

## SPORTS IN THE DIRECTION OF SCHOOLCHILDREN TOWARDS BIG -TIME SPORTS

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### ABSTRACT

Sport plays a crucial role in the development and health of a child from an early age up to adolescence. Physical activity not only promotes health, but also helps a child develop physically and socially, as well as forms healthy habits that last a lifetime. Depending on age and needs, sports and physical activity take various forms, contributing to the harmonious growth and full-fledged formation of a personality.

**Keywords:** Sport, training, physical education, individual, youth, tactical training.

### INTRODUCTION

One of the important aspects of the athlete's training system is the planned training of sports substitutes. For this purpose, a comprehensive activity of ROZ, OSM, OSM, etc. has been created in our country. In addition, a special sports uniform is used during the training of the reserves. This helps to effectively conduct classes twice a day according to a special schedule in secondary schools.

The preparation of sports substitutes is important not only to meet the needs of high-performance sports, but also effectively helps to solve problems related to the physical education of school-age children.

The age characteristics of young athletes require a special approach to the basics of sports training. First of all, it should be borne in mind that achieving high results for a teenage athlete is often a distant goal (M.Ya. Nabatnikova, V.P. Filin). Therefore, it is useless to increase the possibility of competition and focus on it at the initial stages of preparation, it is necessary to create as wide a base as possible for its formation as late as possible.

It goes without saying that a narrow range of loads can prevent young athletes from achieving better results than their peers. Therefore, performing a disproportionately large amount of fast work in swimming often leads to achieving athletic results at the level of the second sports category already in the first year of study. However, with such training, the growth of results may slow down dramatically and none of these athletes will be able to get into the national team. In the same sports games, the most leading and experienced athletes of youth and youth teams often cannot perform well and effectively as part of an adult team.

The principle of achieving individual maximum results should be considered as a requirement to increase competitive ability in a limited manner and should be optimal in terms of the specifics of the sport and the individual (individual) characteristics of the athlete. That is why the principle of in-depth specialization manifests itself in the late stages of many years of training in youth sports.

It is also important to implement the principle of unity of general and special training of an athlete. The younger the age and athletic skills of a young athlete, the more importance should be given to his comprehensive training, because in youth sports, the need for harmonious

development of children in all aspects is important. It is also necessary to take into account the fact that young athletes quickly get tired of the same job and lose interest in it, switch to another sport, change their playing position, etc.

In youth sports, the principle of consistency and relative unity with limited loads is implemented with an emphasis on consistency, where heavy loads are naturally used less frequently compared to the training of older athletes.

Fundamentals of long-term training of adolescent athletes.

The long-term training of young athletes consists of four stages, and each of them requires solving certain tasks (M.Y. Nabatnikova). The preparatory stage of qualification solves the issues (tasks) of forming an interest in sports, promoting health, and a variety of physical training. In order to create the necessary reserve of motor knowledge and training in technical training, it is important to master various exercises from different sports, to develop the qualities of rapid development of new movements. At this stage, a sport is selected for further exercises. The stage lasts at least two years.

The stage of initial sports specialization continues with various types of physical training, but special means of physical training are also beginning to be used. At the same time, the young athlete must master the basics of the technique of the chosen sport. Tactical training is limited to the development of simple, uncomplicated techniques of conducting a sports competition, and the acquisition of competitive experience begins. Important tasks at this stage are a clearer definition of athletic qualities, if necessary, the definition of sports specialization. The duration of the stage is two to three years.

The intensive training phase depends on an increase in the amount of training and competitive loads in the chosen sport. In addition to various physical training, special attention is paid to special physical training. Active knowledge and training are formed that meet the high requirements of technical training. Tactical training should correspond to the chosen sport and specialty of the athlete. Gaining competitive experience is of great importance. The stage lasts two to three years.

The stage of sports improvement is aimed at improving the specific training of an athlete. The volume and intensity of training loads will increase significantly, the technique will continue to improve, its individualization and effectiveness will increase in any competitive situation. In tactical training, an athlete must master all aspects and secrets of conducting competitions. Unlike other stages, much higher results are expected and demanded from a young athlete at this stage, which makes it possible to reliably predict his future achievements. This stage is often built around a four-year Olympic training stick.

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