

BASES OF THEORY AND METHODS OF TRAINING ATHLETES

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ABSTRACT: The author of this article would like to once again draw attention to the basis of the theory and methodology of physical education and sports, it has always been relevant. The author describes in detail the types of the basis of sports training. We hope that readers and specialists are interested in this.

KEYWORDS: President, sports, physical education, coach, student, highest achievement, teacher, psychology, competition, stages, preparation, classification.

INTRODUCTION

The President of the Republic of Uzbekistan Shavkat Mirziyoyev September 20 in 2018, held a meeting on the development of physical education and sports. In his speech, the President said, "We are proud of our athletes who have made a huge contribution to increasing the authority and glory of Uzbekistan in the international sports arena. At the same time, not confining ourselves to successes in higher sports, we need to pay great attention to mass sports. " The meeting identified tasks for the development of physical education and sports.

It was instructed to dramatically increase the number of sports competitions at the district, city, regional and republican level, to encourage the winners and prize-winners with cash prizes at the expense of the Union of Youth and the makhalla.

There was a lack of qualified coaches, a low level of knowledge of the theory and methodology of physical education and sports in many sports. The President of the Republic of Uzbekistan instructed the Ministry of Physical Education and Sports to improve the training of coaches and the mechanism for issuing licenses to them.

The meeting also discussed the preparation for the Summer Olympic and Paralympic Games. Responding to these emotional appeals, the authors of these lines would like to share with you about the theory and methods of training athletes, by these actions to provide methodological assistance to young coaches of the Republic to achieve high sports results at the world level.

"Fundamentals of sports training" among the special disciplines is one of the main disciplines in the preparation of athletes for the professional activity of a teacher in physical education and sports. The discipline is aimed at mastering the knowledge necessary for young coaches to conduct educational and training sessions in the sport.

This work consists of the following sections:

"General characteristics of sports",
 "Fundamentals of sports training",
 "Fundamentals of building the process of sports training",
 "Technology of planning in sports",
 "Comprehensive control and accounting in the training of an athlete", "Sports selection in the process of many years of training." The methodological manual has been developed in accordance with the modern requirements of the curriculum for the discipline "OST" (the basis of sports training), compiled in accordance with the curriculum and the requirements of the State Standard of the Republic of Uzbekistan. professional education in the specialty Physical education and sports.

General characteristics of sport:

- Basic concepts related to sports
- Classification of sports
- Social functions of sports
- The main directions in the development of the sports movement.
- Characteristics of the system of training and competitive training
- Sports achievements and trends of their development
- Basic concepts related to sports.
- Classification of sports.

Sport as a multifaceted social phenomenon is a sphere of preparing a person for labor and other types of activity, satisfying the spiritual needs of society, strengthening and expanding international ties, as well as one of the important means of ethical and aesthetic education.

As a product of social development, it forms an organic part of the culture of society and, depending on specific social conditions, acquires various features and forms.

What is specific to sport is that its ultimate goal is the physical improvement of a person, realized in conditions of competitive activity, without which he cannot exist. Competitive activity is carried out in the conditions of official competitions with the aim of achieving high sports results. Sport can be defined as a proper competitive, specific form, which is the system of competitions, which has historically developed in the field of physical education as a special area for identifying and unified comparison of human capabilities.

However, sport cannot be determined only as competitive activity; it also has a deeper meaning. This is due to the social nature and purpose of sports in our society.

Achieving high sports results is impossible without a fairly well-functioning system of training an athlete, carried out in the field of diverse interpersonal contacts that develop between coaches, athletes and judges, organizers, spectators, etc. They performed at different levels, from a sports team to competitions of various international levels. Sport represents the actual competitive activity, special preparation for it, as well as specific attitudes, norms and achievements in the field of this activity.

The development of sports throughout the world has led to the emergence and spread of many individual sports, of which there are currently more than 200.

Each of them is characterized by its own subject of competition, a special set of actions, methods of wrestling and competition rules. The most common sports are included in the Olympic Games program.

All sports that are widespread in the world can be classified according to the characteristics of the subject of competition and the nature of physical activity into six groups:

1st group - kinds of sports, which are characterized by active physical activity of athletes with the maximum manifestation of physical and mental qualities. Athletic achievements in these sports depend on the athlete's own motor capabilities.

