

Qualification and Orientation of Badminton Students in the Training Group

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Abstract. This article shows the selection and orientation of the student youth in the sport of badminton in the training group, the minimum and maximum number of students in the group, the maximum age of admission to the training. In addition, systematic coverage of the annual periods of the training group, the estimated hours of loads passed throughout the year, the expenditure on the preparatory types of loadings

Key words: Training, training program, sports training, annual plan, types of preparations, physical abilities, loading.

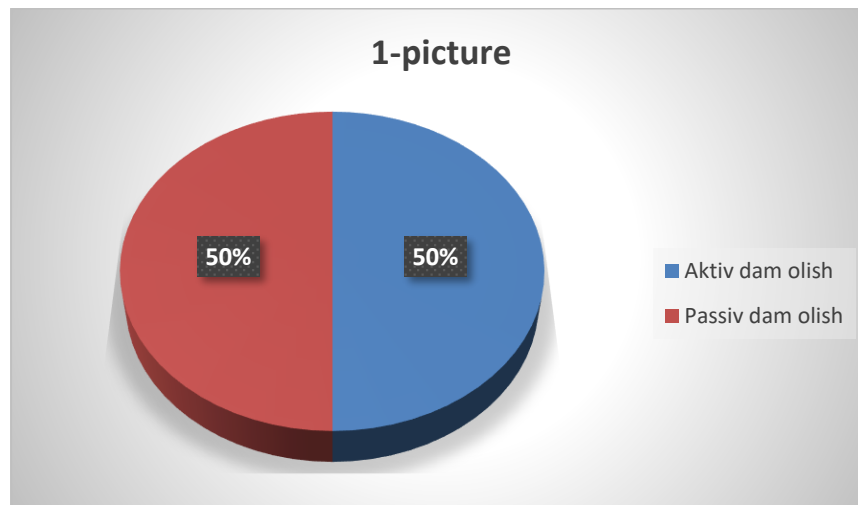
Relevance. The sport of badminton, which has gained a place in the Olympic Games program, has also developed and needs more and more improvement. In particular, the number of young people engaged in badminton sections of sports schools is increasing. In the training group, the correct organization of the work of sorting and directing student youth to the sport of badminton is considered one of the main goals. The main task of sports schools is to prepare reserves for highly qualified athletes, for this, the development of annual promising plans and improving the effectiveness of the coach in the selection of teachers for this sport and the organization of training processes are considered urgent issues. The development of group-to-group transfer normatives and the sorting of talented athletes using the mentioned training loads, which make their physical capabilities inconsistent in the selection and orientation of athletes, increase the prestige of this sport.

Results and discussion. On the basis of this program, a special program is developed to determine the physical fitness of young badminton players in the selection and orientation of student youth in the sport of badminton. The program should be designed to identify badminton players with practical and theoretical cognitive skills acquired in sports training.

Observation and analysis show that in badminton, the organization of qualifying and directing student youth in order to achieve long-term sports results is considered one of the most basic tasks. Before setting up a training group, it is important to of course to sort students into the initial training group the initial training group is designed for two years, the purpose of which is to organize the training process aimed at badminton athletes precisely at madsad, as well as to make athletes have a small and large junior sports discharge and form a training group. And before that, of course, it is considered important to organize a wellness group, which is aimed at wellness, with no specific purpose or training that specializes in a single sport. In the training group, on the other hand, training processes are organized based on a specific goal-oriented plan that specializes in exactly one sport, namely badminton or other sports.

The goal of athletes with many years of training is to maintain the optimal dynamics of the development of physical quality and functional capabilities and form a unique structure of physical abilities for high achievements, age. Sports schools operate on an annual calendar (calendar) plan. In it, the rest time is organized in the prescribed manner in a state in which day or day sports are practiced or organized sports camps, held training gatherings. In these cases, the weekly load capacity can be increased. This increase should not exceed 50% of the basic weekly values of the curriculum. As we know, the period of sports training is carried out in 3 stages the preparatory period is 6 months, the competition period is 5 months, the transition period is 1 month this process has the approximate appearance of manashun, the training process is carried out by distributing it for a year like manashun. The rest time as described above is exactly what brings

athletes to the transition period, while the rest is divided into active and passive types. Active rest i.e. active rest is understood to be engaged in other sports during rest in a state not far from sports, while passive rest is generally understood not to be engaged in sports during rest.



Distribution of weekly load values of the curriculum during rest periods (in percentage accounting).

Coaches encourage their athletes to spend 3 days of the week on active rest, and 3 days on passive rest, so that they do not move away from the training process during the transition period, which means that this is the right choice.

Weekly training is determined by the maximum and the period and tasks of training. From the preparatory stage, the total annual amount of training offered under these methods can be reduced by no less than 25%.

Depending on the training (transition, preparation, competitiveness), the weekly training for starting third-year study groups may decrease within the overall annual plan set for that group.

