
Peculiarities of Children's and Adolescents' Sports School Training

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Abstract: In this articles highlights of peculiarities of children's and adolescents' sports school training.

Keywords: children and adolescent, sport school, training, successful.

Long-term training of successful athletes involves the solution of specific tasks specific to each stage, including four stages.

At the initial stage of preparation (9-11 years) children develop a variety of exercises to increase their interest in the chosen sport, improve their health, improve physical fitness, then create the necessary reserve of speed, coordination, technical and tactical training movement skills and develop the ability to quickly learn new movements. type rules are preferred.

At this stage, 25% of general physical training, 16% of special physical training, 21% of technical training, 15% of tactical training, 17% of game training, 6% of the competition load are allocated. The main task of the stage is to determine the selected type of sport for basic training and subsequent specialization, the training period is up to 3 years.

During the training phase (12-16 years) physical training continues, special physical training tools are used. At this stage, athletes thoroughly master the basics of the technique of the chosen sport, are limited to learning the simplest methods of tactical training, begin to gain competitive experience, the rules of the sport.

At this stage, 21% of general physical training, 18% of special physical training, 20% of technical training, 16% of tactical training, 16% of game training, 6% of the competition are loaded. The main task of this stage is , preparation period up to 5 years.

The stage of maturity in sports (17-19 years) is associated with an increase in the volume of competitive loads on the selected sport. At this stage, great emphasis will be placed on physical training and special physical training, and the competition experience will continue to be acquired. Skills that meet the requirements of a high level of technical training are formed, as well as tactical training must be appropriate to the chosen sport and the specialization of the athlete.

At this stage, 18% of general physical training, 19% of special physical training, 17% of technical training, 16% of tactical training, 18% of game training, 12% of the competition load. The main task of the stage is to improve sportsmanship, and the training period lasts up to 3 years.

The Higher Sports Skills stage focuses on demonstrating the individual capabilities of the athlete. At the same time, the volume of training load and its intensity will increase significantly. Techniques will continue to improve, with a particular focus on increasing individuality and reliability in any competitive environment. In tactical training, the athlete

masters all the subtleties of wrestling.

At this stage, a young athlete is required to have sufficiently high athletic results to be able to reliably predict their future success. The preparation period at this stage lasts 3 years or more. One of the most important aspects of the athlete training system is the systematic training of these sports stocks. For this purpose, a wide network of children and youth sports schools (BOSM), specialized Olympic schools for children and adolescents, schools of higher sports, etc., has been created in the country, and advanced forms of organizing and conducting classes have been introduced. Physical qualities in handball - speed 9, 10, 11 years, speed strength 12, 13, 14, 10, 11 years, strength 12, 13, 14 years, endurance 9, 10 years, flexibility 9, 10 years, coordination skills 9, 10, 11, 12 years old, it is advisable to develop balance at the age of 10, 11, 12, 13, 14 years old.

Determination of morphofunctional indicators: body length at 12, 13, 14, 15 years, muscle size at 12, 13, 14, 15 years, anaerobic capacity at 9, 10, 11 years are considered favorable periods.

The age characteristics of athletes require a unique approach to the principles of sports training. It should be borne in mind that for a young athlete in many cases achieving the highest results serves a much longer goal (M.Ya.Nabatnikova, V.P.Filin). For this reason, focusing directly on increasing competitive capacity in the early stages of training is useless, even harmful, and it is necessary to create optimal means for its formation later. Mandatory highly specialized workload for a young athlete, for example: sometimes the use of disproportionately large amounts of speed in the first year of training may initially result in a higher category II sport than their peers, but such training later slows sharply and athletes do not achieve high results.

Even in sports games, the former best players of children's and youth teams are not always successful in adult teams, as the growth of physical and mental abilities only seems to increase their dominance.