This group includes most of the sports;

2nd group - sports, the operational basis of which is made up of actions to control special technical means of transportation (car, motorcycle, yacht, plane, etc.). Sports result in these types is largely due to the ability to effectively manage a technical device and the quality of its manufacture;

2nd group - kinds of sports in which physical activity is strictly limited by the conditions of hitting a target from a special weapon (shooting, darts);

3rd group - sports in which the results of the athlete's modeling and design activities are compared (aircraft models, car models, etc.);

4th group - kinds of sports, the main content of which is determined at competitions by the nature of the abstract-logical outplay of the opponent (chess, checkers, bridge, etc.);

5th group - all-around, composed of sports disciplines included in various groups of sports (orienteering, fox hunting, biathlon, sea all-around, service all-around, etc.).

Achievement of high sports results is possible only if there is a well-functioning system of athlete training. It is a set of methodological foundations, organizational forms and conditions of the training and competitive process, which interact optimally with each other on the basis of certain principles and provide the best degree of an athlete's readiness for high sports achievements.

The athlete training system includes four major blocks:

1.selection and sports orientation system;

2.sports training;

3.competition system;

4.out-of-training and out-of-competition factors of optimization of the training-competitive process.

The main preparatory training activity of an athlete is carried out in the conditions of sports training. It is the main form of training an athlete, which is a specialized pedagogical process, built on a system of exercises and aimed at managing the sportsman's improvement, conditioning his readiness to achieve the highest results.

The most important component in the system of an athlete's training is competition, which serves as the goal, means and method of training an athlete.

Competitions are defined as a special area in which the activity of an athlete is carried out, which makes it possible to objectively compare his certain abilities and ensure their maximum manifestation.

The highest readiness to perform in competitions and the achievement of high sports results are possible under the condition of modern scientific and methodological support of the entire training system.

Hence the concept of "school of sports", which is understood as the system of training an athlete, formed on the basis of the latest scientific data and advanced sports practice.

In the practice of sports, the concepts of "sports activity" and "competitive activity" are widespread. Often they are used as synonyms, but the content and semantic meaning of each of them differ significantly from each other.

Sports activity is characteristic of sports as a multifaceted social phenomenon, since it affects various spheres of human activity. Achieving the maximum result is impossible without

involving a large number of people of various professions in the field of sports. Sociologists, doctors, teachers, physiologists, engineers, specialists from the administration, the arts, logistics and many others ensure the functioning of sports in the country. Moreover, the activities of these people are determined by the social and economic conditions of society.

Taking into account the above, sports activity is an orderly organization of activities to ensure maximum recovery and improvement of a person in the field of sports.

Its basic principles and forms are determined by the social conditions of the functioning of sports in society. Competitive activity in relation to official competitions acts in its absolute meaning as a proper competitive activity. And in this regard, this is a specific motor activity of a person, carried out, as a rule, in the conditions of official competitions at the limit of a person's mental and physical strength, the ultimate goal, which is to establish socially significant and personal results.

Actually, the competitive activity of athletes is carried out in competitions.

Competition is an important factor in understanding human capabilities and the formation of ethical relationships, as well as a form of communication between people or groups of people. The end result of competitive activity is a sports achievement, which is characterized by a quantitative or qualitative level of indicators in sports.

Athletic achievement is an indicator of the sportsmanship and abilities of an athlete, expressed in specific results.

Sports and competitive activities, the organization and holding of various kinds of competitions organically merge into the sports movement, since in all areas of the latter (mass public sports and sports of high achievements) they play an essential role. Hence, the sports movement is a social movement, sports practice in the field of mass sports and sports of the highest achievements.

Along with the concept of "sport", the concept of "physical culture" or their combination "physical culture and sport" is often used. Sport is an integral part, a major component of physical culture. A number of social functions of physical culture apply to sports. However, not all sport can be classified as components of physical culture. This is due to the fact that the term "physical culture" is understood as the organic part of the culture of society and the individual, the rational use of physical activity by a person as a factor in optimizing his condition and development, physical preparation for life practice.

Sports such as chess, checkers, bridge and modeling disciplines are not directly related to the use of physical exercise as the main means of preparing for sports achievements.

Although sport is one of the components of physical culture, at the same time it goes beyond its framework, gaining a certain independence.

Social functions of sports. The functions of sport are understood as the objectively inherent properties of it to influence a person and human relations, to satisfy and develop certain needs of the individual and society. The functions of sport can be conditionally subdivided into specific (peculiar only to it as a special phenomenon of reality) and general.

The first include the competitive-standard and heuristic-achievement functions.

The latter are currently ranked functions that have social and social significance, such as the function of personality-oriented education, training and development; health-improving and recreational function; emotional and entertainment function; the function of social integration and socialization of the individual; communicative function and economic function.

Competitive reference function. The basis of the specificity of sport is the actual competitive activity, the essence of which is the maximum identification, unified comparison and

objective assessment of certain human capabilities in the process of competitions, focused on winning or achieving a personal high sports result or place in the competition.

