

INNOVATIVE PEDAGOGICAL TECHNOLOGIES USED IN MANAGING THE SYSTEM OF TRAINING ATHLETES FOR THE OLYMPIC GAMES

Bakhodir Bakhrididnovich Kipchakov
Professor, Department of Sports Pedagogical Skills
Samarkand State University, Samarkand, Uzbekistan
Lutfullobek@mail.ru

ABSTRACT

The article substantiates the feasibility of using innovative pedagogical technologies in the training system of highly qualified athletes based on the introduction of new principles and management schemes. The implementation of innovative pedagogical technologies, the efficiency of the educational process in the preparation of national teams for international competitions are highlighted.

Keywords: Athletes, training, methods, results, competition, pedagogical technologies, improvement, skill, introduce, movement.

INTRODUCTION

The prestige of high sports results, the deepening of competitions at major international competitions, the expansion of the scope and capabilities of Uzbek sports, the scientific level of training of high-class athletes. should be like a contributing factor. It is necessary to enrich and update the methodology and theory of training high-class athletes with various innovative ideas, and find ways to improve their training technologies. One of the conditions for success in modern sports is the development and implementation of innovative pedagogical technologies in training.

The level of development of physical culture and sports in modern conditions is largely determined by the effectiveness of research and development, and to ensure them, the use of new methods and controls is required.

The prestige of world championships, especially the Olympic Games, is growing. This, in turn, increased competition in the international sports arena, accelerated the struggle for national prestige and high athletic performance.

This factor leads to the activation of national communities through the use of significant material resources and new scientific achievements.

In general, this aspect has led to the fact that the level of general and physical training and technical and tactical training of individual national teams has leveled off, and it has become much more difficult to gain an advantage in sports.

Thus, sports practice poses many questions and problems for coaches, scientists and organizers, and victory or defeat in the main international arena, the Olympic Games, depends on the solution of these issues.

Main parts

Sports science is currently in the process of improving knowledge related to the training system of high-class athletes and athletes from nearby reserves. It should be noted that there are no significant changes in scientific data on the content of this system, but previously formed theoretical and practical approaches are being specified. Improvement processes are especially evident in the areas of theory and practice of sports, such as the use of innovative pedagogical technologies.

Innovative pedagogical technologies are considered as factors illuminating working methods, creating objective conditions for raising the level of professional sports in our country.

Innovation means the following: a) new technologies as a result of scientific and technological progress; b) as the final product of innovation, integrated into the pedagogical process in a new or improved form.

From the point of view of the innovative use of pedagogical technologies, this work is aimed at improving the system of tools and methods of sports training based on information on the physiological, psychophysiological, psychological laws of competitive mechanisms. From the point of view of using innovative technologies, this means improving the training system by introducing fundamental innovations in the organization of professional teams, introducing new principles and management systems. Such innovative approaches include:

1. Improving the individual skills of young athletes in an expanded range of competitive activities.
2. Increase the diversity of tactical actions.
3. Improving the basic level of sports training with an emphasis on the development of speed-strength qualities and special endurance.
4. Dynamic accumulation of competitive potential.
5. Improving the interaction of the entire institute of national teams in terms of methodological unity, the unity of thinking in ideological and strategic preparation.
6. Optimization of the entire institute of national teams based on the following aspects: a clear understanding of the training program, an increase in individual working time in reserve teams, regular special trainings to improve technical and tactical skills.

The current system of scientific support for training high-class athletes provides the following forms of work:

- predicting the results of sports necessary to achieve success at different stages of training;
- analysis and modeling of the athlete's competitive activity;
- analysis and modeling of various aspects of training athletes;
- analysis and programming of sporting events aimed at achieving the planned results.

The work in each of these sections is based on the control of the athlete's state (in general, this control includes checking the compliance of the state model of various aspects of the athlete's training with descriptions) and the development of new training methods and his ability to work. restoration, as well as methods to control their effects on the body.

One of the key issues in the training system of top-class athletes is the development of model descriptions. The description of the Olympic model should reflect the characteristics or level of individual parameters of the athlete's body, which allow him to achieve record results, in connection with which the following requirements are established for creating an Olympic model in various sports:

- descriptions of models should be built on the basis of the most important parameters in terms of goals, which show a high level of training of the athlete;
- model parameters should be combined with structural and hierarchical relationships;
- for each key parameter, a range of changes should be indicated depending on the targets;
- the model parameters should be fully provided with sufficiently reliable and convenient recording equipment and appropriate methodology;
- a necessary addition to the model is the preparation of the necessary set of battery devices and methods that affect the performance of a parameter;
- registration of model parameters should be computerized.

Further developments in this area are as follows: from individual model indicators to the search for specific interactions between them; from recording individual relationships to a systematic analysis, to building a complete theory of sports record records and, finally, a logically inconsistent theory of sports training.

Ideally, the Olympic model should include the following parameters:

- description of the training process (load, change in speed, etc.);
- description of the functional state of the body (physiology, biochemistry);
- Description of the level of preparedness (physical, technical, tactical, psychological).

This requirement must be met in order to be able to control the rate of change of individual body systems to a standard load.

Thus, the model parameters must be mutually reliable both horizontally and vertically, even if the mathematical expression of the correlation coefficients between the individual parameters of these relations has not yet been developed.

