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# Pedagogical Mechanisms of Application of Innovative Technologies in the Training of Sports Coaches

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## ABSTRACT

This article focuses on the main problems in the training of sports coaches, i.e. the pedagogical mechanisms of the application of new technologies in the field of sports, as well as the main factors that may arise in these processes.

**KEYWORDS:** Sport, Physical education, Pedagogy, Mechanism, Psychology, Interpersonal relations

If we take into account that the attention paid to sports in our country is at the highest level, the role of coaches is definitely very important in the origin of high results in sports today. In the new Uzbekistan, we will be able to see that along with the athletes, their coaches are paying high attention. On the part of the President Sh.M. Mirziyoyev, it is undeniable that sports coaches can also get academic titles depending on the results of their students, providing sports coaches with monetary awards, paying high attention to their work is a great contribution to the development of Uzbek sports at the moment. cannot be reached.

Human life is in constant motion, everything changes, so innovations are applied not to physical, but to sports processes. A few years ago, it was difficult to imagine the relationship between smartphones and sports, but now they go hand in hand. News helps to organize classes at a higher level, better assimilation of materials, and also make education more interesting. In this regard, concepts are being developed that define the importance of introducing innovative technologies to the sports process.

In English, a word requires minimal time, material and intellectual resources to produce the desired result, new skills, techniques, forms, sounds like use. The concept of "innovation" has a similar meaning, but a narrower range of applications. That is, the pursuit of high results in big sports with a quick and clear goal, the introduction of innovative technologies, the introduction of digitalization areas, the application of robotics to sports will help to determine the result faster

What are pedagogical mechanisms and innovation? First of all, we are talking about certain types of pedagogical processes, purposeful actions that can contribute to the change of the environment in education, improving the characteristics of individual components of the entire system, searching for innovative processes in the field of education or sports, and new related to the development of technical, technologies, funds, programs. We will be able to see that the application of innovation in sports processes is divided into two types. These are equipment designed for martial arts and innovative equipment for team sports.

If we analyze the very high results of Uzbek boxers at the Rio Olympics in 2016, all the prize-winning athletes went through special training cycles between 2013 and 2015 by

doctor of pedagogic sciences, professor R.D. Kholmukhaamedov. In this case, we will be able to see if, with the help of individual measuring devices for determining the force of the impact, it is studied with the help of pedagogical mechanisms for two years and directed to high results. If we pay attention to the first results, it was determined that Murodjon Ahmadaliyev, Bahadir Jalolov, and Shahram Ghiyosov did not have high impact strength. After that, we can see that individual coaches of the athletes and Professor Kholmukhaamedov worked out a road map and developed it with the help of special general development exercises under the leadership of the senior coach of the national team for two years. As for the results, it deserves special recognition that the boxers of the national team achieved the highest results in their history and won the first place in the overall team score at the Olympic Games a year later. The coaches of all athletes who achieved high results from the President Shavkat Miromonovich received monetary awards and high recognition for their services.

At the root of every high result is the development of science, if we pay attention to the results of all major developed countries in the field of sports, we can see that the focus on innovation, education and sports development in the United States, China, and Japan has very good results. we will be able to pass.

The term innovative pedagogy and researches related to it appeared in Western Europe and the USA 60 years ago. Innovative activity was studied in the works of O. N. Gonobolin, B. A. Slastenin, N. V. Kuzmina, A. I. Shervanov and others. According to the "National Encyclopedia of Uzbekistan", innovation has the following content and concepts: "Innovation (innovations" - introduced innovation, invention) is money spent on the economy to ensure the replacement of technology and technology generations; 2) innovations in the fields of technique, technology, management and labor organization based on scientific and technical achievements and experiences, as well as their application in various fields and spheres of activity.

According to A.I. Prigozhin, innovation should be understood as a new approach to the attitude towards a certain social unit - organization, population, society, group, enriching this attitude with some stable elements. Here it is understood that the views of the author directly express the essence of social relations and an innovative approach to them. Based on this, each person organizes a unique innovative activity as a citizen, specialist, leader, employee, as well as a participant in the process of various social relations.