Records and achievements recorded in sports, the fulfillment of classification norms are gaining wide recognition and serve as a kind of indicator of individual and universal human capabilities. Unlike technical standards, the "sports standard" does not historically remain unchanged, but is progressing all the time, thereby stimulating the mobilization of the athlete's efforts for self-improvement. The reference function is most pronounced in the sport of the highest achievements, however, to one degree or another it is characteristic of sports in general, including the mass publicly available through a system of specially organized competitions.

Heuristically, an achievement function. Sport is characterized by creative search activity, coupled with a person's knowledge of his capabilities, along with finding effective ways to maximize their implementation and increase them. This function is most fully expressed in the sport of the highest achievements, since on the way to them it is necessary to constantly improve the training system, look for new means, training methods, new samples of the most complex elements of technology and tactical decisions of wrestling.

The social-social function primarily includes the function of personality-oriented education, training and development. Sport presents great opportunities not only for the physical and sport improvement, but also for a moral, aesthetic, intellectual and labor education. The attractive power of sport, high requirements for the manifestation of physical and mental strengths provide proper opportunities for personality-oriented education of spiritual traits and qualities of a person.

It is essential, however, that the final result in achieving educational goals depends not only and not so much on the sport itself, but on the social orientation of the entire system of education and development. Thus, the educational possibilities of the sport are realized not by themselves, but through the system of educational-directed relations that develop in the field of sports.

Since sport is included in the socio-pedagogical system, it is also an effective means of physical education, and thanks to practicing professionally applied sports, it becomes an essential component in labor and military activity.

The health-improving and restorative function is manifested in the positive influence of sports on the state and functional capabilities of the human body. This is especially pronounced in children's and youth sports, where the beneficial effect of sports on a developing and forming organism is invaluable. It is at this age that the foundations of health are laid, the skills of systematic physical exercise are taught, the habits of personal and public hygiene are formed. Sport is at the same time a source of positive emotions, it levels the mental state of children, allows you to relieve mental fatigue, and allows you to learn about "muscle joy". Its role is especially great in eliminating the negative phenomena of hypodynamia in children.

Sports and work with the adult population play an important role. It is a means of health improvement, protection from the unfavorable consequences of scientific and technological progress, with a characteristic sharp decrease in motor activity in labor activity and in everyday life. Sport is one of the most popular forms of organizing healthy leisure, recreation and entertainment. This is especially evident in mass sports, where the goal of achieving high sports results is not set.

The emotional and spectacular function is revealed in the fact that sport (many of its types) carries aesthetic properties that are manifested in the harmony of the physical and spiritual qualities of a person, bordering on art. Especially in this regard, complexly coordinated sports are attractive, such as gymnastics and rhythmic gymnastics, figure skating, diving, etc.

The beauty of the human body, technically sophisticated and perfected movements, festive mood - all this attracts true sports fans.

The popularity of sport as a spectacle is characterized by emotionality and sharpness of perception, affecting the personal and collective interests of many people, as well as the universality of the "language of sports", understandable to almost everyone.

For almost everyone, sports are interesting as an emotionally intense spectacle. Modern technical means of communication, especially television, have contributed to the fact that the audience for sports shows has expanded like never before, and this has increased the influence of sports on the emotional world of humanity.

Without fans, sport would cease to be any generally significant social phenomenon. Empathizing with those who compete in the sports arena, fans identify with one of them, as if they themselves participate in sports battles, character struggles, resolving sports conflicts on an emotional-figurative level, find vivid examples to follow and reasons to assert themselves in their life position.

The function of social integration and socialization of the individual.

Sport is one of the most powerful factors in involving people in public life, familiarizing with it and forming the experience of social relations in students. This is the basis of its important role in the process of socialization of the individual.

Specific sports relationships (interpersonal, intergroup, intercollective), one way or another, are involved in the system of social relationships that go beyond sports. The totality of these relations constitutes the basis of the influence of sport on the individual, the assimilation of his social experience, both in the field of sports and on a wider scale.

The sports movement as a mass social movement has acquired considerable importance as one of the factors of social integration, i.e. bringing people closer and uniting them into groups, organizations, unions, clubs on the basis of common interests and activities to satisfy them.

The structure of social practice of sports

Accessible (mass) sports

School-student sports

Physical training and conditioning sports

Recreational and creative sports

High performance sport

Super achievement sports

Professional sports

Professional commercial sports

Visual-commercial sports

Commercial sport achievement

The popularity of sport, the natural assessment of sporting success with the prestigious interests of the people, nations, state make it a convenient channel for influencing the mass consciousness. In the modern world, this channel is also used for commercial purposes.

