www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

THE IMPORTANCE OF COMPETITIONS IN THE TRAINING OF YOUNG PLAYERS

Bobomuradov Sabitjon Erkinovich

Associate professor of the Department of "Physical Culture" NavDPI

Annotation: This article provides theoretical information and practical recommendations on the importance of general and special physical training in the physical training of young players.

Keywords:General physical training, special physical training.

INTRODUCTION: Currently, many works are underway to develop all kinds of sports in not only developed, but also just developing countries of the world. As a result of scientific research by experts in the field of sports, innovations in physical education and sports are created Day by day, and as practical evidence of these scientific research, it is carried out every four years examples of record results in the upcoming Olympic Games and World Championships can be found.

To achieve such high results, not only the work of the athlete, his jam, doctor, psychologist and the role of the created conditions in society are invaluable. Of course, the services of scientific research in the field of Physical Culture and sports to achieve such results in sports are very high, because without the new methods and tools created by them, it will be difficult to achieve such results. Each country uses various tools and techniques of physical education and sports to shape the population of its society as healthy and physically fit. Of course, the starting point of this process will depend on the correct and appropriate transportation of physical education and sports clubs of preschool and school age.

In this process, the development of wellness and physical fitness is determined as the main task. At this point, inconsistency occurs when performing such tasks.

An employee of the physical culture of the Russian Federation, who served this situation,was a corresponding member of the International Academy of educators, professor Yu.I.Yevseyev's specialty is non-physical culture in higher educational institutions, which were written for their students, the definition he gave to human health refers to the fact that “physical fitness”is a ningyukori is not a guarantee of Health. It can be seen from this that the requirement arises to organize training, using correctly the tools and techniques used to train any type of activity, especially the younger generation, as a healthy person through physical education and sports and as a holder of high physical fitness. Knowing the preliminary rules appropriate to the tasks set to achieve this, as well as the unity of the general and special training of the athlete, relevant for an effective solution, we believe that studying the principles is one of the current issues.

1) to study the tasks solved by general and special physical training in the training of the school sports club.

2) to determine the principle of unity of General and special training of the Athlete, its function in the training of the school sports club and to develop the necessary recommendations for their correct solution.

Schoolsport circle training is the main form of extracurricular activities, this activity is carried out in the second half of the day, when physical classes in a comprehensive school are completed. The school sports clubs are a training process that takes place 2-3 times a week for 60-90 minutes in the chosen sport.

www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

When conducting this training, it is envisaged that sports coaches will give a positive result when the athlete approaches the principle of unity of general and special training with a special emphasis. The principle of unity of general and special training of the athlete, among all the remaining principles, serves to effectively solve certain problems in the process of performing tasks in physical education and sports. The yield to this principle itself can be taken as follows.Specialization in sports that is, a greater approach to special physical training does not negate the all-round development of the athlete. But only on the basis of a general upgrade of the functional capabilities of the body, the comprehensive development of physical and mental abilities, will as much Achievement be achieved as possible in the chosen sport. In the implementation of such tasks, general physical training exercises have a high effect.

The use of special physical training to develop some physical quality or physical fitness in school sports club training e.g.: in the school football Sports Club, a special exercise to develop the physical qualities of agility and agility makes short-distance transmission a special exercise and maximum running by hitting the ball on the ground to educate agility is an example. But in order to perform these exercises in the groin, we are required to have a developed quality of strength and strength, as well as flexibility. If any of the physical qualities are more than one, there will also be problems with the physical qualities left over and the execution of the exercise technique. By carrying out these two physical preparations using the principle of unity of the general and special training of the athlete in the training process, we observed Football Sports Club training as a result of a study conducted for 1 year to students of Secondary School No. 10 in Namangan, Namangan region of the Fergana Valley.

We consider that the main reason for the equal development of the level of physical fitness and health of children engaged in this school sports circle is the high importance of the principle of unity of the general and special training of the athlete when conducting training.

Conclusion: When solving the tasks for physical education and sports activities, which are carried out as a result of studying scientific and methodological literature and observing the process in practice, it can be seen that the first task negates the second. As a result of the lack of a positive approach to the principles of physical education and sports, the level of health of young athletes, we can witness that it is causing increased physical fitness or vice versa.Training is carried out based on the purpose and tasks of conducting school sports clubs, and when conducting this training session, it is envisaged that a suitable principle (prinsp) will be determined for it.

REFERENCES:

1.R.S.Salomov cport training theoretical fundamentals ofcommandpublic publishing and Printing Department, 2005 Y P. 87.

2.R.S.Salomov. Theory and methodology of physical education. Textbook-Tashkent 284 b.2014.

3.A.Abdullayev, R.Rasulov, A.Khasanov-extracurricular activities from physical education in general secondary and vocational education systems –T.: 2009. -200b.

4.E.Ya. Bondarevisky, co. X.Khankeldiyev. Physical fitness of the student youth. Medicina-T.: 1986.-204. b.

5.A.Abdullayev, Sh.X.Khonkeldiyev Physical Culture and methodology. Textbook for undergraduate students.- T. 2016. -470.b.

6.P.L.Matveev .Theory I methodology fizicheskoy kulturq. Uchebnik dlya institutov. Fiz. culture. M. FIS, 1991g.

www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

7.F.A.Kerimov'scientific research in the field of Sports". Tashkent. "Dice pen" -2004.-447.b.