

THE INTRODUCTION OF MODELED TRAINING MEANS IN SPRINTER TRAINING SYSTEM

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ABSTRACT

In clause is considered realizations of trainings sprinters in the simulated competitive conditions, the advantages and negative aspects of modeling training of means are characterized. The special accent is made on the doctrines sprinters to conditions of real competitions.

Keywords: Simulation, sprinter, micro cycle, mesocycle, competitive period.

INTRODUCTION

Theoretically, modeling methodology in sports is used to study various aspects of the competitive and training activities of athletes of different qualifications to determine or refine the quantitative and qualitative characteristics of generalized and individual models. The methodological basis of modeling in athletics is a quantitative assessment of various parameters of the initial, intermediate and final state of an athlete on the way to achieving the planned sports result, which determines management decisions at different stages of training based on a comparison of real and predicted characteristics of the athlete's condition. That is, competitive activity is the main element of sports activity and provides for the demonstration and assessment of athletes' abilities in various sports in accordance with their inherent rules, the content of motor actions, methods of competitive struggle and evaluation of results. The use of modeling allows to increase the efficiency of developing training programs for sports training and timely correction of training for competitive activities.

Materials and methods

The scientific methodological literature most often covers the development of physical qualities and age features involved (AA Belberov, 1974; M.Ya. Nabatnikova, 1982; VP Filin 1983, NA Knyazeva 1983). Very little attention is paid to the structure of training and competitive loads, the combination of means of versatile and special physical training.

Prediction of sporting achievements, performances of individual athletes and teams serves as an important guideline in building the training process, from developing a model of preparedness to choosing the optimal tactics and ways to implement it in the main competitions of the season, taking into account the physical, technical, tactical and psychological preparedness of the main competitors. The forecast is of great importance when conducting team speeches.

Competitive period is the main period for which the sprinter carries out his many years of training. It is at this time that the runner begins to perform individual exercises and workouts at maximum and high intensity. Building a competitive period depends on the cyclical nature of the competition. So if a sprinter plans to perform in major competitions in winter and summer, then two competitive periods are planned, which may be unequal in their length and intensity. As a rule, each competition period includes 2 - 3 major starts, while the rest in most cases are summing up, because from competition to competition the sports form of a sprinter improves, reaching a peak towards the main starts. In connection with the above, the competitive period of the sprinter is generally divided into the stage of early starts and the stage of direct preparation for the main competition. The early start stage is also called developing sports. During this stage, which lasts 4–6 micro cycles, the tasks of getting the runner's body to the state of maximum fitness and improving the necessary tactical and technical skills are solved.

During the stage of direct preparation of the sprinter for the main start, many tasks are also solved: recovery after qualifying competitions, giving the right to participate in major sports forums, improving fitness, modeling in training conditions of competitive activity, maintaining mental readiness to start at the required level and many others. The duration of the competitive period is usually within 6 to 8 weeks and consists of 2 meso cycles, the first of which considerably exceeds the second in its total load, and the second, in turn, solves the issues of summing up the sprinter to participate in competitions in maximum sports form.

Result and discussion

Development of models of competitive activities, both individual athletes and entire teams, taking into account effective ways of conducting competitive struggle, individual characteristics of athletes, level of preparedness, ways of managing performance and mental state; preparation of plans for participation in competitions and their adjustment depending on the situation. The whole course of the competition is subjected to modeling - from the preliminary warm-up to the fulfillment of special standards. When modeling the conditions, you should not overlook any trifle. So how exactly can it play a decisive role during the competition.

Training conditions should be as close as possible to the conditions of the competition. The sprinter must be familiarized with the conditions of the future competitions. However, nothing can be better than to see the place of the competition, where you have to compete in the race with your opponent. The ideal option would be to hold small competitions or regular workouts in this place. An extremely important factor is to study the future of the enemy in advance.

The more aware the sprinter is about his future opponent, the easier his competition with him will be. If the sprinter knows his opponent well, he can freely model his possible tactics of behavior at competitions, take into account the ability of the opponent to unexpectedly achieve a high result. Psychologically, when preparing for a competition, demonstration of documentary clips, films covering not only sports competitions, but also interpersonal contact of athletes, their joint training and life will not hurt. Conversations with experienced professional athletes and coaches will not harm the sprinter. Not always simulated conditions exactly match the conditions at competitions.

Training, simulated in difficult conditions in addition to training sprinter to the conditions of real competitions, it is necessary to pay attention to the fact that the athlete must be prepared for unforeseen and unexpected situations that may appear at competitions. Creating simulated conditions, it is necessary to remember that at the competitions themselves, they can suddenly change. For example, the start time of competitions will change, the working conditions will become more complicated. And at this time the sprinter has to work at the limit of its

capabilities. This suggests that the athlete must develop immunity to unusual difficult conditions, the ability to meet surprises fully armed and always be ready to work in extremely difficult conditions.

A sprinter must develop the ability to respond with positive emotions to external stimuli that would cause negative effects in an ordinary person. This is facilitated by the formation of the necessary attitude to changes of any kind, the complexities of external conditions. An objective assessment of the current situation and the focus on its resolution is the most important basis for the skill of the athlete runner. The sprinter must be aware that exaggerating the importance of difficulties can lead to self-doubt, and even worse, to fear. All internal psychological reactions of the body affect its external capabilities. A sprinter needs to be aware of the fact that he is able to achieve the highest result wherever there are places to hold competitions.

CONCLUSION

Simulation of microcycles training athletes, sprinters need to be carried out taking into account the objectives of training, urgent and delayed training effects and the functionality of an athlete. Due to the weak informativeness of the parameters of HRV in determining the urgent effect, it is advisable to evaluate the “internal” side of physical activity during micro-cycle modeling by functional status. Simulation of mesocycles for training sprint athletes should be based on the target installation of the constructed stage, the delayed and cumulative training effects and the functionality of the athlete.

Adequate selection of microcycles for training athletes will be characterized by the absence of an excessive jump in the dynamics of the functional state of all training periods. To create simulated more complex conditions in preparation for competitions, it is possible to use some techniques that complicate training: switching on loud music, noise, conducting trainings and friendly competitions in muted or blinking light. Simulated training tools - this is the most important factor., Contributing to the strengthening of the versatile training of sprinters. Modeling is also a decisive factor in achieving maximum sporting results and influences sporting achievements, their participation in training camps and competitions.

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