Communicative function. The humanization of society in the present period of human development makes sport a factor in the development of international relations, mutual understanding and cultural cooperation of peoples, and the consolidation of peace on earth.

Sport has long taken one of the leading places in international communication. It is not surprising that international sports ties have grown in our era to global proportions, and such forms of

the sports movement as "Sport for All" and the Olympic movement have become the broadest international trends of our time.

Economic function. Sport is of great economic importance, expressed in the fact that the funds invested in the development of sports pay off a hundredfold, first of all, in increasing the level of health of the population, increasing overall performance, and prolonging human life. The development of sports science, material and technical base, training of personnel - all this contributes to the development of children's and youth sports, mass sports and sports of the highest achievements.

The financial resources obtained from sports shows and the operation of sports facilities are also of economic importance. However, this is a small fraction of what the state and public organizations in the development of sports. The main value of our society is health. And in this aspect, the role of sport is invaluable.

The main directions in the development of the sports movement.

Sports all over the world are developing mainly in two directions:

public sports (mass, children);

elite sport.

Public sports includes:

school-student sports,
professionally applied sports,
physical training and conditioning sports,
health-improving and recreational sports.

Depending on the orientation of classes in public sports, a number of tasks are solved in the process of systematic classes:

educational,
educational,
wellness,
professionally applied,
recreational,
improving your physical condition (condition).

The basis of public sports is school-student sports, focused on achieving basic physical fitness and optimizing general physical capacity in the education and upbringing system (primary education or preschool, general education schools, gymnasiums, lyceums, colleges, institutes, etc.). Thus, preschool, school-student sports provides general physical training and the achievement of sports results of a mass level. The mass sports movement also includes professionally applied sports as a means of training for a specific profession (military and service all-around, fire-applied sports, various types of wrestling and martial arts in the air force, airborne troops, internal troops and special forces).

Physical culture-conditioning sport serves as a means of maintaining the required level of performance, increasing the physical fitness of people who take part in massive official competitions. The mass sports movement also includes health-improving and recreational sports as a means of healthy recreation, recovery, healing of the body and maintaining a certain level of performance.

Sport of the highest achievements is an activity aimed at satisfying interest in a particular sport, at achieving high sports results that are recognized by society, at increasing both its own prestige and the prestige of the team, and at the highest level - the prestige of the Motherland.

Achievements in sports are possible only thanks to constant training and competitive activity with great physical and mental stress.

At the same time, sports of the highest achievements, as it were, grows out of public sports, is associated with a certain continuity in relation to the means and methods of training, stimulates the mass sports movement, creating benchmarks for achievements.

Modern elite sports are also heterogeneous. At present, a number of directions of super-achievement (amateur) sports have been outlined in it; professional sports; professional-commercial sports: achievement-commercial sports; spectacular commercial sports.

Super achievement (amateur) sports are now more and more acquiring signs of professional sports in that part of it, which concerns load requirements, the organization of training and competitive activities.

Elite amateur sports are generally students, students or military personnel, which gives them the right to call themselves amateurs.

Amateur athletes almost always build their training with an eye to the main competitions: the Olympic and Asian Games, World and Asian Championships, Uzbekistan. Successful performance in these competitions allows them to raise their rating, and in the future, moving to pure professionals, to achieve better results.

The main difference between professional-commercial sports and the so-called super-achievement amateur sports is that it develops both according to the law of business and the law of sports to the extent that they can be implemented in the training of professional athletes.

The competitive system of professional athletes is influenced by certain goals, which consist in successful performance in a long series of starts, following one after another, which is associated with material rewards for each start in accordance with the "value" of the athlete in the "sports market". In this regard, some professionals do not set themselves the task of entering the state of the highest fitness for sports form only 2-3 times in a year's cycle. For a long period of time, they neither maintain a sufficiently high, however, not the maximum level of preparedness.

Professional athletes can be divided into three groups:

- the first group should include athletes who strive to successfully perform at the Olympic Games, world championships.
- the second group should include athletes who have high results, but do not tune in to successful participation in major competitions. Their main task is to successfully perform in various cups, commercial competitions and starts by invitation.
- the third group should include veteran athletes, especially those who specialize in sports games, martial arts, mass runs, relay races, gymnasts. These athletes, maintaining an average level of physical fitness and a very high technical level, accompanied by high artistry, demonstrate the highest sportsmanship for the sake of spectators and high earnings.

Athletes involved in the system of children's sports schools, clubs, and sections occupy an intermediate position in the sports movement between public (mass) sports and sports of the highest achievements.

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