

DEVELOPMENT OF GENERAL PHYSICAL ENDURANCE OF 14-15 YEAR OLD ATHLETES

Dilnoza Nazarqosimovna Xolbekova

Ismailova Dilnoza Tolibovna

Odina Kaxxarovna Xomidova

Kadriya Pushanovna Davidova,

Aziz Ergashbayevch Abduraximov

O'zbekiston davlat jismoniy tarbiya va sport universiteti.

Chirchiq shahri, O'zbekiston

dilnoza.ismailova.tolibovna@mail.ru

ANNOTATSIYA

Ushbu maqolada 14-15 yoshli sportchilarning umumiy jismoniy chidamliligini rivojlantirish va mashg'ulotlarni rejalashtirishda mashqlardan to'g'ri foydalanish haqida ma'lumotlar keltirilgan.

Kalit so'zlar: O'qil bolalar, qiz bolalar, chidamlilik, tajriba, nazorat, jismoniy sifat.

АННОТАЦИЯ

В данной статье представлена информация о развитии общей физической выносливости спортсменов 14-15 лет и правильном использовании упражнений при планировании тренировок.

Ключевые слова: Юноши, девушки, выносливость, опыт, контроль, физические качества.

ANNOTATION

This article provides information on the development of general physical endurance of 14-15-year-old athletes and the correct use of exercises in training planning.

Keywords: Boys, girls, endurance, experience, control, physical quality.

Since the day our republic gained independence, society has changed in every way, and these changes require new knowledge, skills and abilities from people to achieve the goals they set for themselves in life.

Especially in our country, attention is paid to physical education and sports, and all conditions are sufficiently created for young people to regularly engage in our national sports in order to grow up healthy in all aspects.

For the future of our country, physical education and sports are very important in raising a healthy generation and bringing them to adulthood. In recent years, physical education and sports have become an integral part of young people's lives.

From this point of view, ensuring the development of children's mass sports as an extremely important condition for forming the physical and spiritual health of the growing young

generation, striving for a healthy lifestyle and instilling in them a love for sports, is one of the urgent issues of today.

Physical education occupies one of the main places in the development of the young generation in all aspects: mentally, morally and physically. Therefore, in the Law of the Republic of Uzbekistan "On Physical Education and Sports", "Preserving and strengthening the health of preschool children, pupils and students, forming the need for physical fitness in them is the main goal of preschool educational institutions and educational institutions. is considered to be a task" it is said.

Accordingly, a number of experts have recommended their methodology to develop resilience in students. But nowadays, little attention is paid to general resilience in the preparation of students. First of all, it is necessary to properly distribute sports loads from childhood, and pay great attention to the development of general endurance. In order for a person to be resilient, it is necessary to achieve good development of various systems in the body.

In order to develop general endurance, they suggest using a variety of training methods and variations. Special endurance sports (athletic, wrestling and hakoza) are performed depending on the demand.

LITERATURE ANALYSIS AND METHODOLOGY

To search for ways to regularly improve the training process at various stages of the training of young athletes in our country, to determine the most effective methods of forming the knowledge and skills of the participants, and to maintain the leading position of Olympic sports in our country in the world arena and increase is one of the urgent problems. That is why it is of particular importance to train athletes from a young age to develop vital movements and skills, and to develop their physical qualities.

It is reflected in the scientific research of our country's scientists in the education of physical qualities of schoolchildren by the scientists of our country.

As a result of studying the scientific and methodological literature of famous scientists, it became clear that a number of researches were conducted to improve the technical and physical fitness of female students. In particular, it is reflected in the scientific and methodological works of F.A. Kerimov, R.S. Salomov, Yu.M. Yunusova, R. Kudratov, M. Olimov.

The purpose of the study. Development of general endurance quality in 14-15-year-old children.

During the work, the following tasks were solved:

1. Studying educational literature and normative documents of our republic;
 2. To determine the general endurance of schoolchildren;
 3. Identify ways to study the interrelationships between physical work ability and endurance;
- Physical development of 14-15-year-old boys does not grow evenly according to various indicators. It was found that the body length and weight of students increased during the studied period.

Level of physical development of 7-8 graders ($p \pm 120$)

Table 1

Age	Gender	Body length		Weight	
		Experimental group	Control group	Experimental group	Control group
7th grade	Boys	142,0	142,0	28,6	28,6
	girls	129,2	129,2	36,3	36,3
8th grade	Boys	150,0	148,6	39,3	39,5
	girls	149,0	147,5	39,3	40,2

According to the average arithmetic value of these indicators, the height in the 7th grade is equal to 142.0, and the weight is equal to 28.6. In the 8th grade, the height of boys was 150.0, while that of girls was 149.

Results shown for 1600 m and 6 min run ($p \pm 120$)

Table 2

Age	Gender	1600 m		run for 6 minutes.m	
		Experimental group	Control group	Experimental group	Control group
7th grade	Boys	15,19,00	14,50,00	1050	1050
	Girls	15,19,00	14,50,00	850	850
8th grade	Boys	11,2,00	10,94,00	1200	1060
	Girls	15,2,00	14,70,00	1050	900

As can be seen from Table 2, the preliminary results of the physical fitness control group of students aged 14-15 years mean arithmetic mean value of the students' 1600 m run is 15.79, while in the control group it is 14.50 .

The root mean square value of these indicators corresponds to 0.3 in the 1600 m run and 3.9 in the 30 m run. Also, if the root mean square value is equal to 5.5, the error of the arithmetic mean value is equal to 9.9.

CONCLUSION

When improving the training planning of 14-15-year-old athletes aimed at developing endurance skills, it is necessary to take into account the duration of work in the specified load zone and the time of recovery of athletes to the working zone and the time of returning the body to its initial state.

When taking into account the amount of loads given in the training, it is advisable to carry out the loading capacity in separate zones and on a mixed scale that takes into account the time of performing the exercises and their physiological stress.

In the process of applying the recommended methodology, it is necessary to systematically monitor the condition of young athletes and make decisions based on the results of the control.

The above-mentioned are some of the simplest tests adopted to determine and increase endurance, and they basically relieve all the research that is done. These tests can be recommended for use in all educational institutions.

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