

Ways to Attract and Increase the Interest of Schoolchildren in the Sport of Athletics

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Abstract: This article expresses our theoretical views on the involvement, interest and selection of students in the sport of athletics.

Keywords: Athletics, Student, young athlete, result, coach.



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INTRODUCTION

Sport (from the English "sport", which is derived from the old French short word "desport" - meaning "game", "to write a heart") means to argue or compete in a process that arises according to certain rules on the physical or mental capabilities of people.

Sports are also considered as an embodied process aimed at ensuring the participation of musabaka by constantly increasing the physical and mental capabilities that arise in him, the readiness directed at the goal with the help of training.

The purpose of sports training is to carry out certain physical training planned to show high results in the chosen sport.

Sports competitions are the way of showing, the assessment and comparison of sports achievements, the management of rivalries between the results in the field of sports in relation to oneself. Sports competitions are a necessary factor in being in communication with others, a means of physical maturation of an individual, an awareness of human capabilities, a complex process aimed at establishing benchmark indicators.

MAIN PART.

The purpose of sports competitions is to identify strong athletes and teams, improve sports skills, promote physical culture and sports, give objective assessments of the activities of sports organizations, coaches, athletes, referees.

The modern system of training athletes is a complex, multifactorial phenomenon, which includes the organizational forms of goals, tasks, tools and methods, material and technical conditions and

the organizational and pedagogical process of the athlete's preparation for competitions, ensuring the achievement of the highest indicators.

The composition of the athlete training system is divided into the following factors:

sports training;

sporting events;

➤ factors that do not apply to training and competitions that affect the results of training and competitions.

Sports training is part of sports training. Sports training is a specialized process that involves a special process and is used to improve the body, physical qualities and abilities, in the case of a clearly selected sport, in which the athlete achieves high performance.

Sports training is a pedagogical phenomenon, it is a special physical education process that is directly aimed at achieving high results in sports.

In the process of sports training, such general and private tasks are solved, which ultimately ensure the strong health of the athlete, spiritual and mental education, harmonious physical development, technical and tactical skills, special physical, psychic, moral and volitional qualities, as well as the formation of knowledge and skills in the field of sports theory and usuliyati at a high level.

Sports skill peaks can be achieved by correctly organizing the range of exercise and rest in the long-term year-round activities; gradually increasing them, observing the optimal ratio of volume and intensity of training and competition loads; organizing a general regime of life and activity within the framework of a sports-specific lifestyle. In the individual disciplines of athletics, training is carried out taking into account the individual characteristics of the athlete and the specific aspects of these types.

Sports training is a biological process in which diverse morphological and functional changes occur in the athlete's body, reflecting the possibilities of various functional systems and mechanisms in them. Sports training is divided into two:

✓ general physical fitness;

✓ special physical training.

General physical fitness is a process that promotes health in accordance with various types of muscle activity under the influence of exercises that increase the level of development of the functional capabilities of the strengthening physical and human organ systems.

Special physical training is a process that is closer to the activities of the competition in the chosen sport and is aimed at improving certain muscle activities.

A distinctive feature for sports training is the orientation towards achieving the maximum sports results that an athlete can achieve in the selected sport, all the special aspects of the training process – its goals, composition of tools and methods, planning features, size and description of the loads to be applied, properties of competition activities, etc. are marked with.

Athletics is one of the most popular sports. In order to achieve high sports skills in various sports, including athletics, the early specialization of young athletes is the use of large-scale special and general developmental exercises.

However, there are a number of disadvantages in the system of training young athletes, one of which is the lack of good basic general physical fitness of young athletes. In addition, practice shows that in the early stages of sports training, it does not always work to correctly select children and adolescents so that they can successfully participate in competitions in a certain type

of systematic intensive training and athletics. Incorrect sports orientation of children and adolescents leads to significant losses, injures the child's psyche, does not allow to increase the quality of the preparation process. It is known that the identification of individuals who are able to show high sports results in the chosen sport consists of long-term multiple stages (several years) with the aim of determining the ability to specialize.

