EXPLOSIVE ACTIVITY SCHOOL PERFORMANCE BY AGE INDICATORS

Javlon Mavlonboevich Ishtayev
The Uzbek State university of Physical culture and Sport PhD, Associate Professor

ABSTRACT

This article is devoted to the study of the dynamics of the development of explosive motor skills in schoolchildren by grades. Based on his experimental research, the author highlighted the advantages of the spork device he created in developing explosive movement skills in girls, boys, and students of the same age from 2nd to 9th grade.

Keywords: Vertical jump, schoolchildren, explosive ability, development, measurement, dynamics.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

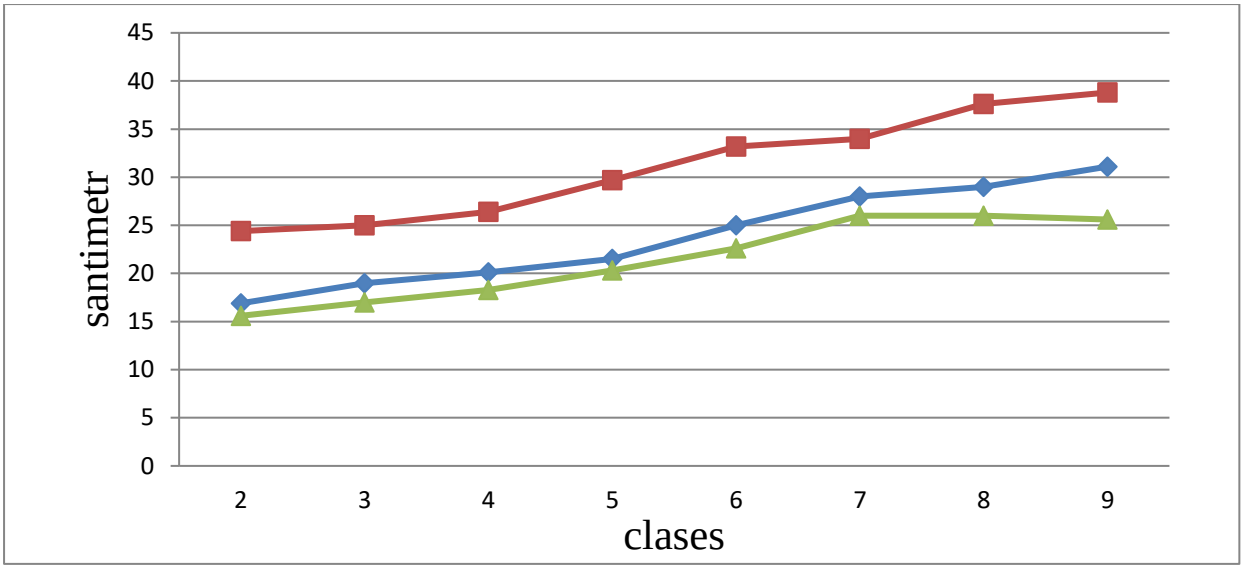
The growth of achievements in sports always requires a new level of development of physical abilities from the athlete. At the same time, there is a need to increase training and competition loads. It is advisable to create modern, convenient, efficient technologies to facilitate downloads. In order to master and improve each sport, it is necessary to develop the skills related to the current sport. Talent development makes it easier to improve and achieve high results in this sport. Explosive mobility plays an important role in fast power sports. His task is to increase and accelerate the athlete.

In practice, one of the most pressing issues is to create methods that develop this ability in a light, easy, convenient, low-effort and time-consuming way.

The purpose of the study: to study the dynamics of explosive mobility of school-age students

Organization of the study: The experiment involved students of secondary schools No. 59 and 84 and Chigatay football school in Shayhantahur district of Tashkent, a total of 716 students, including 287 school-age athletes, 226 boys and 20 girls. In general, school children's explosive mobility indicators are observed to increase from class to class.

