

THE ROLE OF SPORTS TRAINING IN THE ATHLETES SELECTION SYSTEM

Jalolova Zarnigor Sulaymonovna

Teacher of the Jizzakh State Pedagogical Institute

Annotation: This article highlights the fact that the selection and selection of talented young people in the field of physical education and sports has become one of the current issues of our time and the important aspects of their physical and mental preparation.

Keywords: physical education, young athlete, sports result, personality, psychological preparation, physical preparation, activity, will.

In order to achieve new goals in the increasingly relevant system of physical education and sports, important decisions are being made by our President. The successful participation of athletes of our republic in the Asian, World and Olympic Games is an example of the special attention paid to this area in our country. Taking into account the interest of young people in physical education and sports, the government is creating all the conditions for our youth to receive education, regularly engage in physical education and sports, and improve their health.

The signing of the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On measures to radically improve the state management system in the field of physical education and sports" can serve as the basis for our idea. Selection and referral of athletes during the multi-year preparation process (the procedure for selecting young athletes). The procedure for selecting future young athletes in the preparation of substitutes in sports is one of the important tasks. In order to show high results in sports, an athlete must have unique morphological indicators, a complex of physical and mental abilities of a high level of development. Athletes with such a combination are very rare. Sports selection is the process of selecting young talented athletes who have the opportunity to achieve high results in a certain type of sport, in which it is important. Sports orientation is the identification of promising directions for achieving high sports skills based on the personal characteristics of the formation of athletes' abilities, capabilities, skills. Sports orientation is divided into narrow sports specializations within a certain type of sport (sprinter-stayer, defender-attacker, etc.):

- to determine the personal structure of long-term training, the dynamics of loads and the pace of growth;
- to identify the leading factors of training and competitive activity that can have a decisive impact on the level of sports results of a particular athlete;
- may concern the selection of means, loads, methods that can negatively affect the development of the athlete's abilities, his formation as a person. Thus, if sports selection solves the problem of identifying promising people who can train great athletes in the future, then sports orientation determines the strategy and tactics of this preparation in the system of training and sports training.

Each of the stages of selection has its own methods and criteria, the accuracy of assessments and the objectivity and consistency of conclusions, the main attention is paid to the achieved sports achievements, the magnitude and nature of the loads, the psychological aspects of athletes, their social status and reasons for continuing to play sports. According to V.P. Fillin, it is understood as a complex procedure of organizational-methodical activities, which includes pedagogical, sociological, psycho-medical, biological research (scientific examination) methods, on the basis of which the abilities of children to specialize in a particular sport are determined. (Theoretical part). Determining the individual abilities of young athletes.

Young athletes do not become future athletes from those who learn fast movements. When selecting, it is necessary to pay attention to morphofunctional indicators that change little. For example: J. Bulgakova found a significant dependence on the age of children 11-16 years old.



The height of 12-year-old children is 86% of their future height. When selecting, it is necessary to pay attention to the body structure of the child. For example: children with large height and weight are selected for swimming and rowing. Studying the system of energy supply of the body is of great importance. For cyclists and long-distance runners, the vital capacity of the lungs is of great importance. For example, 12-year-old cyclists have 300-3500 cm. In recent years, attention has been paid to muscle biopsy. As is known, the structure of muscle tissue is also of great importance. Fast-twitch muscles account for 90% of sprinting. In walkers, slow-twitch muscle fibers make up 80-90%. In the initial selection, pedagogical tests are often used. The tests are related to checking speed, coordination of movements, endurance, aerobic and anaerobic capabilities.

Sports selection is a theoretical knowledge that meets the specific requirements of this type of sport with a high level of ability. The selection is part of a multi-year and annual training system, changes in quality and consists of four stages, taking part in all its periods. The first stage is the initial selection of children (most often 9-14 years old) who have potential abilities to identify and master a specific type of sport. From the organizational side, the selection is carried out in three stages. The first is to conduct promotional work in order to arouse interest in training: the second is to check by tests and identify children with the necessary abilities for this type of sport: the third is to monitor the training process and the pace of development of physical qualities, mastering the training material.

