

# Methods of Increasing the Effectiveness of Training of Athletes Engaged in Primary Training Groups

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**Annotation:** The article gives an idea of the special tools and standards used in improving the effectiveness of training of 11-12-year-old students engaged in school athletics clubs. The also giving practical recommendations regarding the development of endurance of young athletes.

**Key words** Athletics, sports section, physical preparation, special running exercises, physical exercises, general and special physical preparation.

Today in our republic, special attention is paid to the development of sports in children and adolescents. ” In order to further improve the system of sports competitions aimed at increasing the enthusiasm and aspiration for sports in young people, the principles of a healthy lifestyle in society, the selection of young athletes, the development of professional skills and skills in them, the preparation of Sports Reserves for the national teams of the country in terms of sports, the continuous involvement of students And this imposes the task of developing mass sports, especially children's Sports on a scientific basis, paying special attention to the creation of its organizational bases. In particular, increasing the level of physical (strength, agility, endurance, speed, and speed-strength) training of young athletes engaged in the initial preparatory stage in our country, improving the methods used in the development of their sports skills is currently one of the pressing issues.

It is worth noting that in the development of sports in the world of children and adolescents, a lot of scientific research work has been carried out on the involvement of children with disabilities in sports, the upbringing and development of their sports skills, the assessment of their psychological state, the determination of the level of development of morph functional indicators of the At present, the rapid development of sports results requires the search for modern tools and methods for optimizing the system of training, which meets the modern requirements in this field.

Of course, among sports, athletics is distinguished from other sports by its general and special exercises. In particular, it is worth noting the originality and antiquity of the history of this sport, as well as its place in the program of games in the Olympiad. The number of fans of this sport is increasing, with the participation of men, as well as women in competitions taking place around the world, showing high results and admiring the fans. Therefore, in our country, too, there are a lot of people who are engaged in the popular types of athletics – running for short, medium and long distances, jumping to height and length. Although there are few athletes who see high results among them, but have positive indicators about the formation of a healthy lifestyle in society.

Sport is considered to be one of the important factors in the formation of a person not only in physical, but also in spiritual perfection and in the quality of personality. At the moment, the state of athletics in the world is known to everyone. Only, in the last XX Olympiad games, fans stood directly in the stadium and left behind all the sports in terms of watching the competitions. And this can be recognized by the people of the world that their interest in athletics is huge.

Training of highly qualified athletes and training of reserve athletes in Uzbekistan are related to the practice of all-round coaches. Further, the further improvement of skills of such highly qualified athletes in running for sports, including middle distance athletics, are a link to the creation of an effective structure of the training process.

Depending on the age and level of preparation of the athlete, the characteristics of the type of athletics, what period and stage of the training session, more and more attention is paid to some sides of the training, and to some sides of the training. For example, the athlete who is now starting to engage should pay

more attention to the mastering of athletics and other exercise techniques, improve general physical training, the master of sports should give importance to more high tactical skills and special physical readiness. The more time is allocated to form a general and special basis during the preparation period, the more time is given to a special training during the competition period. While doing the same exercise, it is possible to learn different sides of the preparation, but to some extent one side is more learned. For example, physical and volitional qualities, in which sports equipment is taught, develop and are trained. Since the main goal from this example exercise is training, more demand is placed on the athlete's ability to manage the movement. So it turns out that this exercise is more aimed at training.

Students of all ages are divided into groups. Primary preparatory group (11-12 years), adolescent group (13-14 years), small (15-16 years).

In the 11-12-year-old group, the main focus will be on strengthening health, comprehensive physical training, developing coordination skills (agility), agility, flexibility and endurance.

If viewed simply, it is desirable to look at the speed training in the teaching of the technique of jumping to the length, after learning how to properly run and increase the speed, then train the engaged person.

As you know, physical exercises can have a multifaceted effect on the body of young athletes, which often allows you to solve several tasks at once in sports training. For example, the crossbar strengthens the internal organs and systems, trains the willpower in overcoming fatigue, difficulty, increases the flexibility of the muscles, and improves the technique of running. But these tasks are not solved the same in any exercise. For example, exercises performed with barbell have more strength, long-distance running has more endurance, and acrobatic jumps have more agility, while other qualities have less development.

