

USE OF NEW DEVICE "SPORK" FOR MEASUREMENT AND DEVELOPMENT OF ABILITY OF EXPLOSIVE ACTIONS OF SPORTSMEN

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ABSTRACT

In work it is experimentally proved efficiency of development of explosive abilities at sportsmen (on an example of young football players) with use of device "Spork" for measurement of height of vertical jumps

Keywords: football, experiment, explosive actions, development, abilities, the device, «SPORK», a psychomotility, the device, a vertical jump, reliability, the return information, activity, the purpose.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

For measurement and development of explosive abilities of the sportsman we create special device " SPORK "¹ which provides the realised regulation by the subject of the activity (see fig. 1) the Device consists of motionless and mobile parts. The motionless part is suspended on the Swedish wall. Mobile moves upwards and downwards depending on growth of the sportsman to establish a starting position for vertical jumps (hands are as much as possible extended upwards, tips of fingers of both hands touch the bottom mobile part). On the obverse part there are strips of different colours in width 5 see, on the middle the centimetric tape is fixed. Before a jump the sportsman accepts the purpose, plans height of a jump which it should reach, and from two feet jumps upwards, on the uppermost position of a start by fingers of two hands simultaneously touches an obverse part of the device. Results of each hand are fixed on This panel the subject receives the information on achievement of the accepted purpose. After each jump the sportsman brings correction in the activity as the purpose constantly accrues.

¹ «SPORK» In transfer from the Uzbek «Explosive ability of the sportsman» means the copyright certificate AGU 0070



Рис-1 Device " SPORK " for measurement of ability of explosive actions.

Main objective of the given research is definition of efficiency of device "SPORK" created by us in development of explosive abilities of sportsmen.

Researches were spent with young football players age of 16-19 years, the experience of employment of 3-10 years. Before training the football player made only five jumps, installation was thus given, to increase the reached result.

As a result of researches following data have been obtained. Before experiment total average indexes of explosive abilities were equal 45,6 sm. After three months trainings in vertical jumps with use of device "SPORK" results have increased to 55,2 the Difference in a gain see makes 9,7 reliability of distinctions the high see between results before experiment. $t_{CT} = 7,55$. $P < 0,001$.

With development of results of explosive abilities has decreased time of simple reaction. Between preliminary and total results reliability of distinctions the high. $P < 0,001$.

It is necessary to note, despite the fact that what at examinees Xa. D, As. R, Ay.R. And My.Sh preliminary results were high (51-57sm) at them also considerable growth of size of vertical jumps 10 is marked see, reliability of distinctions the high. $P < 0,001$.

Thus, it is experimentally proved efficiency of created device "SPORK" in development in sportsmen of explosive abilities, thus considering simplicity, availability to all contingents, a small expense of forces, time, absence of traumas, possibility of the individual use, the given device creates conditions for development of explosive abilities by all engaged in physical training and sports.

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