The selection is carried out by studying the training and competition activities of the children's and youth team, conducting control tests and determining functional readiness during specially studied training sessions. So, at the next stage, there is a selection to include in various national teams (participation, departments, etc.) and determine participants in responsible competitions. For this purpose, information about the athlete's training and competition activities in his club is analyzed, his competition activities in the national team are studied at national championships and training sessions. It is appropriate that the competition also includes teams of coaches and highly qualified specialists working with these athletes. Identifying the individual abilities of young athletes.

It should be solved in a complex way based on pedagogical, medical biological, psychological and sociological scientific research methods. Pedagogical scientific research methods allow assessing the level of development of physical qualities of young athletes, coordination abilities and sports technical skills. Using medical biological methods, the athlete's health level, the state of the analyzer system, morphological characteristics are revealed. Social methods show children's interest in sports, psychological methods for achieving high results, psychological characteristics of athletes, mental unity, etc. Selection in sports is carried out in three stages. The first, which solves the task of choosing the right sport, taking into account the morpho-functional and psychological characteristics of the child. Today, the science of sports psychology is also developing, we understand selection in sports as the process of finding capable, talented athletes who can contribute to achieving high results in a particular sport. Referral to sports is the determination of the perspective direction of achieving high sports skills based on the study of the individual characteristics of the athlete's abilities and sports skills.

The psychological characteristics of sports activities of athletes during the competition period are analyzed. Without studying the psychological characteristics of each sport, it is impossible to give interested parties a correct scientific or practical interpretation of its teaching and training methods. Even today, sports psychology has set itself the following goals in order to correctly solve problem situations that arise in sports.

- a) study the impact of sports activities on the psyche of athletes;
- b) psychological analysis of the process of sports competitions;
- d) study the impact of sports training and competitions on the character of athletes; e) study the moral and volitional qualities of athletes;



f) psychological analysis of the conditions of athletes' activities; g) formation of mutual relations and organizational skills of athletes in a team through experience;

h) provide special psychological instructions in order to organize sports training qualitatively; The study of the psychological characteristics of the athlete's personality is of great scientific and practical importance.

It should provide scientifically based, reliable information about the athlete's ability to achieve success in the chosen sport. An athlete may encounter a number of objective and subjective difficulties during his career. The methodology for overcoming these difficulties consists in cultivating willpower in an athlete. Such methods of education include the method of persuasion, example-setting, training and competitions in various conditions, gaining experience in competitive sports, and the formation and development of self-command.

The following can be added to the psychological preparation of athletes.

- athletes, along with knowing their psychological orientation, need to get used to creating a state of productive mental activity in order to achieve certain sports indicators;

- athletes must be able to self-manage, be physically active and efficient in any conditions.

It is necessary to develop such qualities as mental and physical stability, endurance in athletes, to ensure that they become truly healthy young men and women.

Another important aspect in sports activities is the athlete's physical training. The athlete's physical training is a pedagogical process, which consists in mastering the methods of performing specific sports movements and improving them.

In different sports, the technical and tactical methods of sports movements are different. In particular, psychological preparation also differs depending on the type of sport, for example, individual wrestlers and athletes in team sports have different training phases and pre-competition preparation times during the competition. The athlete's mastery of the technique is associated with the mastery of various movement skills, because in any sports activity, the basis of technique is skill.

Each movement skill, based on its physiological basis, consists of a system of conditioned reflex connections, which are necessary for a young athlete, such qualities as strength, speed, agility, flexibility, endurance, quick adaptation to conditions.

To summarize, the content of the selection method is determined by the specific content of the sport and its suitability. It can be said that the main task of selecting young athletes is a multifaceted search and focus on a specific sport. The change in indicators under the influence of the initial state, age and training and their relationship with sports indicators are taken into account.

References:

1. Talipjanov A.I. Yuqori malakali futbolchilarni tayyorlashning zamonaviy texnologiyalari.
2. Ibragimov M. Yosh sportchilarni saralash va tayyorlash tizimida sport mashg'ulotlarining o'rni – Sport ilm-fanining dolzarb muammolari.
3. Sportchilarni tayyorlashning zamonaviy metodikasi –Turan International University.
4. Abdullayev A. va boshqalar. Jismoniy tarbiya va sport nazariyasi va uslubiyati.
5. Platonov V.N. Sportchilarni tayyorlash nazariyasi va uslubiyati.
6. Nurmatov A.M. Sport mashg'ulotlarini rejalashtirish.

