

## METHODS OF ORGANIZING AND CONDUCTING ATHLETIC TRAINING

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### ABSTRACT

The article deals with discussing peculiarities of methods of organizing and conducting athletic training. An important problem of the modern high school is the level of physical development and physical capability of students. Indicators of physical development and physical capability of the younger generation are considered as one of the priority socio-pedagogical tasks. In the article, the author analyzes the research and the views of scientists on the effective methods of athletic training among students.

**Keywords:** Athletic training, physical education, sports, the barrier height, jumpers, runners.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Formation of healthy lifestyles in the society, improving the health of the population, nurturing a physically healthy and spiritually mature generation, and achieving serious physical and sports engagement by citizens is one of the most pressing issues today. The culture of secularism should be absorbed through youth, family, school, neighborhood, health care system, physical education and sports. It is important that the President of the Republic of Uzbekistan Islam Karimov, who has said that people should value their health, not in words, but in care of it as a national wealth, since the first years of independence, attaches great importance to physical culture and sports. As a result of this upbringing, Uzbek boys and girls achieve positive results at the international competitions and the Olympic Games.

Countless activities are being held in our country to ensure the physical and spiritual well-being of the future generation. Creating healthy lifestyles for high school students and university students contributes to the development of physical culture and sports, contributing to the development and development of our country in partnership with all young people. Educating the young generation physically and spiritually is a great responsibility for the coaches and students. Therefore, the education system is making some adjustments to the organization of physical education activities. An important issue is to discuss the theoretical knowledge of physical education and sports for students of secondary schools and students of secondary schools. Recommendations for promoting healthy lifestyles and independent exercise are among the most important activities to date.

Because of the special features of exercise, pedagogic principles have evolved to fit into the process of athletic training. There are also principles that reflect the peculiarities of the physical training process, including the gym. The following basic principles are included in the gym:

The principle of every athlete's well-developed athletic ability is a high level of moral and cultural competence, a balanced development of muscular qualities, the ability to perform

excellent cardiovascular, respiratory and other systems and organs. Being diverse can mean total maturity.

*The principle of versatility* requires the use of a variety of techniques and a variety of physical exercises in order for the athletes to have a positive impact on the whole body. Only then will the athlete reach physical maturity.

Every conscious athlete knows exactly what training is needed if the mind-set is organized consciously, and if the mind is trained. Not only can the training goal, tools, techniques, etc., be improved, but also improve, strengthen, and improve the results of training to develop strength, agility, endurance, and moral and willpower. it's not. So this principle involves repeating cycles, months, and years of training that repeats certain exercises or tasks.

*The principle of visualization* is needed to instill the moral and will powering qualities of the most accomplished athletes in teaching this principle. This will also improve their functionality.

*The principle of gradualness* refers to the gradual but steady increase in the intensity of the exercise, the increase in the volume and intensity of the work performed, and the gradual complication of movement and task. This principle is based on the physiological rule that the effects of the tenants are that long-term changes and overlapping organs and systems will improve their function.

Late in the exercise was not arithmetically increased, that is, if it is repeated one time today, it does not pass 2 times in the morning and 3 times in the morning. The principle of repetition is based on this very important physiological principle. They are overcome by repetitive exercise and regular exercise. The art of educating an athlete is primarily a model force.

*The principle of individuality* requires the athlete to adjust his or her personality, strengths and abilities by taking into account the strength and flexibility of the workout.

1. Types and methods of preparation.

Teaching and improving the techniques of track and field athletics is part of the training process. There are general basics of methods of teaching some types of athletics. The most important of these are the techniques and means of understanding the technique being studied, the ability to act and act differently, to evaluate performance, to identify and correct errors.

While teaching sports technique, the teacher uses three basic methods<sup>1</sup>: explanation, presentation and direct assistance. The main task of these methods is to create a variety of movements, to help them learn about the movement, to show and correct mistakes.

Not all sports techniques can provide fast and effective training, despite its pros. Therefore, practically all methods are applied both at the same time and at the same time. For example, a teacher shows up at the same time explaining the required action, but also tells the student how to correct the activity. The styles are described separately to make the styles more comfortable<sup>2</sup>.

The key role is to explain during practice sessions. In this case, the student will try to do one or the other, then get the instructions and try to do the action again, and so on. Multiple words,

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<sup>1</sup> Abdullaev A., Khonkeldiev Sh. Theory and methods of physical training (textbook). Tashkent 2005

<sup>2</sup> Mikhailov K.V. Method of sports training. Kiev. 1981

long, should be avoided<sup>3</sup>. This is what you need to do while teaching in advance. "In the beginning of the training, you need to be clear, concise. Explain more and more details as you master sports techniques. deeper into the deeper layers.