Lexically, the concept of "innovation" when translated from English ("innovation") means "introducing something new". The concept of "innovation" represents a specific situation in terms of content. That is, it is an activity aimed at changing the internal

structure of a specific system. The technologies used in the process of innovative education are called innovative educational technologies or educational innovations.

V. A. Slastenin considers innovation to be a set of purposeful, directed processes aimed at creating, spreading and using new things. According to the author, any innovation aims to satisfy the needs of social subjects and stimulate their aspirations with the help of new tools.

The concepts of "new" and "innovation" are important in any innovation. The novelty introduced into various attitudes and processes is manifested in the form of private, subjective, local and conditional ideas.

Innovations in sports describe the consistent introduction of innovations into pedagogical activity. The educational system and process develops according to the didactic possibilities of pedagogical activities. The innovative activity of the teacher is manifested as a force that mobilizes the pedagogical team, urges, encourages creativity, and guarantees the quality of the educational process. Therefore, it is necessary for every coach and teacher to be able to consistently apply innovations in their work, fully understanding the essence of innovation. A coach who is able to combine these situations will open the way to lead his student to high results faster and with a clear goal.

The analysis of the innovative activity of a sports coach requires the use of certain standards that determine the effectiveness of innovation. Such standards include novelty, optimality, high efficiency, and the possibility of creative application of innovation in public experiments. Newness reflects the essence of newness, the level of novelty offered as a standard of pedagogical innovation. Pedagogical scientists distinguish the absolute, limited absolute, conditional, subjective levels of novelty, which differ according to the degree of popularity of use and field. The standard of acceptability indicates the effort and means used by the sports coach and the athlete's student to achieve the result. Effectiveness, pedagogical innovation should remain the property of mass experiences. Pedagogical innovations in the field of sports are first introduced into the activities of some coaches. At the next stage - after testing and receiving an objective assessment, the pedagogical innovation is recommended for mass implementation.

The studies conducted by V.A. Slastenin provided opportunities to determine the professional readiness for innovative activities on the example of teachers.

- predicting the overall success of the intended innovation and its individual stages;
- to identify shortcomings in the innovation itself and in its implementation for the purpose of further processing;
- to compare the innovation with other innovations, to select the most effective ones, to determine their most significant and maturity level;
- checking the level of success of innovation implementation;

It is not an exaggeration to say that Slastenin tried to determine the result of innovation in the experimental testing process with such processes.

Today, there is a need to develop pedagogical technologies related to the practical basis of pedagogical technologies,

personal activity approach, critical and creative thinking, problem solving, decision-making and team cooperation.

Thus, the pedagogical technology of the previously designed educational process embodies a system of methods, educational methods, goals, tools, opportunities for joint activity of coaches and athletes, and a set of results.

A skill is a characteristic of a person acquired through experience. It is a theoretical level of professional skills formed on the basis of flexible skills and creativity in one's field. Skill is art, Skill is research, Skill is the ability to use pedagogical technologies, skill is the organization of a sports coach's activity on a scientific basis and self-education.

The ability is present in all people, and it is not uniform, one is high, the other is medium-low. To work successfully, every teacher must have pedagogical skills. The owner of pedagogical skill will achieve a great result by spending his own work. Ability appears and develops in the process of activity. Ibn Sina believes that it is necessary to follow the following rules in the educational process: to go from simple to complex in teaching; taking into account the child's abilities and inclinations; perform exercises that the child can do; combining education with physical exercises. It is necessary to choose a generous, wise, faithful, well-versed in moral and intellectual methods of education, and a strong-willed teacher and educator to give education and training to the child. A teacher should be a healthy, clean, honest, polite person.

In conclusion, we can see that in the age of technology of the 21st century, in order to achieve sports results, it is not only through strength, but it is an important process to learn science and technology through pedagogical and psychological mechanisms and apply it to the activities of athletes and coaches.

It is an important process for all high-performance athletes and coaches to have thoroughly studied its pedagogical mechanisms. It is very important to introduce new innovations to athletes with the support of their coaches, while studying the technologies of developed countries. If we take into account that it is a very difficult task to achieve a result only with strength in modern sports processes, it is no exaggeration to say that the digitized sports field or innovative sports processes are the main key to achieving high results.

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