



THE IMPORTANCE OF THE METHODS USED IN THE DEVELOPMENT OF PHYSICAL QUALITY OF BEHAVIOR OF INVADING ATHLETES CARRYING OUT HARD WORK

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Annotation: This article describes the process of sports training, the tasks assigned during training, the importance of the given tasks, the correct assignment of tasks. In the process of writing the work, special exercises are performed according to the plan and the practice, the processes of influence of methods in the training process are correctly indicated. The methods used to develop behavior skills in the organization of training are widely covered.

Keywords: physical activity, methods of organizing training, the process of physical activity, performing activities, physical exercises, movement techniques.

Currently, we are the head of the country for the development of physical education and sports. Much attention is paid by Mirziyoyev and our government. In his speeches at the international scientific conferences held, our president paid attention to the issues of further development of the field of modernization of all spheres in our country. An important place in the development of the industry is occupied by the fact that radical reforms are being carried out in every sphere in our country.

Consequently, it will be necessary to form a system and methods of training competitive athletes, create and use innovative technologies. These problems, in turn, focus on the importance of training highly qualified personnel in the field, organizing training and competition processes on a scientific basis, expanding the scale of growing talented athletes. As a result of the absorption of physical education and sports from school education to young growing students, the sports of our country in the future will become energetic, vigorous and healthy in every possible way. Decree of the president of the Republic of Uzbekistan on the establishment of higher master sports schools № 2438 dated November 23, 2015. In Tashkent, the Republic of Karakalpakstan and all regions of Uzbekistan during 2016 -2020, 14 higher master sports schools will be organized. This is provided for by the decision signed by the president of Uzbekistan on November 23. The decision was made in order to create an effective system for training athletes of the international level who are able to adequately defend the honor of Uzbekistan at the Olympic and Asian Games of world sports venues, world and Asian Championships, other international competitions.

On the basis of new schools with modern equipment and equipment, training camps of national teams and their reserves are held, as well as national and regional sports competitions.

The specialization of schools reporting to the Ministry of Culture and sports of Uzbekistan is determined by "sports schools and traditions formed in the regions, the composition of coaches and teachers, and the achievements of sports".

The contingent of higher skill sports schools is organized by the main composition of the national teams in sports and their reserve athletes, who live for free and are provided with four meals, as well as sports uniforms and equipment.

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with a highly qualified coaching staff with the involvement of professionals the task of filling is assigned. On these tasks, the implementation of great works and achievements is ensured in our republic. Therefore, in the process of training in BOJM schools, invading thrower the following usils are best used by sports enthusiasts in order to organize their physical qualities of behavior. The following methods of organizing and flirting with athletes of physical activity have a positive result. These methods constitute the following.

These are:

1. Invading throwing athletes are a frontal method of organizing physical activity.

This method requires all invading throwing athletes in the group to perform training at the same time. The advantage of this methodology is that all invading athletes are equally covered to perform the exercise and that they are occupied by birvarakayi, a high intensity is achieved in the training and that the pace, intensity and meoyori of the load are one for all. This methodology is widely used mainly in the preparatory and finishing parts of a sports training session, mastering new material, improving it.

2. The method of continuous Organization of physical activity of invading athletes. The turn of performing the exercise is manifested in the way of full execution of movement activities in order to achieve high density, without explanations, adjusting the methodological blinding to the rhythm of the execution of the movement and not stopping the group to correct errors. The advantage of this usul is to achieve the uniformity of the loading norm, its size, intensity for all invading athletes in the group (regardless of physical fitness). With this, it is possible to assess the general physical fitness of invading athletes, especially for the throwers themselves, to compare, compare the level of their own mobility opportunities in relation to their peers. Basically, the preparatory, finishing parts of the training, as well as the mastering of the new material are more often used in the main part of the training that has begun.

3. The content of the method of grouping invading athletes in order to develop the physical quality of behavior is to divide a large number of groups of invading athletes into small, small groups, with physical development, physical fitness, a variety of tasks set in the exercise, taking into account the equipment required to solve it. It is used from the methodology mainly in the main part of the training.

The methodology for organizing the activities of invading throwing athletes, dividing them into small groups, makes it possible to engage in the training process, taking into account their physical development, physical fitness. This in turn creates advantages such as taking into account the physical capacity, in accordance with the strength of the training process, and saves the time spent doing the exercise. Each group is directed to the solution of an independent, separate task with the assignment of a coach. This methodology imposes on the teacher the training of a small group Activist, aware of the techniques of the subject, prepared in advance, who can act as a leader for each group.

4. The method of one-on-one organization of the activities of invading throwing athletes is mainly used after completing the plans in the training schedule. One-on-one organization of the activities of invading athletes is obliged to be able to provide the throwers with technically certain theoretical and practical knowledge, to ensure the safety of themselves and their groupmate, to be able to show the exercise, and most importantly to be a pre-trained exercise technique for those who are being mastered, introduced, subjected and improved. In addition, in some classes, tasks are given for each invader from subjects or exercises that he did not have time to master during the school year.

This method is widely used mainly to verify that the throwing behavior technique is in an improved state.

The above-mentioned forms of training give a huge positive effect to every coach and athlete in the process of training, constantly checking the physical qualities of the athlete and his physical condition.

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