There are a number of studies devoted to the issues of selection and prediction in sports. The organization of specialized sports selection services can help create various technologies for its implementation. In recent years, the trend in the search for new methodological approaches to the diagnosis of Sports Talent has intensified, on the basis of which it is possible to predict the achievements of an athlete sufficiently effectively. Tests are increasingly used in the selection process.

Giving coaches an objective assessment of various aspects of training young athletes, they will help them draw positive conclusions. To increase the effectiveness of the preparation of Sports Reserves, it is advisable to introduce a method of teamwork of coaches with physical education teachers of secondary schools, who, in turn, supply talented children to the Departments of the youth and sports school.

Currently, it is very difficult to attract, interest and choose children in athletics, so many coaches think about how to choose.

Selection in any sport is a multifaceted problem, which affects various aspects - social, pedagogical, physiological, psychological.

Sports selection is an independent type of social activity and implies the organized search for talented children and adolescents from a sports point of view.

It is known that the effectiveness of sports training largely depends on the skillful choice of means and methods of physical education of children. However, there is no consensus on this issue. In many methodological manuals, the methodology of elementary teaching is presented mainly in the form of general rules.

An important link in the training methodology is the optimal regulation of physical activity in accordance with their age, gender and physical fitness.

First of all, a coach who works with young athletes should know a lot: physiology, pedagogy, Anatomy and biomechanics, understanding the functional characteristics of a growing organism, understanding the delicate and weak psychology of a child and using it delicately. The ideas of coaches working with children and adolescents from the experience of training with older athletes pay off well in training. Ensures a rapid increase in the results of competitive activities. However, in this case, a solid foundation of readiness is not formed.

There are several different opinions about the means and methods of physical education of young athletes: some authors believe that it is necessary to use different sports and outdoor games in training with children.

Others advise the use of various sports as a means of general physical education. Still others recommend including a large number of general development exercises in combination with games in classes. These conflicting opinions indicate that the only program for using the means and methods of preliminary training of young athletes has not yet been developed.

An important aspect of organizing a training program for young athletes is taking into account the age characteristics of the participants, the biological and age compatibility when analyzing the maturity of the child.

The basics of sports training developed by experts recommend undergoing versatile physical training before starting specialized training in the chosen type of athletics.

The goals of basic training can be served by a set of general development exercises that are correctly selected and effectively applied. They serve as a means of increasing the overall performance of body systems, ensure the development of strength, speed, endurance, increase mobility in the joints, improve the ability to coordinate movements.

Analysis of the content of certain types of athletics in sports schools, in particular, model programs for jumping and running, shows that the share of general physical fitness is 55-60%, and in special physical training-20-25%.

In our opinion, such a ratio does not help to form a solid foundation of general physical fitness and does not form the basis for a successful specialty in the future.

The ever-increasing results in modern sports, which, with their fantasticism, are also leaving specialists lol, further exacerbated the competition between the coach and the athletes in the struggle for the title.

Coaches are intensely looking for new techniques, training methods, associated with them and, at first glance, attracting specialists from very distant fields of activity to sports. Doctors, physiologists, biochemists, engineers, cybernetics and statisticians are helping coaches and athletes in the struggle for dominance on world sports fields today.

In place of the conclusion, we can say that in order to achieve the results of high-level athletics, we must involve children in athletics from an early age.

Many coaches choose their students mainly based on their experience and intuition. Coaching experience and intuition can do a good job, but it doesn't always solve choice problems. In this regard, the number of students in sports schools occurs due to the large number and the lack of personal results of long-term students, since there are a number of errors in the training of young athletes. with its mentors, as well as planning and implementation of a long-term training process.

One of the main reasons for the huge losses of young athletes is to force a result. Coaches who work with children in a sports school are often interested in a momentary result, success, because they need graduates – first-class winners and laureates.

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