



PHYSICAL TRAINING OF AN ATHLETE

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Article history:	Abstract:
Received: December 24 th 2021 Accepted: January 24 th 2022 Published: February 26 th 2022	The article considers the main factors of the athlete's physical training. It shows the relationship of technical and tactical training, psychological and moral-volitional training. The issues of general and special physical training are also considered.

Keywords: Physical training, technical and tactical training, psychological training.

Modern physical training should be considered as a multilevel system. Each level of which has its own structure and its own specific features.

The lowest level is characterized by a health-improving orientation and is built on the basis of general (conditional) physical fitness. As the level of physical fitness increases, its complexity and sports orientation increase, and the highest level is built on the basis of the principles of sports training in order to increase the functional reserves of the body necessary for professional activity.

One of the most important conditions for the implementation of physical training is its rational construction over sufficiently long periods of time. Because neither in a day, nor in a week, a month, and sometimes even a year, it is impossible to prepare for work. This is a long process of forming motor skills and abilities, systematic improvement of physical (motor) qualities, psychological preparation, maintaining the level of working capacity, maintaining and strengthening health.

The construction of physical training classes is based on the laws of physical education and sports training.

The principle of unity of general and special physical training.

As a means of general physical training in almost all sports, cross-country running, weight-bearing exercises, general developmental gymnastic exercises and sports games are used. Thus, in the process of general physical training, it is necessary to develop predominantly those physical qualities and abilities that have a greater impact on the effectiveness of professional activity.

Special physical training is a process that ensures the development of physical qualities and the formation of motor skills and abilities that are specific

only to specific sports or specific professions, ensures the selective development of individual muscle groups that carry the main load when performing specialized exercises. The main means of special physical training are competitive exercises in "their" kind of sport.

The ratio of means and methods of general physical training and special physical training depends on the individual characteristics of the athlete, his sports experience, the period of training and the tasks to be solved.

The principle of unity is based on the fact that the body's adaptive reactions to loads are selective and cannot ensure the development of all the qualities necessary to show a high sports result. Each quality, depending on the biological structure of the movements used, on the intensity of the load, develops specifically. Deviation in one direction or another when using either specific means or general developmental physical exercises does not give the desired effect. The level of development of physical qualities is not the same for representatives of various sports.

The only correct solution to the issue of using general and special physical training is their reasonable combination at different stages of the training process.

At the initial stage of training, basic general physical training should prevail, regardless of the sport. The use of general physical training means for versatile training is also necessary for high-class athletes. In different sports for general physical preparation, various means specific to this sport are used. But at the same time, you can't fall into another milking - use mainly specialized exercises, especially the same ones. This emotionally impoverishes the training process and, secondly, the body adapts to them - the result is the inefficiency of the training process.



Athlete's technical training.

Let's define the concept of "technical training of an athlete" as a process aimed at a conscious change in the behavior of an athlete, in accordance with the objectives of his sports activities. Since the solution of the tasks facing the athlete occurs through the performance of certain movements, in this case we are talking about the process associated with the practical implementation of arbitrary motor actions performed in accordance with the tasks and rules of the competition. The object of the theory of technical training is the program of theoretical concepts and motor implementation of purposeful motor actions in the higher parts of the brain. The presence and quantitative assessment of the degree of their perfection are revealed in the course of motor activity. The subject of the theory of technical training should be recognized as regularities in the formation of motor skills and abilities.

The main task of the athlete's technical training is to develop a training methodology taking into account the set goals, criteria and information about the structure of the body, the laws of its functioning and development. At the same time, it is necessary to ensure a stable, balanced in terms of resources and terms of operation of the object in an effort to achieve its goal.

Questions of the theory of technical training are related to the study of changes or the stability of the implementation of the so-called motor programs. It can be assumed that when an athlete performs certain movements or movements, certain action programs work, each of which is based on a motor program. The action program is a model of what will happen to the organism in the future, it can be considered as the formation of logic, algorithm, functional structure in the upcoming motor action. Such a functional structure is based on past experience, recorded in memory with a probability equal to one, and the actual present, which includes not only a changing environment, but also an organism with its needs. As a result, a future behavioral act is planned, in which it is necessary to foresee possible changes in an unpredictably changing environment with one probability or another. The ability to carry out conscious movements implies that a person has the ability to control, with greater or lesser accuracy, purposeful movements of the whole body or its individual parts. Presumably, the concept of "biomechanism" and the provisions of the theory of neural networks can serve as the basis for the theoretical substantiation of the process of technical training in sports.

