

WAYS OF USING MODERN TECHNOLOGIES IN TRAINING QUALIFIED ATHLETES

Karimov Davron Akulovich

Associate Professor at Jizzakh State Pedagogical University

E-mail:davron196901@gmail.com

ABSTRACT

This work broadly covers the topic of "Ways to Use Modern Technologies in Technical Training of Qualified Athletes". Based on modern approaches, historical characteristics of the development of physical education and sports, methods for increasing the effectiveness of training and control issues have been developed. In conclusion, recommendations are given on the use of pedagogical technologies in lessons.

Keywords: Qualified, athlete, technical training, modern technologies, physical education, sport, lecture, lesson.

INTRODUCTION

Modern education system basically high qualitative and high technological environment organization It is enough . creation and development technician in terms of complicated , but like this environment education system to improve , in education information and communication technologies current to reach service does . Uzbekistan Republic The President of Uzbekistan Republic community education information network organization to grow regarding " PK-191 dated September 28 , 2005 " decision also Uzbekistan Republic Ministers Court Computerization and information and communication technologies development according to Coordinator Council meeting No. 22, June 20 , 2008 to the story appropriate working issued It is a lesson . of institutions study on schedule being taught of subjects information technologies through of teaching modern from the methods wide use possibility gives.

Research purpose

Young people upbringing and to them modern knowledge of giving adjective increase also our society for perfect person shaping education system the most main from the goals is calculated . Continuous education in the process take going on all movements this the goal to practice on the rise important . Updated in education student's in the heart cast iron to the flame to take it , to take it every support developing , from knowledge to knowledge leading take exit for modern lessons It is necessary.

Modern lesson like that Darsky , then teacher student's available from the possibilities mastery with using it , its mental potential to work put it in the fridge provides . Student yes own next knowledge deep will adapt and spiritual perfection yellow He walks .

Physical education in the lessons high to the fruit to achieve , only lesson right organization to do and modern information means effective species wide support in return to practice increase possible .

So today's during the day physical culture lessons modern from the students come out new pedagogical and information technologies based on in case organization of reaching effective methods support current from issues one is calculated .

This topic from the surface from work goal and duties , " Athlete's physical technician and tactical " Preparation " module according to of students deep and modern to knowledge owner to be supply , modern new pedagogical and information technologies effective methods study also scientific from the foundation phrase to the goal achieve on the road the following task as we got :

- scientific and methodological , information and internet resources study and analysis to do .
- modern to teach and advanced foreign experiments , and information technologies teaching to the process application to grow methods lighting .

" Qualified " athletes technician to prepare modern from technologies use " roads " module according to in training of students theoretical and practical knowledge and skills to shape , their to training happened interest to strengthen and modern information technologies through module materials to assimilate level increase of the work practical importance is considered

This duties in practice to fulfill every one education of the institution directness duty Education - upbringing to the process pedagogical technologies successful in the news application to grow every one science teacher's special knowledge and to skills also pedagogical in practice necessary what happened methodical to prepare owner to be request It is enough . In this place emphasis necessary , pedagogical technology of the term itself yes this industry according to research take went every one scientist own point from the point of view come out in case definition For example : " Pedagogical technology psychological and pedagogical teachers sum forms , methods , techniques , teaching ways , educational of the means special is a collection of . The same At the time, he was a teacher. process organizational methodical factor yes " (V.Likhachev).

Pedagogical technology – education process to practice increase meaningful technique , Pedagogical technology-planned education to the results achieve process description .

Pedagogical technology-student and teacher's to them necessary conditions creation through study process planning , organization to grow also to conduct according to them pedagogical of activity every support thought " Pedagogical model " technology - pedagogical to the goals in reaching used personal facilities , equipment and methodological in vehicles in practice to be systematic sum and order " It says " (MVKlarin).

" Pedagogical technology-itself various authors (sources) all definitions content covering recipient content generalization "(GKSelevko) . Thus so , this from definitions apparently for now this to understand complete and only definition acceptance not done . " Pedagogical technology-education shapes optimization for the purpose education and knowledge to assimilate in the process person authority and technician resources support theirs each other the impact to clarify possible given systematic methods is a complex . The athlete technician skill improvement process main means from below phrase .

1. Sports type technique basically specialized movements - styles high stable and definitely on the border variable in case to complete achieve .

2. Competition activity to the goal appropriate effective in case to practice on the rise studied styles gradually technique basically rotation .
3. Athlete individual characteristic look , move the impact structure , dynamics , kinematics and rhythm improvement .
4. Athlete extreme competition in the conditions , the technique perfection and the result increase
5. Athlete technician skill , sport of the operation to the student and scientific and technical to the indicators depending on improvement to the indicators depending on improvement .

