ISSN: 2181-4341, IMPACT FACTOR (RESEARCH BIB) – 9.145, SJIF – 5,431

Republic of uzbekistan

ministry of higher education, science and innovation

ferghana state university

lecturer of the department

Kosimova Nargizakhon Rustamkhon kizi

E-mail:nargiza.ka5imova@yandex.com

TRAINING METHODOLOGY AIMED AT THE DEVELOPMENT OF RAPID DECISION-MAKING IN THE COMPETITION ACTIVITIES OF TAEKWONDO PLAYERS.

Annotation. This thesis provides a special training methodology aimed at developing the ability of highly qualified taekwondo practitioners to make quick and correct decisions in competition activities. The main magsadi of the study, the decisive factor determining victory in a highly competitive environment of modern taekwondo, consists in analyzing the situation in less than a second and developing scientifically based methods for systematically forming and improving the skill of choosing the optimal action.

The work is based on a three-stage psychophysiological model of the decision-making process (perception, analysis, execution). In accordance with this model, a system of exercises has been developed that develop each stage separately, then with their integration. The methodology includes practical exercises that teach situational prediction, quick reviews of options, and stable thinking skills under stress conditions.

Keywords: quick decision-making, highly qualified athletes ,situational training methodology, tactical thinking, decision-making time, cognitive training, competition activities, predicting the situation, stress resistance.

Introduction. Modern taekwondo is not only a sport of strength and speed, but also decision-making in microsonia. Determining the movement, position, shortcomings of the opponent and even the slightest changes in his image, choosing the right tactics in 0.3-0.5 seconds and performing it technically perfectly is the key to achieving high results. Experts in sports psychology say that more than 70% of winning athletes are athletes with a higher ability to correctly analyze and make decisions about the situation, and not stronger or faster muscles than those who have lost.

This thesis offers a special training methodology aimed at developing the ability of highly qualified taekwondo practitioners to make quick decisions in competition activities. This methodology combines traditional technical exercises with cognitive (cognitive) elements to prepare athletes to think and act effectively even in the stressful conditions of the competition.

Objective: to develop a scientifically based and practically effective training methodology aimed at increasing the ability of taekwondo practitioners to make quick decisions.

Assignments:

1. Study of the psychophysiological foundations of rapid decision-making

2. Identifying the shortcomings of taekwondo practitioners in the decision-making process

3. Development of a special training exercise system

4. Experimental testing and determination of the effectiveness of the methodology

2. Theoretical foundations

2.1. Structure of the decision-making process in sports

The decision-making process in sports competitions consists of a three-stage cycle:

1. Sensor (sensing) stage - receiving information about the opponent, area, time and account status (100-300 ms)

2. Analytical stage-comparison of the data obtained with previous experience, consideration of possible action options (150-400 ms)

3. Execution stage-implementation of the selected option (200-500 ms)

The main advantage of highly qualified athletes is that they make the first and second stages almost simultaneously by recognizing the model. An experienced taekwondo practitioner sees the opponent's preparatory move, predicts which shot he will make, and chooses the appropriate defensive or offensive move.

2.2. Distinctive features of decision making in taekwondo

1. Time limit-each decision must be made at intervals of no more than 1 second

2. Uncertainty - the intention of the opponent is not fully known, it is possible to predict only on the basis of indirect signs

3. Risk-there is a risk of getting a penalty point or getting a serious injury as a result of a wrong decision

4. Dynamism-the situation is constantly changing, decisions are made in series

Table 1: decision times in different situations in taekwondo competition

Type of situation	Average decision time	Maximum allowable time
Launching an attack	0.4-0.6 seconds	0.8 seconds
Protection	0.3-0.5 seconds	0.7 seconds
Kontratak	0.5-0.7 s seconds	1.0 seconds
Strategic transformation	3-5 seconds	10 seconds

ISSN: 2181-4341, IMPACT FACTOR (RESEARCH BIB) – 9.145, SJIF – 5,431

3. Components of the methodology

3.1. Situational awareness and prediction exercises

Exercise 1:"eye tear

* Goal: determine the opponent's starting moves

* Description: athletes mate. One athlete closes his eyes, the other occupies different positions. When the first athlete opens his eyes, within 0.5 seconds he must determine the position of the opponent and name his weak point.