Thus, a training process is carried out on weekends and at rest camps, training camps, and the annual plan of each group is fully fulfilled.

Badminton is the richest and technically challenging sport. Practicing Badminton increases strength, speed, patience in a person's body, improves movement in the joints, helps to acquire a wide range of motor skills, increases the qualities of volitional qualities. Taking into account the peculiarities of the sport of Badminton, the following features of sports training are determined:

- the launch of sports training groups, as well as the planning of training sessions (in terms of the volumes and intensity of performing exercises in different directions) are carried out in accordance with the youth characteristics of development;

- depending on the conditions and activities in which sports training is carried out, as well as the conditions for conducting sports competitions, training in badminton is carried out on the basis of the application of safety measures necessary to maintain the health of individuals involved in sports.

Group training; personal lessons; participation in competitions at different levels; theoretical studies (interviews, lectures, film viewing and analysis, film and video recording, competition viewing); gym, training sessions; medical rehabilitation events; participation in cultural events, competitions and shows. Athletes in older groups can join the competition in refereeing practice and take specific parts of the training as an assistant coach. The tasks of the sports school differ from the preparatory stage. The transition to the next group is carried out on the basis of the decision of the board of coaches on the basis of the duration of the service, the implementation of standard indicators for general physical, special physical and sports-technical training. Groups are organized by competitive athletes who have demonstrated the ability to play badminton, have undergone at least one year of necessary training, and are able to meet admission standards for general physical, special physical and technical-tactical training. The duration of the stage is 4 years. Under the condition that students move to the next academic year meet the standards of

control and experience for physical and physical education, general physical training (GPT), special physical training (SPT), technical tactical training (TTT) processes are conducted during training.

The duration of the sports training stages minimum individuals age for sports training and the number of individuals in the group in the sports training stages in badminton to advance to the minimum stage will be as follows.

Minimum age of admission to badminton sports training in the training group as well as the number of students (1)

T/r	Year of instruction	Training and exercise work mode with study groups (academic hours per week)	Completion of study groups (minimum)*				Physical and technical training requirements for
			sports groups **				
			I	II	III	IV***	
TRAINING GROUP STAGE							
1.	First year of teaching	12	8	10	10	2 – 5	Implementation of control test requirements
2.	Second year of teaching	14	8	10	10	2 – 4	Implementation of control test requirements
3.	Third year of teaching	18	8	8	8	2 – 4	Implementation of control test requirements
4.	More than three years of teaching	20	6	8	6	2 – 4	Implementation of control test requirements

The above training group shows the conditions for the admission of athletes, the minimum and maximum number of students, the maximum age of admission to the training. Only athletes who can fulfill the requirements for transferring athletes from group to group are allowed to move from group to group. In this, coaches develop normatives using the technical-tactical techniques performed in training loadings and transfer athletes from group to group based on the result they performed. The groups listed in table one (1) are given training loads throughout the year in the following order.

Loading hours (2) issued during the year by the period of engagement of those engaged in the training group

T/r	Groups	Engagement period	Sport razryad	Per week (hour)	Year-round discharge (hour)
1	O'quv mashg'ulot guruhi	Birinchi yil	III	12	624
		Ikkinchi yil	II	14	728
		Uchinchi yil	I	18	936
		Uchinchi yildan ko'p	undan yuqori	20	1040

The table above shows the annual periods of the training group when organizing badminton training, in addition to their sports category, giving loading hours that are held throughout the year. The hours above can vary with little difference depending on the circumstances. The duration

of training is measured in minutes and hours the hours of the training load the loads given to athletes are spent on the types of training, the types of training include:

- theoretical preparation
- general and special physical training
- technical tactical training
- psychological preparation
- testing and transfer to year 2 time
- recovery events
- arbitration practice

The loadings given throughout the year are spent on the above types of preparations. Training loads are carried out by coaches depending on the period in which the training group badminton players engage.

Conclusion. In the training group, the qualification and orientation of students in the sport of badminton became the basis for coming to the following conclusions. When organizing Badminton training, the correct organization of sorting and directing athletes to groups in sports schools serves to ensure that the results are elevated. It is advisable to revise the activities of wellness, initial preparation, training groups. Their annual plans are revised and promising plans are drawn up, or the development of training plans in harmony with the opinions and opinions of highly qualified specialists increases the effectiveness of this sport. Next should be one of the main goals of qualifying students for the sport of badminton and organizing selection work according to the plan, establishing the work of popularizing this sport in general educational schools and seeking talented athletes. Badminton coaches will have to make a positive effort to create an interesting organization of the training process and achieve the result using new training methods suitable for our environment using the mass internet network. Among the downloads given during the week, the organization of training processes using games aimed at developing the physical qualities necessary for badminton using elements of other sports arouses interest in athletes, while the development of their desired physical qualities is achieved.

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