

TOOLS FOR DEVELOPING SPECIAL PHYSICAL TRAINING AND PHYSICAL QUALITIES IN SPORTS GAMES

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Annotation: In the article are discussed practice of modern sports training, in the training of athletes, important tools for the development of their physical qualities.

Keywords: Sport, strength, functional training, agility, tool, exercise, movement, training, organism.

Special physical training is a process aimed at developing physical qualities, while mastering technical techniques faster. During the game, his tool is to develop the most important qualities of movement: the ability to move quickly, the ability to quickly get out of motion, the ability to stop quickly after moving: jumping, agility in the game, strength in individual muscle groups develops. For this purpose, special training exercises are used. The first part of the exercise should include exercises to develop speed, agility and jumping. The second part is recommended to give exercises to develop strength and other physical qualities. (In addition to learning the style of play).

All of these types of physical activity are inextricably linked. Inadequate assessment of any type of physical training during training can hinder the development of an athlete's skills. Therefore, it is important to follow the optimal ratio of physical fitness to exercise. Its numerical expression is not a constant measure, but varies depending on the qualifications of the athletes, their individual characteristics, the period of the training process and the current state of the organism. In modern sports training practice, strength training is one of the most important physical qualities of an athlete. Because strength determines a player's speed on the field to a certain extent, the height of the jump. Depending on the nature of the force, we can divide it into absolute force, relative force, "explosive" and "start". Regardless of the weight of the muscle, we can classify the force that occurs during contraction in the absolute force group. Relative strength is the amount of a player's body weight per kilogram. "Explosive power" means the ability to achieve a large voltage that occurs in a regulated minimum time under the conditions of a sports exercise or its movement. Athletes use this power to jump, to break through quickly, and to pass the ball with great force over long distances. Also, the level of 'explosive' force provides an accumulation of some tension potential due to the fact that the initial stretch, which produces an elastic change in the muscle, contains kinetic energy in them. Exercises to develop strength can be recommended from the age of 8-10. Exercises to overcome one's own body weight to develop strength at this age (squeezing the arm while leaning on the arms, sitting) or counter-impact of the partner (in pairs against each other) standing, shooting, etc.) however, exercises performed using weights are recommended. Each strength exercise has its advantages and disadvantages. Weight-bearing exercises are so convenient that they can be used to affect thick and small muscle groups, which are easily adjusted. Weightlifting exercises include balls,

dumbbells, barbells, gymnastic sticks, and other weights. Weight training is slowed down during the initial period. You can gradually increase the speed. Strength training exercises are performed alternately with rest. It is important to develop jumping for all sports. To develop it, high jumps, long jumps, gymnastic bench jumps, jumping over various obstacles, weightlifting are used. Jumping from a height of 1-1.5 m is very effective. Training speed. Speed, which is one of the physical qualities, is the ability of an athlete to perform the most movements in a short period of time under certain conditions. There are several ways to show speed. The speed of the thinking process, the speed of simple and complex reactions in response to any external or complex influences, the speed of individual actions, the speed of actions (time to perform a series of actions). The speed of the player's motor activity must first be commensurate with the activity of the central nervous system, which coordinates the movements. Athletes' speed is characterized by a certain reaction speed, rapid jerking, walking speed at a distance of 25-30 m, and the speed of performing techniques with or without the ball. To improve your speed, you use cycling exercises that are performed at different maximum speeds, such as running, accelerating, cycling and so on. It is necessary to increase the amplitude of the movement gradually, evenly, so as to maximize the re-acceleration. Here are some more exercises to help you develop speed:

- Perform rapid running on the side, backwards;
- Running with the knees raised and the steps at maximum speed;
- 25-80 m at the tip of the foot, fast jumping;
- Jumping with a short and long rope that rotates at maximum speed: running under or over a spinning rope;
- sudden change of speed when running medium distances;
- throwing balls, grenades, tennis balls at a certain time;
- It is important to develop students' sense of time in order to improve their speed response. To this end, trainees are regularly offered three different tasks in a row;
- After completing the speed exercise, the coach announces to the trainees the time spent on the task;
- The time is not announced to the trainee, he must determine the time;
- The trainee should perform the exercise at the given time.

