

Some Feedback about Planning Competition and Pre-Competition Works of Athletes of Different Areas

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ABSTRACT

The article shows the technology of planning the competition and pre-competition loads of athletes in different areas and the organization of their training. There are also conclusions on the organization of exercises or other activities (sauna, massage, self-training, vitamin therapy, etc.) that restore the functional state of the body of athletes after exercise, strengthening their ability to work.

Keywords: toughness qualities, workability, static load, functional capacity.

It is known that the future of sports depends on the adequate provision of sports facilities. One of the important tasks is to bring Uzbek sports to the world, to raise it to a competitive level on a scientific basis and to apply effective pedagogical technologies in practice. However, extreme caution in improving the quality of fitness in athletes can be achieved by gradually increasing the training load in a "wave" direction. Of course, this process is more efficient and dynamic, based on the principles of continuity and regularity, as well as the application of training loads in accordance with the functional capabilities of the "object".

They increase the frequency and intensity of use of training and exercise loads in order to train a qualified athlete in a short period of time, often ignoring the athlete's physical and functional capabilities. As a result, excessive exercise loads in terms of volume and intensity lead to negative functional changes in the body of the children involved. Symptoms of stress and extreme fatigue occur in the activity of the internal organs of sports (muscles, cardiovascular system, lungs, kidneys, liver, etc.).

Ability to work has been interpreted differently by many foreign researchers. For example, according to the well-known Russian physiologist SA Kosilov (1965), the ability to work is defined as the ability to perform certain motor activities for a longer or shorter period of time and quality. [1] According to E.P. Ilin (1968), "working capacity" is the ability to realize the functional state and capabilities of the organism and its organs at a high level. It is noteworthy that a number of scholars have given a broader and more complete explanation of the concept of 'work ability'. Ability to work is interpreted as "the ability of a person to work for a certain period of time and at a certain level of efficiency in a particular activity process".

In the practice of educators, programs or other activities (sauna, massage, autotraining, vitamin therapy, etc.) that restore the functional state of the child's body after workloads, increase the ability to work, are not taken into account in the programs designed in BOSM.

Exercises lead to the formation of the ability to work and search for ways to prolong or reduce the duration of fatigue and stress, which are inextricably linked concepts such as the body's ability to withstand this load, fatigue, stress, work capacity and its recovery properties.

. Of course, the volume and intensity of physical and technical-tactical exercises used for this purpose is higher than the level of the athlete's ability to withstand this load, and the increase in load during many years of training should be based on the wave principle. In any case, the management of this process requires regular monitoring and scientific analysis of the results.

It is known that prolonged physical activity leads to a gradual decline in work ability and causes fatigue complications. Bioenergetic resources are reduced, cardiovascular, respiratory, muscular, MNS activities are inactive. However, as a result of rest between exercises or after training, the functional activity of the body, as well as the ability to work, gradually begins to recover. Within the scope of functional capacity, or in turn - a load that is given a little more and a little less (in terms of volume and intensity), causes the organism to adapt to this load, the ability to work increases from the initial level. In addition, excessive use of large-volume and high-intensity workouts can lead to negative consequences such as stress, deep fatigue.

Loading (or loading) is the effect on the body of the volume, intensity, duration, and frequency of a particular movement activity (or training session). The functional changes that occur in the body as a result of this effect determine the degree of exposure to this load. This means that there are "external" indicators of the load (volume, intensity, etc.) and "internal" indicators (MNS, heart, blood vessels, respiration, etc.).

Static load has different effects on the functional activity of the organism in terms of its size and intensity. Small-volume, high-intensity static loading, for example, has a drastic effect on cardiac activity. Disrupts the rhythmic activity of the heart, tenses its muscles, speeds up pulse and respiration.

Static load, which is performed at medium or large volumes and at low intensity, allows the heart to gradually adapt to the activity.

This approach to 'work ability' has allowed many researchers to recognize that it is a broad, meaningful, and multifaceted concept.

According to experts, the level of opportunity of each athlete entering the sport is different, and it is advisable to develop general physical training to bring them to the same sports form.

When preparing general physical training and special physical training athletes for competitions, great attention should be paid to the regulation of exercise volume and load. Adapting the amount of loads to the body of athletes and in the future through these tools will play the most important role in training as a highly qualified athlete.

According to scientists, it is important to take into account individual capabilities in determining the distribution of workload, the length of rest periods, the pedagogical impact on training loads. At the same time, he believes that the optimal option for the distribution of training loads depends on the growth of sports results, the position of the main competition.

The planning stages of short-distance runners' training are similar to others, with some specialization, that is, special exercises for short-distance runners, a little more confusing exercises, the intensity is higher depending on the exercise performed.

Training is planned taking into account the annual competitions in the distribution of loads.

The planning stages are divided into three.

1. Preparatory period.

2. Competition period.

3. Transition period.

During the training period, more time is spent on the general physical training of athletes. But not all training is focused on general physical fitness.

The competition period is divided into two periods. Pre-competition period and competition period. During the pre-race period, the amount of load is reduced compared to the preparatory period, and the intensity increases. Distances are also shortened. The main task of athletes during the competition is to participate in competitions and perform light exercises between competitions.

In short, the effectiveness of training qualified athletes in a multi-year training process depends on how the workload is organized for the athlete and how systematically this phase is carried out. In the process of training athletes, there is a predominance of situations where some coaches who train young athletes need to pay close attention to the process of giving the initial loads.

Refernces

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