morning run on the track where the competitions take place. It is advisable not to change the agenda even on the day of the competitions, but the feeding should be finished at least 3-3.5 hours before the start. In this case, more quickly digestible, but more energetic types of food are selected. Fluid intake-as always. It is necessary to come to the starting place 1-1.5 hours before the start of competitions. Athletes need to find out the order number and start time of the race , get a personal number, dress up and perform body warm-up exercises in a hot state. If the weather is cold, the exercise will last longer. In case of time, running distances during body heating will give a good result. It is necessary to finish the body warm-up and wear warm sportswear and wait for the time of their race. Upon hearing that members of their race had been

invited to start, athletes would come to the starter's assistant and sign up for royhat. "Yechin! after the command " race participants take off their costumes, give them to their comrades and take up a place from the start. Before the Start, they need to take a few deep breaths and exhales, feel calm. To get into the leading group of runners after the start, it is necessary to accelerate a little and overtake 30-50 m quickly enough. This is done carefully, it is impossible to overheat, otherwise, due to the chaos, the runner himself Chun chooses an overly strong sur"horse. Once a place has been



taken from the leading group, it is necessary to move to the pace of running in one meior, to the usual pace and the rhythm of correct breathing, comfortable for oneself. Being near the distance mark at the time of running, you should not come too close to other athletes, because in this case there is a risk of losing time in training to avoid the sight of where the leg is resting, at the same time to exceed obstacles. It is recommended to be careful, attentive in nihayat when crossing obstacles. Keep a good eye on your opponents, don't lose yourself if it becomes necessary to change the running image based on their tactics. Get ready for the fact that opponents will use the tactics of sharp speed - acceleration several times throughout the distance. Try not to get too left of them by carefully observing the runners who have jumped forward, as it will be very difficult to reach them before the finish. If you have enough reserves of strength and are intended to run with a tattoo, increase your speed and strengthen the horse"running sur". But keep in mind that bypassing opponents from the right side is essential in this not to halal other runners. If your opponents cannot withstand the Surah you offer, accelerate and overtake them. If this is not possible, it is best to reduce the thrust slightly and save the force to shoot forward near the finish line. All experienced athletes know well that there are concepts such as" dead point "and" second breath". The leg becomes as heavy as a hook and the air becomes insufficient – breathing is out of trace and there is a desire to stop running. the "dead point" position will pass, the" second breath " will open and the mood will ease. When running, importance should be attached to the fact that the muscles of the upper and shoulder girdle are not strained, they are loosely attached.

The movement of the hands is in one rhythm, the free fingers are not finished with fists. Careful observation of breathing, full breathing is a must. When approaching the finish line, it is necessary to actively work with the hands to activate the entire reserve of strength, increasing the speed of running as much as possible. Once the run is over, it is impossible to sit down., it is recommended to quickly take off the shoes and run lightly without bare feet on the lawn for 10-15 minutes, in this way to calm heart activity and breathing. 40-50 minutes after the end of the race. A warm shower is taken., the body is thoroughly rubbed with a towel and everyday clothes are worn. It is recommended to eat only after an hour. After competitions, 1-2 days of rest are taken, then again training is started.



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