At the same time, there is a significant growth gap between the results of boys and girls who are engaged in sports and those who are not. The numbers below indicate this. In grade 3, boys and girls have a significant increase in explosive mobility compared to grade 2, with a corresponding confidence level of $P < 0.001$. $P < 0,01$. Among athletes, however, growth among these indicators is insufficient. Explosive ability in boys in the 4th grade the growth of this ability is slightly reduced ($P < 0.1$), but in girls and athletes it is possible to see a significant increase in $P < 0.01$. $P < 0,05$. Explosive mobility indicators for schoolchildren by age are shown in the figure below.



Dynamic indicators of explosive mobility of students As can be seen from the figure, with the growth of classes, the dynamics of growth of this ability also changes, that is, among each class of boys and girls, those who are engaged in sports and those who are not, the significance is found to be <011). At the same time, the performance of students engaged in sports is higher than the performance of students enrolled in the state program (P <0.001). The results show the uniqueness of the SPORK device and its high stratification power.

The advantages of the style are that the SPORK device allows for the rapid development of explosive mobility, versatility, high results with little effort and time, no injuries, the ability to use it in different places, the ability to develop economically, and the ability of the athlete to develop independently. It does not require a lot of money and does not take up much space in the gym.

In the experiments, the special requirements for the newly created methods are: high differential power, scientific validity and reliability, objectivity, reliability and stability of the result, uniqueness and differentiation, quality, has been proven in the technology created by the operation.

The scientific basis and reliability of the new method. The created "SPORK" device L.P. Matveev, Y.V. Verkhoshansky, R.A. Akramov, F.A. Kerimov, R.E. Nurimov and other scientists attach great importance to the explosive ability in high-speed sports. creation of special methods for successful development and the theory of ability of I.M. Sechenov, S.L. Rubinstein, A.R. Luria, B.M. Teplov, V.D. Shadrikov, O.A. Konopkin's mechanisms of conscious control of movement, D. Uznadze's theory of installation and P.K. Anokhin's concepts of the importance of re-information were developed.

The essence of this method is that the vertical jump makes a purposeful installation during the exercise and re-informs each gal. If the goal is not achieved, the athlete corrects his actions. It was noted that in explosive exercises 5 times a day, the explosive ability to move increases up to 10 cm. Therefore, our suggestion would be appropriate to use the vertical jump exercise instead of the high jump norm at school. Because as a result of the jump, the explosive ability to move sharply increases. High results can be achieved by increasing the number of "SPORK" devices created as a measure and for training and distributing them in schools.

REFERENCES

1. Gapparov Z.G, Ishtaev J.M. SPORK is a new device for measuring the explosive power of an athlete. // Ж. Science and Sports, №4, 2011, pp.37-39.
2. Gapparov Z.G, Ishtaev J.M. With the help of the SPORK simulator, which trains the spiritual selection of the movement, it is possible to develop the explosive power typical of belt wrestlers and its effect on the activity of the belt. // Ж. Science and Sports, №2, 2012; pp.37-41.
3. Konopkin O.A. Psychological mechanisms of activity regulation. Nauka Publishing House, M: 1980
4. Luria A.R. Lectures on general psychology. “Peter,” 2009 pp. 76-77
5. Romanova E.S., “Psychodiagnostics” // Textbook of LLC “Peter Press” 2009; p.
6. Rubinstein S.L. Fundamentals of General Psychology "Peter", St. Petersburg, Moscow-Kharkov-Minsk, 2002, p. 447
7. Rubinstein S.L. Problems of abilities and questions of psychological theory. In the anthology "Psychology of individual differences" under the general editorship of Yu.B. Gippenreiter, V.Ya. Romanova. Izd-e third. From "Aristotle" M., 2008. with 47-54.
8. Rubinstein S.L. "Ability" in the christomat "Psychology of individual differences" under the general editorship of Yu.B. Gippenreiter, V.Ya. Romanova. Izd-e third. From "Aristotle" M., 2008. with 31-46.
9. Shadrin V.D. "Psychology of abilities" In the book "Psychology of individual differences" under the general editorship of Yu.B. Gippenreiter, V.Ya. Romanova. Izd-e third. From "Aristotle" M., 2008. with 64-79.
10. Teplov B.M. "Ability and dedication" in the christomat "Psychology of individual differences" under the general editorship of Yu.B. Gippenreiter, V.Ya. Romanova. Izd-e third. From "Aristotle" M., 2008. p55-63.