**Tools and their norms that are used in athletics classes of 11-12-year-old schoolchildren**

| <b>№</b> | <b>Meaning</b>                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>A variety of melon</b> |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| 1.       | Special running exercises. Running with the knees raised high, running with the legs stretched backwards, running from foot to foot with a jump up, running from foot to foot with a jump forward (lizard), running with quail stepping, running fast. Quail in a step-by-step run, the hands will be in an empty position from below, the hands will be in the same position as in running, while doing all the rest of the exercises. | 2 x 30 m                  |
| 2.       | Acceleration (fast running) – speed gradually increase and go running.                                                                                                                                                                                                                                                                                                                                                                  | 3 x 50 m                  |
| 3.       | Running in a norm.                                                                                                                                                                                                                                                                                                                                                                                                                      | 200 m.                    |
| 4.       | Turns on the legs for the development of leg strength jump up.                                                                                                                                                                                                                                                                                                                                                                          | 3 x 40 m.                 |
| 5.       | Standing on the floor and running high on the knees.                                                                                                                                                                                                                                                                                                                                                                                    | 10 sec.                   |
| 6.       | Standing on the spot, running high on the knees with different weights.                                                                                                                                                                                                                                                                                                                                                                 | 3 x 10 sec.               |
| 7.       | Transfer the stuffing ball to each other with a partner (weighing 2-3 kg from behind the head).                                                                                                                                                                                                                                                                                                                                         | 20 times.                 |
| 8.       | Jump up with the stuffing ball and throw the ball up.                                                                                                                                                                                                                                                                                                                                                                                   | 20–30 more times 2-3 kg.  |
| 9.       | Throw the ball forward from a semi-sitting position by holding the ball in two supports.                                                                                                                                                                                                                                                                                                                                                | 10-15 more times 2-3 kg.  |
| 10.      | Jump from place to length.                                                                                                                                                                                                                                                                                                                                                                                                              | 10-15 times               |
| 11.      | Running from the bottom start.                                                                                                                                                                                                                                                                                                                                                                                                          | 3 x 30 m                  |
| 12.      | Triple jump from standing position.                                                                                                                                                                                                                                                                                                                                                                                                     | 4-5 times                 |
| 13.      | Repeated running.                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 x 40-50-60 m            |
| 14.      | Connecting the core two supports from the bottom forward to the farthest. (weight 3-4 kg.)                                                                                                                                                                                                                                                                                                                                              | 10 times                  |
| 15.      | Climb on the rope.                                                                                                                                                                                                                                                                                                                                                                                                                      | 2-3 times                 |

Thus, any physical exercise develops certain qualities more than other qualities. For the development of the necessary qualities here such a selection is used special exercises. They allow you to develop the strength of certain muscle groups, the mobility of this or that joint, the speed of movement, the sacrum, adapting to the chosen type of athletics. It is also possible to improve some elements of sports technique on the go with the help of special physical exercises aimed at developing physical qualities. As a result of numerous repetitions of special exercises designed to learn sports technique, additional physical qualities also develop.

The development of basic physical qualities of athletes (physical training) is primarily a comprehensive and special process of physical development of the athlete. Accordingly, physical training is divided into general physical training and special physical training.

General physical training implies a comprehensive development of the athlete, that is, the development of motion musculature, strengthening of the organs and systems of the body, increasing their functional capabilities, improving the ability to manage, increasing strength, agility, endurance, agility, elasticity, correction of deficiencies in the structure of the body and body.

Special physical training is aimed at developing at a high level all the functional capabilities of the athlete's organism, all organs and systems, depending on what is required to perform this type of athletics. To do this, naturally, the chosen type of athletics is foiled by exercises and special exercises.

For general physical training, additional exercises with a general effect are used, and for special training-exercises with a specific purpose. But even in general physical training; exercises that are clearly oriented are used to eliminate deficiencies in physical development, body structure, posture and the like. In general and special physical training, exercises that develop strength, agility, endurance, agility, flexibility play a key role. In the same adjectives, the organs and systems of the entire body of the athlete, based on their working capacity, reflect its ability to move.

During the initial preparation period, it is desirable to increase the endurance qualities of light athletes running to medium distances by training their physical qualities, temperament, endurance and using the means to develop endurance in training.

Therefore, practical recommendations regarding the development of endurance of light athletes in the training of light athletes running for medium distances, that is, during the initial training period, are referenced:

1. According to the results of the test exercises, which represent the level of development of physical qualities during the initial preparation period, it was found that in the control and research groups there was a sufficient development in light athletes, which included exactly the types of endurance from the beginning of the study.

2. It was noted that the indicators representing durability, speed – strength, special durability as well as special speed – strength endurance grew by 65-70 percent better than the control group in the research group. Consequently, the indicators recorded in the research group indicate that the physical training exercises used in relation to the students in the same group are extremely effective.

3. It has once again been proved in practice that the attention paid to the initial training period of light athletes running at medium distances is great.

In conclusion, it should be noted that increasing the interest of students who are now stepping into the sport of athletics, performing light athletics exercises through a variety of exercises, forming and developing their physical abilities, subsequently directing them to the types of athletics depending on their interest, conducting sports activities with the help of interesting, optimal methods will be the basis.

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