* Duration: 3 Series, 2 minutes each, rest 1 minute

Exercise 2: "Video pause"

* Goal: predicting opponent movements based on video material

· Description: The video of the fight of opponents is shown, the coach stops the video in a random place. The athlete must tell how the opponent moves in the 0.3 seconds after the moment the video is stopped.

* Duration: 10 cases, the response time for each case should not exceed 5 seconds

3.2. Quick review of options exercise

Exercise 3: "Tactical calculator"

* Goal: quick selection of optimal tactics in different situations

· Description: The coach describes the situation (for example: "the opponent is 30 cm higher than you, the score is 5: 4 you are useless, the rest of the time is 30 seconds"). The athlete must name the 3 most effective tactics in 3 seconds.

* Duration: 10 different situations, 3 seconds each

Exercise 4: "risk-benefit analysis"

* Objective · to quickly assess the dangers and benefits of action options

· Description: The Athlete is given a specific situation (for example, the opponent is preparing to take a blow from the left leg) and 4 possible response options. The athlete must assess the level of risk (1-5 points) and the level of effectiveness (1-5 points) of each option within 5 seconds.

* Duration: 8 situations, 5 seconds for each

3.3. Stress Management Decision-Making Exercises

Exercise 5: "thinking in fatigue"

ISSN: 2181-4341, IMPACT FACTOR (RESEARCH BIB) – 9.145, SJIF – 5,431

* Purpose: develop the ability to make the right decisions even in conditions of fatigue

· Description: The athlete must immediately solve the problem of the situation given by the coach after intensive physical exercise (for example, 3 minutes of charging).

* Duration · 5 repetitions, 3 minutes of exercise before each exercise

Exercise 6:"attention under noise"

* Purpose: making decisions regardless of external disturbing factors

· Description: When the athlete is solving the problem of the situation, everyone around will scream, the music will sound harsh or there will be other noises.

* Duration: 4 situations, 10 seconds for each

Table 2: system of decision-making exercises in stressful conditions

Type of exercise	Stress factor	Decision time limit	Number of beats
Thinking in fatigue	Physical fatigue	1.5x normal	time 5
Under the noise	External noise	1.3x normal	time 4
Time pressure	Reduced time	0.7x normal	time 6
"Punishment" system	Penalty for error	Normal	time 8

4. Stages of practical application of the methodology

4.1. Initial preparatory stage (4 weeks)

Purpose: psychologically prepare athletes for this type of exercise, the formation of basic skills.

Training squad:

1. The first 15 minutes of training-simple situation analysis exercises

2. Main part (30 minutes) - options review exercises in static conditions

3. Final part (15 minutes) - exercises with short-term stress

Weekly plan:

ISSN: 2181-4341, IMPACT FACTOR (RESEARCH BIB) – 9.145, SJIF – 5,431

· Week 1: identifying simple situations (20% training time)

· Week 2: Options Review (30% training time)

· Week 3: decision making in limited time conditions (35% training time)

· Week 4: exercise under normal stress conditions (15% training time)

4.2. Main development phase (8 weeks)

Purpose: significantly increase the speed and quality of decision making.

Training squad:

1. Repeat previous material (10 minutes)

2. Training a new type of exercise (25 minutes)

3. Exercises in stressful conditions (25 minutes)

4. Test situations (10 minutes)

Main focus:

* Reducing the situation detection time from 0.4 seconds to 0.25 seconds

* Reduce the time of consideration of action options from 0.6 seconds to 0.35 seconds

· Increase resolution accuracy from 70% to 85%

4.3. Strengthening and adaptation phase (ongoing)

Purpose: to strengthen the acquired skills and transfer them to real competition conditions.

