

Development of motivation and functional preparation for competitions at the rugby players in the Children's Sports School

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Abstract. The article discusses issues on the development of rugby in Uzbekistan, the presidential decree on the development of rugby in our country, rugby as a symbiosis of athletics and freestyle wrestling, motivation among rugby players in the Sports and Youth Sports School and their physical, moral, mental and tactical training. Running as a vital element for rugby players. Ball throwing. Motivate rugby players because rugby is a team game, so every detail of each player is important here, taking into account the understanding of rugby players among themselves during training and in competitions Motivation as a complex solution to the problems of team sports.

Keywords. Sports training, Motivation, Running, throwing, jump, training, rugby player, physical training, tactical training, player, special exercises, motivation, team game, sports and youth sports, coach, psychologist, function, program.

Rugby-7 is the main mass and developing team game sport in Uzbekistan. The mass development of this sport is 45-00 Decree of the President of the Republic of Uzbekistan (On measures for the development of rugby in the Republic of Uzbekistan 10/29/2019). At present, measures have been taken to involve even more people in rugby in order to achieve physical perfection among the Military Forces of the Republic and to improve the health of young people of different ages in preparation for the defense of the Motherland. A variety of exercises and ample opportunities to vary the load when running at high speed in a jump and throwing a ball allow them to be successfully used in special training sessions for rugby players of varying degrees of physical fitness for competitions. Track and field exercises and exercises of freestyle wrestlers play an important role in the special education of rugby players, because rugby is a symbiosis of different sports, for this you need to be physically and mentally prepared, because rugby is a team game in the game, all players are important and their symbiosis without this, players will render each other moral pain and misunderstandings among themselves. Therefore, rugby players need not only physical tactical but also motivational moral and physical training. The positive impact of these qualities affect the outcome of the game, but to achieve such success in the team of rugby players who have mastered the perfect technique. Perfect technique is usually understood as the most rational and effective way to perform a sports exercise, which allows to achieve the best result. Sports equipment is often characterized only by the external picture (form) of movements. It is not right. The performance of a special exercise for rugby players is always associated with the athlete's consciousness, with the manifestation of his motivation of volitional and physical and tactical qualities, with certain skills, with the level of mental preparedness of organs and systems, with motor activity in certain weather conditions.

A special rugby exercise has a very versatile effect on the human body. They develop strength, speed, endurance, improve mobility in the joints, allow you to acquire a wide range of motor skills, and contribute to the development of strong-willed qualities. Such versatile physical preparation is especially necessary for preparation for competitions. In rugby, track and field exercises are widely used in the classroom, which contributes to the increased functionality of the body, ensures high performance.

For the initial stage of training young rugby players need to start walking with the ball or walking throwing the ball to each other. With long and rhythmic walking, almost all the muscles of the body are involved in the work, the activity of the physical and psyche of rugby players is enhanced. In competition for rugby players and in general for all team sports, running is needed. Running is the main symbol for rugby because the game lasts 14 minutes so basically they just run hard. So running is a natural way to get around. It is the most common form of exercise and is the main activity for all athletes. By changing the length of the running distance for rugby players, it is possible to dose the speed of running, the load and influence the development of endurance, speed and mental preparedness of young rugby players in the Sports and Youth Sports School.

In the process of running for rugby players, volitional qualities are brought up, the ability to calculate one's strength, overcome obstacles, and navigate the terrain is acquired. The technique of running, jumping and throwing the ball must be rational from the standpoint of biomechanics (direction, amplitude, speed, acceleration and deceleration of individual links, inertia, pace, rhythm, muscle contractions, efforts, etc.), the most appropriate for the rugby player to demonstrate muscle strength and speed of movement, endurance, mobility in the joints, optimal in terms of the functions of the mental sphere. A holistic action - running, jumping, throwing - can be divided into parts (for example, running with the ball for a short distance, jumping to get hold of the ball or throwing the ball over long distances) This somewhat conditional division is used to more conveniently describe and analyze the technique of rugby player and how this will be shown later, important for learning and training them. However, the process of improving the system of training athletes is ongoing. Sports training aimed at achieving the highest results in rugby is a very important incentive for young rugby players, increasing the desire to train hard and perseveringly, to put all their strength into training the motivation of rugby players. On the other hand, the systematic practice of rugby has become a powerful factor contributing to the development of the best aspects of the mental personality, the education of bold, strong, hardy and seasoned rugby players. In this process, the role of a coach or a team psychologist who plans training, directs the physical and moral education of his wards is great. The training of outstanding athletes requires a huge expenditure of effort, focused motivational training. The life of a rugby player is connected with persistent long and multifaceted training, it requires clarity and accuracy, discipline, and adherence to the regime. It is unthinkable without a good organization of trainers and psychologists, medical pedagogical control and provision of food. Scientific research, creative search of coaches and athletes allow us to find new ways to improve the functionality of rugby players to achieve even better results. The difference in the training of rugby players in the Sports and Youth Sports School naturally requires differences in training. At the same time, there are also general obligatory for all rugby players to scientifically and methodically plan the construction of training, achievements and maintaining sports form, etc. Sports training is a certain system and the coach or team psychologist must naturally connect them with each other parts and provisions. It is necessary to make a certain table and, according to this table, make rugby training. The scheme should show the sports fitness system (SSP) aimed at achieving the goal (team rating table, victory, defeat, etc.) by solving specific tasks for the training team: developing motor qualities, mastering the technique of strengthening defense in the game. Thus, the way to achieve the goal lies through the process of sports and motivational training, the management of this process and the conditions for its preparation. The process of sports training goes on four interrelated and interdependent directions: mental education, physical training, tactical training and education. All these aspects of training are organically interconnected and interdependent by the unity of the human body, their motivational education leading the role of the brain function. Any exercise cannot be strictly local. No matter how specific the impact on any one organ or one system is directed, they will be reflected to a certain extent on other organs and systems, as well as on the whole organism as a whole. Naturally, the coach must always remember to take into account and use the effect of the simultaneous impact of a training exercise, competitive load, external conditions and other means of training on the body of a rugby player, his motivational sphere. Consequently, when performing the same exercise, you can simultaneously master different aspects of training, teaching sports equipment.

Based on this, we can conclude that motivation for rugby players is a vital process because in team sports, including rugby, you need to organize and understand the players and the players themselves must mutually understand each other well and on the field must follow the instructions indicated by the coaches or the psychologist of the team and comply with tactical and technical programs. A pedagogical technology for the formation of the motivational personality of rugby players in a children's and youth sports school is being developed. Using elements of rugby 7 and rugby 15, built on the basis of the integration of means and methods of sports training and the principles of developmental education, it is distinguished by a specific personality-oriented content that provides a significant training effect and improvement of the socio-psychological properties of the rugby player's personality.

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