

SPECIAL PHYSICAL TRAINING AND SPORTS

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P. S. C. Sport, Football, Athletics, Gymnastics, Methodology

ANNOTATION

This article is written about the processes of general physical training — health-strengthening physical and developing in accordance with different types of muscle activity under the influence of exercises that increase the level of development of the functional capabilities of the systems of members of the human body.

Keywords: Athlete in a special physical, certain muscle activity, sports.

Special physical training is a process that is brought closer to the activities of the competition in the chosen sport and is aimed at improving the performance of a particular muscle.

A distinctive feature for sports training is the orientation towards achieving the maximum sports results that an athlete can achieve in the selected sport, all individual aspects of the training process — the composition of its goals, means and methods, planning features, the size and description of the loads applied, the properties of the competition's activities, etc.k.

The pursuit of high results requires the use of more effective methods of training, options for dimensional conduct of the training process, very high training loads according to size, characteristics and intensity, a special system of rest intervals, nutrition, restorative activities. From experiments it is known that only in this case is the answer to the level of demand of the time allowing results can be achieved.

The need for physical development of a person necessitates the legal connection of general and special training, their unity. One-sided special training, i.e. only general physical training or the use of special physical training, can lead to a decrease in the level of functional readiness or a one-sided development with the loss of individual aspects of readiness, others.

General physical fitness, on the one hand, should be directed to the improvement of skills and abilities and the development of physical qualities, which indirectly affect sports specialization, and on the other hand, comprehensive requires the organization of special training in such a way that they are necessary in ensuring that the existing functional capabilities serve to connect with aspects specific

General and special preparedness, which is determined by the features of the organization of multi-year and year-round training, will also depend on the age of the athlete, the level of his sports skills, sports specialization, individual characteristics and the level of physical fitness. At the initial stages of sports improvement, the contribution of General Training is significant, which primarily serves to promote health, increase the level of physical qualities and functional capabilities in accordance with various forms of muscle activity. Later, as the athlete's skills increase, this ratio begins to change in favor of special training tools, while general physical training increasingly goes into an auxiliary tool. Fluctuations in the ratio and direction of general and special physical training can be of different options, how correctly the coach plans these proportions is reflected in the level and pace of growth of the sports-results of each athlete. Continuity of the training process with the following rules

described:

- sports training is organized as a multi-year and year-long preparatory process, all its rings are interconnected, require each other and are directed to the task of achieving maximum sports results:

- each subsequent training, microcycle, stage, etc.k.

the effect should form the supposedly next layer of the previous results, strengthen and develop them;

— work and rest in a sports training session are regulated in such a way that it must ensure the optimal development of qualities and abilities that determine the level of sports skill in a particular type of athletics, that is, repeated training, micro - and even mesocycles can be carried out both in conditions of high or restored working capacity of the athlete, and in These rules are reflected differently in the practice of training athletes of different ages and qualifications. For example, young athletes with a sports discharge are usually content with daily one-time training, using even large-load training relatively little (1-2 times a week). In the training of high-class athletes, such a procedure can help maintain the achieved level of performance if there is a gap. For this reason, it is necessary to train 2-3 times every day and use training with a large load 4-6 times a week.

A characteristic feature of modern sports training consists in gradually increasing the volume of work performed and striving for the maximum training load sizes. This allows at each subsequent stage of improvement to impose requirements close to the limit of its functional capabilities on the athlete, which is decisive in the rapid course of adaptation processes.

In the gradual increase in training loads, they are distinguished by the following sizes:

- increase annual downloads from 100 to 1500 hours;

- 3 to 15 times the amount of training per week

and to March, can work) delivery;

- daily exercise£3-4 times the amount of lots per day

delivery up to Times;

- the amount of training with a large load during the week

Delivery 5-6 times.

In addition, to increase the intensity of the training process

it is necessary to highlight the following areas:

- late transition to narrow specialization;

- the ratio of general and special means of preparation,

imperceptibly, gradually changing the contribution of special preparations

increase;

- increasing the total amount of work contribution in the " Hard " Mode, which contributes to the development of special qualities;

- increase in the amount of selectively directed training, which ensures the deep mobilization of the corresponding functional capabilities of athlete organism;

- increase the amount of competitions;

— to increase the working capacity of athletes in training activities and accelerate the subsequent recovery processes, it is necessary to take into account additional factors (physiotherapeutic and b. tools) to gradually expand the application.

On the one hand, the rational use of the above-listed possibilities of increasing the intensity of the training process ensures planned progress and high results in the optimal age zone. On the other hand, large training loads in the training of athletes of a teenage age, special training exercises, more than enough immersion in the means of accelerating their processes lead to the fact that the physical and mental capabilities of their body end relatively quickly, the results of sports remain without growth.

Based on the principle of the intensity and versatility of the dynamics of training loads, fatigue and recovery after intense muscle activity, the course of adaptation processes as a result of training, the patterns of interaction of the volume and intensity of work due to changes in the priority direction of training, and a number of other reasons lie.

The type of the training process is characteristic of the waveform of the dynamics of loads per unit of structures. In this, the charge waves are clearly visible in its relatively larger units. Legitimate waveform oscillations are conspicuous when one considers the dynamics of downloads in the microcycle series or 2-3 mesocycles. The dynamic change in training loads makes it possible to eliminate conflicts between the form of work, between the volume and intensity of training activities, fatigue and recovery processes, in which the priority direction is different.

The versatility of the loads is due to the variety of tasks facing the sports training, in various structures of the training process

(in micro-, meso-, macrocycles) the athlete is determined by the ability to work and the need to control recovery processes. The universal forms of methods and means of sports training, which have a comprehensive effect on the athlete's body, individual training and the use of loads with different sizes in its parts ensure the versatility of loads in the training process.

Multivariate of downloads determining the level of sports results helps to ensure the comprehensive development of the factors of work, individual exercises contribute to increasing the ability to work in the performance of training and microcycle programs, increasing the volume of work performed, accelerating recovery processes, as well as preventing situations of fatigue and overexertion of functional systems.

One of the main laws of sports training is cyclicity. It consists in the fact that the training process is relatively completed, the units of the structure: separate training, microcycles, mesocycles, stages, periods, regular repetitions of macrocycles.

Classes differ as follows:

- duration of training from 2-3 to 7-10 days continuing microcycles;
- mesocycles-from 3 to 5-8 weeks;
- training stages - from 2-3 weeks to 2-3 months;
- periods — from 2-3 weeks to 4-6 months;
- macrocycles-from 3-4 to 12 months.

Building training on the basis of various cycles systematization of tasks, tools and methods of the training process and its other principles: continuity, unity of general and special training; unity of the duration of training and the desire to perform maximum intense loads; allows you to ensure in the best possible way the fulfillment of the wave formity of the dynamics of downloads.

Rational construction of training cycles at the moment — one of the most important reserves of improvement in sports has already received a limit with relative stabilization of the quantitative dimensions of training activity, reaching their magnitude optimization of the training process is of particular importance at the calculated time.

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