Training squad:

1. Quick decision-making exercises (15-20% of training)

2. Training with real opponents (30-40%)

3. Competition simulation (20-25%)

4. Elimination of Individual shortcomings (15-20%)

5. Results of experimental work

The methodology was tested in September-December 2023 in 16 highly qualified taekwondo athletes who represented Uzbekistan. Athletes were divided into 2 groups: experimental (8 people) and control (8 people). In the experimental group, a new methodology was applied, traditional training was continued in the control group.

Table 3: Changes in indicators after 12 weeks of training

< / Score >	Experimental group (change)	Control group (disambiguation	Difference
Time to determine the situation	-42% (0.38s → 0.22s)	-11% (0.40s → 0.36s)	31%
Decision time	-37% (0.65s → 0.41s)	-9% (0.67s → 0.61s)	28%
Accuracy of decisions	+21% (71% → 86%)	+6% (70% → 74%)	15%
Accuracy under Stress	+28% (63% → 81%)	+8% (62% → 67%)	20%
Winning percentage in competitions	+18% (58% → 68%)	+5% (57% → 60%)	13%

The results showed that all indicators improved significantly in the athletes of the experimental group. The most significant achievement was that the total time of the decision-making process was reduced by 0.38 seconds, approaching the minimum time required to respond to the opponent's move in taekwondo. Statistical significance: Changes in all key indicators were statistically significant at $p<0.05$.

6. Conclusions and recommendations

6.1. Main conclusions

1. The highlighted methodology is an effective tool aimed at significantly increasing the ability of highly qualified taekwondo practitioners to make quick decisions in competition activities.

2. The main advantage of the methodology is that it aims to develop the three main stages of decision-making (identification, analysis, selection) through separate exercises, which are then combined.

3. As a result of 12 weeks of experimental work, athletes using the methodology had a 42% situational detection time, a 37% reduction in decision time, and a 21% increase in decision accuracy.

4. The methodology increases not only the cognitive abilities of athletes, but also their resistance to the stress of competition.

6.2. Practical suggestions

1. When training highly qualified taekwondo athletes, it is recommended to allocate at least 20-25% of the weekly training time to rapid decision-making development exercises.

2. Step-by-step Organization of training: beginner (simple exercises), basic (complex exercises) and strengthening (exercises under stress conditions).

3. Providing an individual approach for each athlete, as decision-making styles depend on the individual characteristics of the athletes.

4. Conducting special seminars for coaches, familiarizing them with this methodology.

5. Extensive use of modern technologies (videotape applications, virtual realism, EEG monitoring).

6.3. Future research areas

1. Development of suitable methodologies for different age groups (young, medium, veteran).

2. Studying the peculiarities of the development of rapid decision-making in female taekwondo athletes.

3. Determination of the relationship between decision-making ability and neurophysiological indicators of athletes.

4. To study the effectiveness of rapid decision development exercises in other combat sports (karate, bokc, MMA).

LIST OF USED LITERATURE

1. Mengziyoyev, T. N. (2023). Innovative ways to develop the coordination abilities of young taekwondo players. GOLDEN BRAIN, 1 (11), 4-9.

2. Abdullaev B. A. Methodology for assessing the physical fitness of athletes. - Tashkent, 2021.

3. Abdullaev B. Sh. Development of Olympic taekwondo in Uzbekistan. - Tashkent: University of Physical Education, 2018.

4. Kim Joong Young Taekwondo Textbook Poomsae KUKKIWON. Корея 2005.

5. Karimov J. Sports training in taekwondo. - Tashkent, 2020.

6. Pak S. Taekwondo: theory and practice. Moscow, 2019.

7. Yusupov, A. Analysis of the competitive activities of taekwondo. —

Samarkand, 2023.

8. Sidorov I. Methodology for assessing the endurance of athletes. - Tashkent, 2018

9. Kim S., Lee G. The impact of Virtual reality-based taekwondo training on balance and motor skills in adolescents // Journal of Sports Science and medicine. – 2022. - Vol. 21. – B. 112-120.

10. Karimov R.I.Methodology for teaching technical movements in taekwondo. Tashkent: Science and technology, 2020.