Research organization to do styles

Scientific research and observations this shows that if physical exercises of sport separately to the type pertaining to if and this exercises gradually repeatedly if it is , it is situation children's one support growth , development take For example , regularly stone lift or barbell with occupation child body and neck without growing to put possible . Sports of species complicated technician base available when yes , especially sports games , gymnastics , solo wrestling - these child to the organism , their harmonic growing to grow up positive impact does not show . Child Are you organized? physical of exercises one how many species or set (group) exercises with the help of every support development possible.

Person physical culture shaping in the process practitioners movements and them with related knowledge just adopted without leaving , on your own physical abilities yes are developed .

Current on time human movement opportunities description for " Physical abilities " and " Physical from the terms "adjectives " These concepts are used known in the sense similar in case , but one kind are not .

Unfortunately , in the literature this of understanding definition and each other connection about somewhat opposite – against thoughts meeting possible . For example , GGNatalov one in case physical abilities of the organism movement in the activity participation leading also his/her impact designated functional systems of dignity invisible to be shapes in the capacity of It is understood that A.P. Matveev , in particular , in the activity to practice increased and basically physical adjectives organization leading to a person special opportunities in view is captured ; thirdly , abilities when the organism spiritual physiological and morphological to the characteristics based developed congenital ability targets understood

Research Results and Discussion

Technical preparation athlete movements to the technician teaching and them perfect to the extent to deliver blackened will be . Sports technique sports movement to fulfill way It is an athlete's own psycho-physical from the possibilities use efficiency certain level with separated It stands .

Any kind sports in various types sports technician importance one kind not . To himself special sports to the technician owner happened sports of species four group is distinguished :

1. Speed-to-strength based on types (sprinter) running , jumping , jumping , heavy athletics and etc.). This sports in various types technique like that directed , that's why sprinter competition of the exercise leader in stages , for example , running , long distance and to the

height in a jump push in the hammer , javelin , discus and etc. in communication finalist movements while doing the most power also fast the tensions develops to receive necessary .

2. Endurance demonstration to be completed demand doer sports types (long to distances running , skiing race , bicycle sports etc.).

3. The main thing movement art organization provider sports types (gymnastics , acrobatics , water jump and etc.) Technique athlete of actions beauty , expressiveness and accuracy providing to give necessary .

4. Sports games and wrestling types . Technique competition of the struggle always changing standing in the conditions to the athlete high efficiency , stability and of actions serfdom providing to give necessary .

Athlete technician preparation this one with separated It turns out that it is domesticated. movements successful can and theirs technique having received . Technical of preparation enough high level technician are called skills . Technical of skill this indicators technician of actions very big reserve happened sports in various types – sports games , wrestling types , gymnastics , figure flying - especially big importance owner . Sports to the technician ownership to do efficiency sports movement technician individual optimal to the option proximity level with is determined . The technique efficiency one how many method with will evaluate : a) him/her somehow biomechanical standard with comparison .

CONCLUSION

Qualified athletes technician to prepare modern from technologies use roads the subject of education theoretical basics priority directions , education developmental types , sports types and educational and pedagogical and scientific world to look to development related information , analysis the results , this industry of representatives scientific search results and conclusions deep learned in case We formed . Every one lesson for goals definitely marked to be taken condition ; any one lesson modern pedagogical technology basically to be killed necessary ; any one lesson for separately four kind complexity at the level of control assignments structure necessary ; lesson students from knowledge come out in case organization to grow necessary ;

Conclusion as said if so , in the lessons of education modern shape and methods support of students conscious , fast , deep in their thoughts big role plays . Also teachers pedagogical technologies to own , to own in their activities in practice productive easily the bears education , adjective and to efficiency achievement , competitor personnel to prepare guarantee if possible owner We will be .

REFERENCES

1. Uzbekistan Republic « Physical education and sports about » The law Tashkent , September 4 , 2015 .
2. Uzbekistan Republic The President's decree of June 3, 2017, " Physical education and public sports further development measure – events " About " number PQ- 3031 decision « Uzbekistan " Ovoz " newspaper , Tashkent, June 4 , 2017 .
3. Yarashev K. D. Physical education and sports management.Training application Tashkent This Ali Ibn Sina on behalf of medical horse Publisher : 2002.

4. Yunusova Yu.M. Theory and methods of physical culture. Study guide T oshkent UzG about sIFK 2007.
5. Solomon R . S . Sp o rt to be busy n a z a riy a s o sl a ri . - T o shkent . O'zDJTI , 2005 .
6. M a hk a m dzh a n o v K. M. Physiology of the disease Tashkent , Faculty " Economics - finance " 2008 - 300 p .
7. Matveev L.R. Theory and methods of physical education Moscow Physical education and sport 2005 .
8. G o nch a r o v a O. V. Y o sh of the athlete What is the body ? abilities development . education q o' ll a nm a. To shkent , O'z DJTI , 2005 -171 p .