Tactical training of an athlete.

In modern sports, when rivals of equal strength meet and the winner is often determined with

a minimal advantage, the tactical skills of athletes become especially relevant. In sports and martial arts where there is direct contact between opponents, tactical skill is critical to victory.

The ability to get ahead of the enemy in his decisions and actions is directly dependent on the accuracy of assessing the expected and emerging situation. Such an assessment is carried out on the basis of an analysis of many factors: the conditions of the competition, the level of preparedness of the opponents, the semantic orientation of the struggle, the time limit, and others. The ability of an athlete to single out fundamentally important points in the incoming information allows him to successfully predict the further development of events and thereby find the right tactical decisions.

The analysis of competitive interactions invariably leads to the need for an athlete to model the behavior of an opponent and various options for the development of events. The relevance of such modeling in the tactical activities of athletes is emphasized by many experts. The activity of an athlete in a competitive situation is determined by his mental reflection of the expected behavior of the opponent.

The tactical behavior of athletes in martial arts and sports games is based on similar intellectual activity, which is due to the general features of the competition: an actively opposing opponent, a time limit for making a decision, reflective thinking, and others. This allows us to consider many mental processes as universal mechanisms of tactical behavior in martial arts and sports games. The result of intellectual activity is a decision made by an athlete, which is practically implemented in his actions.

Psychological preparation of an athlete.

Internal psychological readiness for competitive actions is the result of individual intellectual and psychological activity of an athlete-personality. True, this result is also influenced by external influences, which are usually temporary or one-time.

Internal psychological unpreparedness is disbelief in one's own strength, fear of rivals. The athlete understands that in a relatively equal competition, everyone can solve one or two mistakes. A constant feeling of one's current possibilities should contribute to the formation of psychological confidence in the ability to realize precisely these one's possibilities. Creative emotionality plus cold judgment can give the best possible reliable result.

The correct feeling of the current level of skill, that is, real opportunities, as well as the line between emotional and rational actions will provide the necessary psychological attitude and, accordingly,



form the optimal internal psychological state for a reliable performance. The correct setting of realistically achievable goals is a decisive moment of psychological preparation. With a wrong sense of his condition, the athlete, overestimating or underestimating it, inexorably creates grounds for further pulling towards either devaluing his capabilities, or expressing excessive conceit, as a result of which, before the start, the athlete may experience either starting fever or apathy.

The athlete needs to regulate his emotions, as the result in the competition depends on it. The more psychologically stable the athlete, the less he will make mistakes at a distance.

A beneficial effect on emotions is provided by the performance of the usual technical and tactical exercises before the competition. These exercises should be quite difficult, require a lot of attention and thus distract from unfavorable thoughts.

Of great importance is sometimes a special psychological "setting" for the upcoming action - a competition, training or a separate exercise. Clear goal setting, sufficient information and a developed action plan reduce anxiety.

In the warm-up before the competition, it is useful to include the so-called ideomotor exercises - a mental representation of one's actions during the competition. It is necessary to strive for the most detailed representation possible. So that the pre-launch excitement does not "blur" the mental picture, it is worth training in performing ideomotor exercises during training.

Moral-volitional training of an athlete.

The task of moral and volitional training is the purposeful formation of moral and volitional qualities, character traits of an athlete, which would allow him, on the one hand, to harmoniously combine sports with other activities, and on the other hand, to successfully implement his special skills and abilities during competitions.

In the conditions of playing sports, difficulties and problems constantly arise, overcoming and solving which tempers the character, strengthens the will. The very essence of sports improvement requires not a detour, but a conscious overcoming of the difficulties that arise with great work and effort of will.

Among the main volitional qualities, one can single out purposefulness, initiative, determination, self-control, perseverance, perseverance and courage. As already noted, sports provide unlimited opportunities for educating the will. For example, purposefulness and determination develop in the process of mastering new exercises. Perseverance and perseverance are the result of regularly overcoming fatigue during training sessions and in competitions,

especially in adverse conditions. Self-control is brought up in an atmosphere of fierce rivalry at important competitions, if necessary, urgently correct the mistakes made.

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