

Tenths and Lefties in Sports Games

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ABSTRACT: The phenomenon of "left-handedness-decadence" in human activity, including in various professions and sports practice, has become one of the most pressing problems today, and the possibility of symmetrizing the asymmetry of such actions has been studied by a number of specialists-scientists (V.I.Lyax, 2006; Ya.E.Kozlov, 2008; V.A.Moskvin, N.V.Moskvina, 2008; Sh.X.Israelov, F.A.Polatov, 2014; F.A.Polatov, 2017). The fact is that ten people cannot skillfully perform various movements (in professional or sports activities) with their left hand or left foot, while the left ones are the opposite. The asymmetry "let's go-left" is also clearly visible in the turn-and-turn movements to the right and left. Tenchays usually turn and rotate more easily to the left, and to the right-to the left, on the contrary, to the left. In addition, sports performed on the basis of hitting (volleyball, tennis, football, etc.) athletes who have been practicing for a long time feel certain pain in the joints of the leading arm or leg and the corresponding muscle fibers. That is why such athletes use warming drugs on their leading arm or leg in order to partially eliminate this pain before going to each training and competition.) drives. Therefore, in sports practice, the formation of "ten-Left" movement functions in a symmetrical order will not only reduce the effect of descending load on the leading arm or leading leg (prevent injuries), but such an approach will expand and enrich the range of technical and tactical skills of the athlete.

KEYWORD: sports games, players, right hand, left hand.

The purpose of the work is devoted to the study of the possibility of symmetries of movement functions "leftside-rightside", which are recorded in certain professional and sports games. The study involved highly qualified basketball players, professors and teachers of the Department of Informatics and information technologies of themselves (owners of professions working in computers) and schoolchildren aged 7-10 years.

Research results and their threat.

Studies in highly qualified basketball players have shown that running methods by hitting the ball with the right hand during competition games at ten athletes (who were not left-handed athletes) were 74.4%, while with the left-handed it was 25.6%. The effort to throw the ball into the basket with the right hand was 84.2%, with the left hand-15.%. Right-handed Ball transfer movements-recorded around 23.4%, the remaining ball passes were performed with the participation of two hands. Ball transfer movements with the left hand were not observed at all.

It is noteworthy that the asymmetry of movement performed with the right and left hands was also noted on the example of professors and teachers of the Department of Computer Science and Information Technology

of themselves, acting on the computer. From the results of the study, it was found that the examining professors performed the tasks of the computer of the specified complex faster and more accurately than the left hand in the right hand. Moreover right-hand pressing keys 0-9 and 9-0, and the output speed to the monitor is 2.20 ± 0.29 from left to right sek.ni the speed of pressing these numbers from the right side to the left and releasing them to the monitor was expressed in 2.34 ± 0.37 sec. Asymmetric difference 0.14 sek.ga became equal. The same movement functions are recorded when performed on the left hand pointers in accordance with the order 2.37 ± 0.26 and 2.53 ± 0.44 sek.ni organized. Characters that are more complex in relation to these tasks (a 101, V 201, S 301, D 401, E 501, F 601, G 701, H 801, I 901) are pressed with the right hand key, and the output speed to the monitor is 36.07 ± 5.29 sek.ni if it is established, then in the left hand-50, 63 ± 7.69 SEC. was recorded in the amount of. Asymmetric difference 14,56 sek.ga became equal. The speed of release to the Monitor by pressing the words "Intelligence, character, individually, personally, own character, with the keys on the right hand – 73.81 ± 9.51 SEC. in the left hand, if expressed by- 95.31 ± 26.41 second organized. Asymmetric difference 21, 50 second became equal. Separately, it should be noted that in the implementation of computer tasks in the left hand, not only the speed of movement was demonstrated at a relatively slow level, but also some errors in the Coordination of movement were noted. In order to further delve into the essence of the issue under discussion, we also took the asymmetry of the ten-left movements under study in schoolchildren aged 7-10 years. In the study, right and left hand forearm strength, right and left hand ball-hit running, basket throw (basketball), 10 m with right and left foot. innovative tests were used, such as a 1x1m2 target from the range-kicking a ball to the goal (soccer), rotating the body around its axis to the right and left sides. From the results of the study obtained, it turned out that asymmetry of the ten-left movements was more clearly noticeable in young children.

Conclusion.

The results of a study conducted by highly qualified basketball players, Computer-Aided professionals and 7-10-year-old schoolchildren made it possible to prove that a significant asymmetric difference between the functions of the ten-Left movement, regardless of age and profession, is noted. In the course of the study, some investigators were observed close to the phenomenon of (which works equally on both hands). The results of a 9-month pedagogical experiment on 12 ten-year-old children aged 7 years showed that regular formation of "ten-Left" movement functions in a symmetrical order over a long period of time can reduce the asymmetric difference between the movements of the right arm and leg, left arm and leg to a minimum. By the end of the experiment, the number of investigated people who became "ambidextrous" increased.

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