The most important exercises for generating a speed response are movement and sports games.

Exercises to develop speed are given regularly at the beginning of each session.

Endurance training is the body's ability to withstand fatigue that occurs during muscle activity. It is determined by the state of the central nervous system, functional readiness, physical qualities, endurance to motor skills, as well as psychological stability. The level of endurance is assessed by the effectiveness of active actions.

The development of endurance in sports differs between specific and general endurance: General endurance refers to an athlete's ability to perform a task over a long period of time. It is nurtured by a long, straight run, as well as by a series of straight, moving sports nets. (skiing, swimming, cycling, etc.)

Long-term performance of special endurance game techniques should be achieved by holding training games in enhanced areas, extending play time, and reducing rest time between assignments and other exercises. Coordinated endurance develops between two or more players with a complex system of interconnected exercise that leads to fatigue. When working with children, taking into account their capabilities, it is advisable to choose exercises and adhere to

the norms of loading, extensive use of pedagogical supervision. The peculiarity of endurance training loads is that the exercises that affect the body of athletes are the same as during the competition, that is, more, and these exercises should be used systematically. Agility training is the complex ability of agility to coordinate the actions of an athlete and to demonstrate their accuracy with a high level of strength and speed. In terms of coordination, good mastery of complex movements is characterized by the ability to correctly assess emerging situations, to adapt to sudden changing conditions, and to successfully solve complex movement tasks. The most important thing for an athlete is to develop coordinated movements without support, movements with the ball in rapidly changing conditions, the ability to maintain balance and maintain direction. The development of agility in unusual conditions (other shells, different placement of obstacles, difficult weather conditions, etc.). Doing regular exercises helps a lot. Acrobatics, gymnastics, and track and field exercises, as well as ball-handling, hooping, goal-scoring, and throw-in techniques, are also considered to be agility-enhancing techniques. The following guidelines should be followed when developing agility:

1. Introduce a new system of exercise.
2. Redesign the lesson according to the circumstances.
3. To control the first signs of overload on the body during movement.
4. Determine the norm of rest time between exercises, depending on the heart rate.

The development of agility should begin at the age of 7-10 years. Elementary students can easily master complex exercise techniques. They learn complex coordination actions clearly and quickly.

In class and practice hours, agility exercises should be done at the beginning of the preparation and main part. In the conditions of exhaustion, agility develops less effectively. During puberty, the quality of agility gradually declines or even worsens.

Flexibility is the ability of a person to perform a movement with a large amplitude. This quality is determined by the development of joint movement. The term "flexibility" is best used when there is mobility in all parts of the body. There are several types of joint mobility in humans. Active flexion - There are two main types of joint mobility in humans. Active flexibility is the ability to perform movements at large amplitudes due to personal muscle tension. Slow flexibility is the ability to perform large-scale movements due to external forces: weights, opponent's movements. The amount of weak elasticity is higher than the corresponding values of active elasticity. Insufficient joint mobility can lead to poor mastery of skills and abilities. Slow and active methods are used to cultivate flexibility. Special exercises that affect joint mobility should be done in harmony with the natural development of the body. Fostering resilience is desirable from the age of 7-10. Active flexibility peaks at 11-13 years of age in girls and 13-15 years of age in boys.

The following guidelines are followed to develop flexibility:

- Systematic exercise 2-3 times a day;
- Exercise after warming up;
- Repeat the exercise 8-10 times in small series, holding the statistical position for 5-6 seconds;
- Exercise is stopped when there is pain in the working muscles and joints.

Flexibility exercises are not recommended for severe fatigue;

- is performed by gradually increasing the amplitude of movements;

- When learning game techniques, it is important to focus on relaxing and growing the joints. (basketball, basketball, volleyball, etc.)

The relationship between local and general influences on the body is achieved through the development of qualities.

The development of flexibility should not lead to excessive stretching of the joints or strain due to tension of individual muscle groups. In short, when working with children, we must not lose sight of the fact that we work with the growing child's body, his general physical fitness and the level of development of physical qualities, age and morphological features of the organism. Because it is subject to great physical and mental stress. It is very difficult to hope for high sports results without taking into account the mental, anatomical and physiological characteristics of the growing organism.

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