

The Importance Of Moving Games In The Development Of Sports Motivation Of Boxers Engaged In The Initial Preparatory Stage 11-13 Years

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Annotation: In this article, the results of scientific research work on the determination of sports motivation of boxers engaged in the initial preparatory stage are described. Sports motivation V.F.Carried out on the case using the Sopov methodology.

Key words: Boks, sports motivation, initial preparation, action games.

Introduction

Since the independence of our country, radical changes have taken place in various spheres of society. In particular, in the sport of boks. This is evidenced by the decision of the president of the Republic of Uzbekistan on measures for the further development of boxing, PP-5099 dated 29.04.2021.

Large-scale reforms have been carried out to further support the future generation's interest in sports, as well as children's aspirations for sports. We can say without hesitation that the propaganda and propagand work carried out by our government on the wide involvement of young people in sports is yielding its results, and in response, it is impossible to say that our compatriots fully understood the role of sport in the upbringing and maturing of a mature future generation, and to this day, our morality.

It is also the same fact that despite the reforms carried out, some shortcomings in the Sahas remain unnoticed. R.A.Piloyan, [1984]; A.V.Radionov, [2008]; A.N.Blaer, [2009]; Z.G.Gapparov, [2010]; S.S.A lot of work has been done by Tajibaev[2017] on the development and formation of sports motivation. The fact that the impact of action games on the formation and development of sports motivation in the conducted research work has not been adequately studied will determine the relevance of our research work.

Now, one of the most pressing problems of boks sports is the lack of adequate attention to the psychological preparation cases of 11-13-year-old boxers engaged in the initial preparatory stage, one of the pressing problems that prevents boxers from recording high results.

It would not be an exaggeration to say that the lack of adequate attention to the psychological states of 11-13-year-old boxers, who are engaged in the initial preparation phase, and the lack of interest in children's thoughts, in some cases, causes a sharp drop in the contingent.

In this case, the specialists and researchers of the field of psychological training of boxers in determining the development of modern, on-demand technologies and wide implementation of practice imposes the task.

Materials AND METHODS

Purpose of the study: to determine the sports motivation of cadets engaged in boks.

Research objectives:

- to determine the level of study of the problem based on the analysis of scientific and methodological literature;
- implementation of the game in the training process in the development of the level of psychological training of 11-13-year-old boxers engaged in the initial preparatory stage;

- to develop the methodology for the development of the level of psychological training of 11-13-year-old boxers engaged in the initial preparatory stage.

Object of the study: the process of training of boxers.

Object of the study: the process of psychological preparation of boxers.

Methods of research: analysis of scientific and methodological literature, pedagogical observation, questionnaire, interview, mathematical-static method.

Research design. The Chirchik Olympic Reserve was held among the 37 educators of the college

The results of the conducted experiments and their analysis.

On the question of whether "you are satisfied with the progress of the training process" to the athletes engaged in the initial training phase 11-13 years, 65,2% of our respondents expressed their firm confidence in what they said, "Well, I am satisfied with the training, and the load that is given in it." 21,7% said that they were not satisfied with the progress of the training process, while 13,04% said that they were satisfied with the training, even if they were not confident in what they said.

From questionnaire to questionnaire to the respondents participating in the study, the next question presented was as follows. "Do you want to change some things in your training methods?". To this question, too, all participants answered differently. We will analyze the answers given below.

While 34,78% of the result indicator said "there is no need to make any changes to the methods and tools in the training process", 39,13% said that it looks like "Yes" with a firm skepticism to their thoughts.

While 17,39% of the participants found it correct to modify some parts of the training process, 8,69% of the athletes in the initial training phase insisted that it was possible to achieve a further increase in the results by making changes to some parts of the training process.

The 11-13-year-old said to the boxers who were engaged in the initial training phase, "do you believe you will succeed this season?" the questionnaire, which was given as follows, responded to the question in the questionnaire (see Section 1).

The number of those who do not fully believe that they will return a high result to their success this season is 17,39% when compared to the percentage cut.

1-table
Indicators of sports motivation of 1st stage cadets (n=27)

No	Questions	No absolutely not such	That's what it looks like	Correct	Right
1.	I am satisfied with the progress of the training process.	21,7%	0 %	13,04 %	65,2 %
2.	I want to change some things in the methods of training	34,78%	39,13 %	17,39 %	8,69 %
3.	I hope to succeed this season.	0%	17,39 %	30,43%	52,17%
4.	Training I am active in all aspects	13,04%	17,39%	39,13%	30,39%
5.	My honors are not sure that something will change	52,17%	30,39%	4,34%	13,04%
6.	I believe that the method of my training is correct	8,69%	8,69%	30,39%	52,17%
7.	The situation in training does not interest me at all.	82,60%	0%	8,69%	8,69%

While 17,39% of the participants found it correct to modify some parts of the training process, 8,69% insisted that the boxers involved in the 11-13-year-old initial training phase

believed that they would further increase the results by making changes to some parts of the training process.

The turn, presented to the boxers involved in the 11-13-year-old's initial preparation phase, says, "Do you believe you will succeed this season?" they answered the question as follows. Those who did not fully believe in their success this season and were unsure of the result they were expected to achieve made up 17,39%.

The indicator of those who hope to achieve success and return high results, they are confident that they will succeed if they make up 30,43%, while the number of those who answered with perseverance made up the majority of the sleeves, that is, 52,17%.

In the process of training from boxers "do you think that you are active in all aspects?" the answers to the question on the content were below in the percentage account.

The same thing can be observed by analyzing the responses presented to us from the end of the boxers, it was also found that those who insisted that they were not active in the training process, and those who could not come to a clear stop about 13,04% of the time, whether they were active or not in the training process, also found. The negative aspects of this issue have also been identified, and this negative trait is that we can see that those who consider themselves active from all sides in the training process are relatively low, that is, they fall to 30,39%.

The 11-13-year-old asked the boxers who were engaged in the initial training phase, "are you satisfied with the progress of the training process?" on the question posed as "21% of our respondents were not satisfied with the course of the training process, 25% with firm confidence in what they said, "yes right I am satisfied with the training, and the load that is being given in it," they said. They stated that 13,% are satisfied with the training even though they are not so confident in the opinions they say.

In our questionnaire, the next question presented to the boxers engaged in the initial preparation phase of the 11-13-year-old was the following. "Do you want to change some things in your training methods?". To this question, too, athletes answered differently.

Conclusion

- According to the results of the literature review, it was found that there is a lack of pedagogical techniques aimed at increasing the motivation of boxers for training;
- If the activity of the boxers engaged in the initial preparatory stage at the age of 11-13 years is constantly monitored and expressed through individual conversations and the results are analyzed, the effectiveness of technical and tactical actions is increased, as the attitude of the athletes to the training changes on the positive side and the motivation for training increases.;
- There is a need for 11-13-year-old boxers, who are engaged in the initial preparatory stage, to look for means and methods that will effectively affect the development of sports motivation, to enter into the training process the game of charisma.

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