In addition to simple explanations, it is also a figurative description. It uses images and images that are familiar to the student. For example, it is very difficult for many students to learn how to jump across the planar when it comes to jumping and jumping. To overcome this problem, the following illustration is used: "Imagine that you should go over the floor with a high gymnastics table and jump over it."

For example, rhythm is taught by walking and running, usually by counting, or by other sound signals that need to be performed in the appropriate rhythm. The technique of teaching and improving the technique is used successfully to remind and mention the exercises before and during the exercises. The only thing that is known to the athlete, but which is not well remembered or forgotten, is to mention. Telling should not be a guardianship. It is certainly not worth training during the competition. Finally, it is necessary to analyze the results of training in sports equipment. The teacher's interview with the athlete allows you to evaluate the learning outcomes, compare the student's perception of the movement with his / her performance, check his / her understanding of the technique, and set tasks for the next session. The analysis will be conducted at each training session, especially at the end of the training<sup>4</sup>.

*Method of training exercises.* This method is used to formulate, learn, correct, improve and strengthen the parts of an entire exercise. The learner will be able to master the details of one element of the exercise over time. Once a particular activity is sufficiently developed, it is linked to a holistic activity. To do this, the student will focus on the correct execution of the corrected detail and restart the whole operation. Partial teaching methods and holistic learning complement each other. They are used sequentially in the learning process.

Ways to teach the practical use of sports techniques - there are various methods and techniques that can be used for the first time and correctly in the process of teaching sports techniques using the techniques mentioned. Typically, these exercises and methods are based on the performance of the exercises that are taught.

To do the exercise properly, it is recommended to reduce the outside conditions, such as reducing the weight of the ammunition, reducing the barrier height for jumpers, reducing runners, and so on. This is done until the student completes the required activities individually. It is also useful in lightweight exercises, such as sports equipment or imitation exercises. They are to be done as required, in the normal course of action. Simulation is used to learn more throwing techniques. The striker can repeat this exercise many times, focusing on doing the right thing without putting much effort into it. Some of the elements of the technique are also imitated when teaching other types of athletics<sup>5</sup>.

The ability of trainees to see their mistakes and shortcomings is an important prerequisite for successful learning.

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<sup>3</sup> Niyazov I. Athletics. Tashkent. 2005

<sup>4</sup> Semenova, E.L. The study of factors attracting students of secondary schools to physical education / E.L. Semenova // Valeological aspects of health formation in educational institutions: state, problems, prospects: materials of the III All-Russian Scientific and Practical Conference, Ekaterinburg, 2006 - Ekaterinburg: RSPPU, 2006. - P. 69-71.

<sup>5</sup> Eshnazarov J. History and Management of Physical Culture. Tashkent.2008

When evaluating the right performance, it is important to know precisely. This improves the trainees' training process. When analyzing the correct performance of athletic training techniques, two analyzers look and act as analyzers<sup>6</sup>.

Educational work will continue from the first step until you become a master of sports and a world record holder. This work will be conducted both during and outside the training sessions. The trainers are the trainers of the national team of the track and field athletics team. The main method of training moral qualities is the method of directing, persuading, and explaining. It is important to remember that being strictly demanding to students is also a challenge. Less well prepared students are more in need.

Competition method - plays main role.

Running a variety of exercises in a workout routine, and especially participating in formal tournaments, is one of the ways in which to develop the willpower.

Sportsmen play a great role in the development of moral qualities. In our country, a lot of sports masters train their students with their knowledge and experience, linking them with public pedagogical work. Such community work should be encouraged. The cultivation of moral qualities is inextricably linked with the will to morality. One of the most important tasks in training athletics is to nurture endurance in pursuit of goals. First and foremost, the aspirants should have a clear goal. Teaching students to accomplish athletics techniques in higher education institutions will also improve their ability to drive and improve their driving skills, and will also provide the foundation for further sports technical skills.

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<sup>6</sup> Sidorov, L.K. Methodological substantiation of the physical education system of the younger generation / L.K. Sidorov, S.N. Chernikova // Physical education and sport in the education system Health-saving technologies: materials of the International Symposium, Krasnoyarsk, 2004 - Krasnoyarsk: GOU VPO "KSPU" 2004. -P. 57-58.