It is well known that system management is defined as a continuous, focused process in which various methods and tools are used to achieve optimal results. The main objective of management is to create the conditions and conditions under which activities should be carried out with maximum efficiency at minimum cost, with minimal loss of resources. All this is included in the sports training system in full.

The aspect of highly effective sports is the function of organized systems that determine the development strategy of sports, the growth of sports results and achievements in the international arena. E.A. Shirkovs (8) identifies the organized management structure in the management system and the mechanism that ensures the functioning of the training system and the achievement of goals. V.N. Platonov (6.7) means an organized structure for uniting individual components into a single management system that coordinate the interdependence and unity of interaction of various sports organizations, actions aimed at achieving goals under various changes in the external conditions and internal state of the system. , Various methods, tools, and incentives used to control an athlete's training are called control mechanisms (4.5).

The management of the sports system is based on key aspects of management theory and management. For effective management of training and competitive processes, it is necessary to improve the structure of organizational forms of management, select criteria for evaluating various aspects of training athletes, conduct a qualitative analysis of various characteristics of athletes' activities using quality information.

Nowadays, the management of the athletes' training system is undoubtedly a more complex form of intellectual activity, the process of competitions and the preparation for them must be managed. In other words, highly effective sports management is a function of organized

systems that determine the development strategy of sports, the growth of sports results and achievements in the international arena.

The increase in the scale of sports activities, the provision of an intensive regime for the growth of sports and technical results in the Olympic series of programs, the complication of information, scientific, sports and economic ties increase the role of a comprehensive solution to the socio-biological and scientific and sports problems of highly effective sports in Olympic training. The solution of unique, private, local scientific problems, the development of individual organizational and methodological guidelines, the development of recommendations on modern scientific and sports progress in sports sports determine a steady trend of comprehensive research and development, a single organizational scientific and methodological formation of sports skills in sports. allows you to create and implement a concept and create an interconnected system of scientific, methodological and biomedical control. The practice of preparing athletes for responsible competitions has become a demonstration of the advantages of planning and managing the formation of sports skills among advanced athletes, members of the Uzbekistan national team. This includes:

- study the mental performance of athletes;
- development and implementation of a system for monitoring and analysis of the functional state of the body of athletes using biomedical research methods;
- the study of pharmacological agents that increase the performance of athletes, and the development of methods for their effective use;
- development of a monitoring system for the training process and competitions using modern information technologies;
- to study the rational organization of the training process for athletes of national teams of the Republic of Uzbekistan.

The optimization strategy of the modern system of preparation and development of innovative processes in education is currently one of the important tasks of training the members of the national team of the Republic of Uzbekistan.

The main, fundamental expression of the technology of the proposed system is the comprehensive focus of the Ministry and the Federation of Culture and Sports of the Republic of Uzbekistan, national teams on the following aspects:

- increase the level of social and psychological responsibility of coaches, athletes, all those responsible for preparing teams to achieve positive results in responsible international competitions;
- increase the level of training of athletes and teams to solve problems of high complexity;

Currently, the progressive idea of national teams is to create a single, combat team (coaches, players, service personnel).

A clear description of the technology is as follows:

- the formation of proven, innovative and pre-tested means and methods of preparation for the traditional, Olympic cycles as a whole system;
- increase the intensity of the training process during centralized training and increase the number of competitions with strong competitors;
- consolidate the efforts of all specialists involved in the preparation of national teams, and strengthen contacts with regional centers to monitor the process of training candidates for national teams and develop a unified training strategy;
- educate the "spirit of victory" among all members of the team.

Thus, the training system of high-class athletes can be optimally implemented only if all components of the system are combined into a single functional mechanism, and this mechanism is properly managed.

CONCLUSION

Therefore, it is necessary not only to improve the necessary technological process for training athletes, but also to develop an organizational system and special mechanisms for managing this process.

In short, the target comprehensive program for preparing national teams for the Olympic Games in sports should include the following key programming elements:

- the method of target tasks, highlighting the main tasks of training;
- a complex structural and logical system for implementing the tools of the target programming system;
- a system of aspects of the effectiveness of both individual elements and the entire training system;
- a system for monitoring the implementation of the program for intermediate and final results;
- Step-by-step implementation of the target program.

REFERENCES

1. Balsevich V.K. Outlines of a new strategy for training Olympic-class athletes // *Theory and Practice of Physical Culture*. - 2001. - No. 6. - p. 9-10.
2. Gerashchenko I.G., Zubarev Yu.A., Shamardin A.I. The role of innovation in sports pedagogy // *Theory and Practice of Physical Culture*. - 1998. - No. 4. - p. 24-26.
3. Ilyenkova S.D. *Innovation Management: A Textbook for University Students*. - M.: Publishing House. Unity Association, 1999. - p.7-19.
4. Matveev L.P. The general theory of sports and its applied aspects: A textbook for completing the level of higher physical education. - Part 1. – M., : Izvestia, 2001. —p. 303
5. Matveev L.P. *Theory and methodology of physical education: Textbook for universities. Part I*. - M., 2004 – p. 177
6. Platonov V.N. The construction process of sports training. // *Modern system of sports training*. – M., : Publishing house of SAAM, 1995. - S.8-12.
7. Platonov V.N. *The general theory of training athletes in Olympic sports*. - Kiev: Olympic literature, 1997. – p. 584
8. Shirkovets E.A *The operational management system and corrective actions during training in cyclic sports: Abstract. diss. ... doctors ped. sciences*. - M., 1995 – p. 48