

Athletics Techniques

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Annotation: In the article, the information on the treatment of various diseases among children through physical exercises and their duration, mild and severe cases of physical activity is explained on a scientific and theoretical basis.

Key words: children, physical, activity, explained, scientific, basis, disease.

Today's level of development of sport gymnastics requires long-term and hard work aimed at training physical qualities, mastering various complex exercise techniques and psychological stability. Athletics is a school of movements that characterizes a person with a graceful, beautiful performance, a correct figure, a gymnastic style of performing exercises is very effectively formed during the initial specialization period.

As a result of scientifically based development of physical, special-movement and functional capabilities of young gymnasts in schools, the highest level of achievements in sports is considered[1]. At the initial preparatory stage of scientific research in the field of sports gymnastics, great attention is paid to the problem of organizing the training process of gymnasts. In the all-around types of gymnastics, one can see the emergence of early specialization issues and the increasing complexity of program exercises. On the basis of the continuous development of movement qualities in children, starting to teach the basics of techniques of some elements in various structural groups from an early age is the main reason for the decrease in the age of starting preliminary training.

Trainers should set the requirements for the structure of the training process and the correct allocation of tools[2]. It is not limited to carrying out scientific research aimed at the development of some physical qualities, taking into account the age characteristics, it is also necessary to take into account the increasingly complicated environmental conditions [3], man-made changes [4] system of preschool education and the modern requirements imposed by the sports training process. Because changes in environmental conditions have a rapid negative effect on the body of young people.

However, the structure of the training process, the means of controlling the "internal" and "external" aspects of the load, its effects on the body's systems have not been scientifically studied today, so it requires the organization of special studies in the field and scientific justification. Analysis of literary sources[5] and generalization it was found out that the step-by-step development of special-motor skills and basic physical qualities of children of preschool and junior school age requires special efforts of young gymnasts at the initial stage of training. When training young gymnasts, it is necessary to take into account external factors in the regions. Important negative effects of environmental conditions are air and water sources too[6]

Resolution of the President of the Republic of Uzbekistan No. PQ-2654 dated November 7, 2016 "On measures for further development of gymnastics in the Republic of Uzbekistan", No. PF-2821 dated March 9, 2017 "On the participation of Uzbek athletes in the XXXII Olympic Games to be held in Tokyo in 2020 and It was determined by the Decree on Preparation for the XVI Paralympic Games, and in the implementation of the tasks envisaged for the training of athletes, this dissertation work also helps to popularize Olympic sports, the criteria that allow identifying the most talented young people with a bright future at the initial stage of training in sports, physical education and paves the way for the introduction of sports into the education system.

Analysis of the situation of this problem in sports gymnastics shows that it is not sufficiently studied scientifically. Until now, the main attention has been paid to the issues of training and improvement of software exercises, technical training. Leading scientists of the field I. Starkov, N. Alpanov, Butovskogo, M. Gruleva, II. Galina, P. Lyutinsky, M. According to Krita [7], prospective criteria of young gymnasts during basic training, the structure and content of training, including the distribution of elementary means of training in all-around gymnastics, taking into account the age of children of preschool and junior school age, have not been sufficiently studied.

The existing training programs for sports schools envisage starting sports at least with 6-7-year-old children. At the same time, the presence of 4-5-year-old children in the practice of primary training has become a norm. A 1-2 year difference in a child's biological development is very important, and most coaches are not ready for it. That is why children drop out of sports due to the low effectiveness of training, up to 95%, and most of them are promising children.

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I. According to Starkov, the development of a more accurate system of special physical training and special movement training; - finding a rational ratio of general physical training and special physical training means, analyzing normative indicators, combining them with the functional scheme of multi-year training stages should remain forms [8].

To study the existing structure of the initial training of young gymnasts in the technical training of young gymnasts recommended for the practice of the sports school and to determine its compatibility with the age characteristics of the children and the tasks of the preparatory stage; To study the main morpho-functional characteristics of 5-7-year-old children and to identify their interrelationship with the success of mastering gymnastic exercises and their influence on each other; developing sets of close-up, developing exercises for physical and special movement training of young gymnasts; One of the first tasks is to base the structure of initial training and its content on the basis of experiments in accordance with the tasks of the coach and the characteristics of young gymnasts. .

Pedagogical control structure is aimed at increasing the level of movement readiness of young gymnasts, and is introduced into the training process and has a positive effect on the level of basic and initial training. Pedagogical observation and experience at the initial stage of training, certain recommendations developed on the effective use of research materials, planning of the structure formed on their basis, intelligent distribution of training tools, and a system of monitoring the level of physical and technical training of young gymnasts during training will help this.

In conclusion, in the technical training of young gymnasts, their age and physical strength in the implementation of sports techniques should be prioritized, because preparing young gymnasts for training requires pedagogical and technical skills.

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