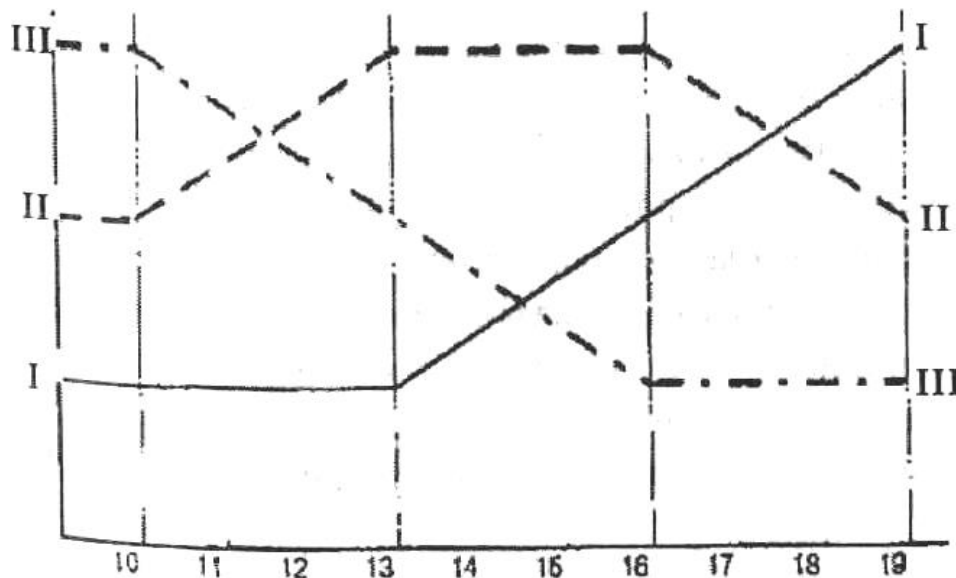
Emphasizing the principle of step-by-step limitation of loads in young athletes, impact loads are less applied than in the workouts of older athletes. At this point, it is necessary to focus on the age-old system of the principle of unity of three-stage slowness and the tendency to limit loads, managing the training of athletes and its application in long-term training. The problem of increasing the effectiveness of the athlete training management system requires that the means and methods of training are fully consistent with the objectives set at all stages of the long-term process of sports training. This problem is in the constant focus of scientific research in the country and abroad. One way to solve the problem is to scientifically model the various factors that determine sports success. In such cases, it is necessary to consider multi-year training as a single process, to prepare the primary training age to the level of highly qualified athletes, and to implement it in the most optimal way, adhering to certain exercises.

A. Novikov and others have developed a hierarchical martial arts training management system. It covers almost all aspects of athlete training in their quantitative form and includes three levels: the first is competitive activity, the second is the main aspects of athlete training, and the third is the body system.

Solving the tasks set in the upbringing of boys requires additional research. The practice of competition activities has shown that an early focus on achieving success leads to unreasonable compulsion of results and limits the athlete's exit time. Observations show that many wrestlers who were forced to train to achieve maximum results reached their limit ahead of schedule and then ended their sporting activities unreasonably early.

Comparing the level of the three-stage model in the long-term process of training athletes, M. Nabatnikova, taking into account the specifics of training boys, placed them in a certain sequence: the first level - a model of potential sports opportunities, the second level - a model of sportsmanship, the third level - a competitive model.

Based on the goals set in the system of sports training, if at the beginning of the sport there should be a model of potential opportunities in the first stage, then in the training of highly qualified athletes - a model of sports activities.



A model of the dynamics of the importance of levels in the management of long-term training of athletes

Levels of models: 1 - competitive activity, II - skill model, III - potential model.

The training process from the preparatory stage should be focused on the development of the athlete's body, so the main thing in training programs should be a model of potential opportunities that determine the nature of physical development.

Intensive development of the basic qualities of 13-15 year old practitioners and the formation of technique is important. Therefore, in training an athlete, a masterpiece should come first. At the same time, in training complex offensive movements, different methods of tactical training, combinations, the main focus should be on technical and tactical movements. It is necessary to determine individual characteristics for the further development of technical and tactical training in athletes of this age. From the age of 16, the role of the competitive model increases and reaches its maximum value at the age of 18-19, and the competitive activity of the athlete is given priority.

In determining the nature of the dynamics of models in a three-tier system, it is important to determine at what stage more attention should be paid to the appropriate level of preparation for the targeted use of teaching aids. That is, to rationalize the learning process is to harmonize the goals, means, and methods of teaching.

After a pedagogical analysis of the athletes' preparation, such a model can be used in programming the training process. At the same time, the nature of the hierarchy of levels at this stage becomes a defining goal in the curriculum. Therefore, there is no doubt that the dynamics of three-stage system models should be taken into account in building the learning process in the long-term training of athletes.

Thus, the following conclusions can be drawn from the above:

- In the three-stage system of training athletes, the importance of each model should be determined by age;
- The organization of the educational process, the choice of teaching aids and methods should be related to the objectives set out in the three-stage model;
- Dynamic analysis of athletes' training based on the three-level model allows determining the nature of the sports problem and developing more precise control actions.

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