

PHYSICAL QUALITY INDEX OF ATHLETES

Atajonov Muzaffarbek Ulug'bek ogli
ASU, Teacher in the Faculty of Physical Culture

ANNOTATION

The article provides information about the physical qualities of athletes, qualities inherent in athletes: strength, endurance, agility, agility and flexibility.

Keywords: athlete, physical attributes, strength, endurance, agility, agility, development.

INTRODUCTION

The development and improvement of the qualities of strength, endurance, agility, agility and elasticity, which are characteristic of the physical qualities of athletes, is the basis of sports preparations. The basis of the general physical training of athletes is increasing the functional capabilities of the functioning organism, improving its physical qualities and eliminating defects in the physical development of the organism of young athletes, formation of movement skills and abilities in accordance with the type of sport and development of physical qualities, improvement of the activity of muscle groups participating in the, it is carried out in the processes of training to ensure that the organism quickly passes the recovery processes, which is to increase the ability of the body to withstand high physical loads, eliminate the effects of sports competitions and physical loads.

Physical abilities of athletes, their physical qualities and their compatibility, the main factor developing physical abilities is the set of physical movements that are considered, their mode and mode, the stages of development of physical abilities, the alternation of stages, unevenness, repetition, migration of physical abilities, the degree and unity of movement skills with physical abilities, the regularity, consistency, compliance with the development of physical abilities,, it is the duty of the coaches to follow the principles of development, compliance. At the same time, taking into account the age characteristics and individual aspects of the development of physical qualities, the methods of upbringing qualities of endurance, agility, flexibility and agility are covered. In the development of strength qualities, the features of children's muscle tissues, musculoskeletal systems and the improvement of their physical abilities and posture in accordance with the type of sport are carried out in trainings.

Stages of development of physical abilities the methodology of increasing the level of development of acquired physical abilities, achieving maximum indicators in the development of abilities, analyzing the degree of decline in the indicators of development of physical abilities and organizing sports activities in accordance with them, the control of the uneven course of development of physical abilities and the analysis of test tests and indicators in the Prevention of adverse effects the conduct of controls is considered to be the AOS of the activities of trainers. Qualities of power and methods of its development. Strength ability and concentration of its individual, gender and age characteristics are in accordance with physiologic medical indicators, the degree of manifestation of strength is in accordance with the shape and location

of muscle tissue. The main divisions of muscle tissue can be divided into muscle groups of the neck, arms, chest, front and back, abdomen, legs.

Strength is the account of muscle tension, aimed at overcoming external influences of the body. These muscles can also be called the mode of work. Muscles function in a tense, without decreasing or stretching and changing their length during physical movement. Individual strength, manifested in the course of static and sluggish movements of the muscles, differs in the abilities of rapid force, which arise during the execution of fast movements with great force. The condition for the manifestation of great force in a short time of rapid force is explosive force and its manifestations are different. Also, the indicators of the manifestation of strength in overcoming the external influence of athletes are called absolute strength, and the distribution of these indicators to body weight is called Relative Strength.

From the tools and techniques of developing strength abilities, exercises related to external resistance, exercises related to overcoming their own body weight, isometric exercises are studied. In the sentence of exercises related to external resistance, it is possible to include exercises with weights, exercises on the simulator, as well as exercises with the help of rubber expanders. Exercises with body weight are planned in the form of performing various physical movements. In isometric exercises, the muscles are in a state of static tension, and with weight, the exercises are performed with the help of dumbbells.

Forms of activity of muscles in harmony with each other synergistic muscles as well as the definition of antagonistic muscles involved in the provision of counter-productive activity, as well as the methods of their development are the maximum attempts, attempts Without Borders, isometric attempts, Isokinetic attempts, dynamic attempts and methods of accelerated attempts, the use of strength exercises in the bun, the, extensive use of all types of sports movements, swimming, movement and sports games, cross-country skiing, tourism and travel classes, and methods of solo training will also be of great importance in ensuring muscle activity and in the development and improvement of physical qualities.

Speed and methodology of its development. It has the ability to accelerate and its physiological basis, simple and complex reactions, aspects of the speed trait and the requirements and laws of their development. Speed is the ability to perform movements with great speed in a short time. Agility differs in the ability to quickly perform an action, to quickly engage in movement, to perform an action at the maximum speed, as well as to quickly identify movements. Obtaining an initial speed, changing the forms of motion at a speed, achieving a high speed during movement is also carried out with the help of the ability to accelerate.

The physiological basis of fastness is intuition through an analyzer about movement, the command from the central nervous system to the muscle tissues consists of contractions to perform movements of muscle tissue.

Rapid movements are carried out on the account of simple and complex reactions. Normal reactions are a response of the athlete's organism to a previously known signal. A complex reaction is a response of the central nervous system and base movement of the athlete to an unknown signal, preparation and response of the musculoskeletal system. In simple reactions, a single speed of movement is required. In complex reactions, the speed of selection and the speed of changing movements will be important.

In physical training and sports training, strength training is also required to perform movements quickly and correctly. Bunda Fast-Power attributes play an important role. +ability to run iska distance, fast speed in case of rapid attack in sports games is necessary. All exercises in other movements and sports are carried out on a fast-acting-strength training. The main conditions for developing agility are the formation of the ability to perform movements and physical exercises until the speed barrier.

Also it is necessary to use a wide range of exercises to relax the tonus of tense muscles during movements in a timely manner. In order to develop the ability to accelerate when running for a short distance, it is important the length of the running distances, the number of repetitions of the exercise, the effectiveness of the movements, the range of rest, as well as the exercises to relax the muscles.

Speed-when educating the quality of power, great attention should be paid to the performance of movements in the influence of speed and strength. Nevertheless, it is necessary to achieve the performance of the exercises with the help of not heavy loads and rubber expanders.

Dexterity and methods of its development. Dexterity is an opportunity to perform a set of actions quickly and efficiently and harmoniously. Dexterity is the ability to depend on the compatibility of technical, tactical and physical preparations of athletes. These will consist of the compatibility of the control forms of the nervous system with the account of the contraction of the muscles, the compatibility of the contraction of the muscular system in the state of response to the impulses of the nervous system, the external impact and forms of movement of the space and time unit of the body parts, as well as the

In the management of the musculoskeletal apparatus, it will be important to concentrate and coordinate attention on the movements of parts of the body and joints, overcoming the boundaries of the possibilities of the organism, innate and increased elasticity of the muscles. During sports training, agility is manifested as an important virtue. In its reflection, along with technical, tactical and physical training, the ability of the athlete to manage his movements and avoid space and time plays a key role.

REFERENCES

1. Abdumalikov R., Jismoniy tarbiya va sportni boshqarishning nazariy asoslari. O'quv qo'llanma, -T., O'zDJTI nashriyoti. 1996 y.
2. Усмонхўжаев Т.С., Жисмоний тарбия ва спорт машғулоти. Тошкент. “Ўқитувчи” 2005.
3. Керимов Ф.А. Спорт соҳасида илмий тадқиқотларни олиб бориш. Т.2005.