

A woman with dark hair and glasses is leaning over a table, looking at a map. She is wearing a dark top. The background is a dark, textured surface. A large blue arrow graphic points to the right, partially overlapping the text.

**THE AMERICAN
JOURNAL OF
SOCIAL SCIENCE
AND EDUCATION
INNOVATIONS**

**VOLUME
02**

2020

**Impact Factor
5.525**

**Crossref doi
[10.37547/tajssei](https://doi.org/10.37547/tajssei)**

**THE AMERICAN JOURNAL OF
SOCIAL SCIENCE AND
EDUCATION INNOVATIONS**

(TAJSSEI)
SJIF-5.525
DOI-10.37547/TAJSSEI

Volume 2 Issue 11, 2020

ISSN 2689-100X

The USA Journals, USA
www.usajournalshub.com/index.php/tajssei

Editor-in-Chief

MATYJA Miroslaw

The American Journal of Social Science and Education Innovations is an open platform, peer-reviewed and refereed journal published within USA. The major objective of TAJSSSEI is to give an intellectual platform intended for the international scholars. TAJSSSEI aims to support interdisciplinary studies within Social Science and Education and develop into the leading journal within Social Science and Education Innovations in the world.

The journal publishes research papers within the grounds of humanities and social science similar to as anthropology, communication studies, business studies, criminology, corporate governance, cross-cultural studies, development studies, demography, ethics, economics, education, geography, industrial relations, history, international relations, information science, law, linguistics, library science, media studies, philosophy, political science, methodology, public administration, population Studies, psychology, linguistics, sociology, social welfare, paralegal, literature, presenting arts (music, theatre & dance), religious studies, visual arts, women studies and many other.

Website: www.usajournalshub.com/index.php/tajssei

Email: editor@usajournalshub.com

Publisher Address: 304 S. Jones Blvd #5245 Las Vegas, NV
89107 USA

61. Khaitov Zufar Asroralievich, Karimova Barchinoy Ilkhom Qizi, Mamarajabova Shamsiqamar Nishon Qizi, Jovgashov Obid Rustam Oglu. (2020). Features Of The Formation Of Perception In The Depiction Of Psychological Portraiture. *The American Journal of Social Science and Education Innovations*, 2(11), 363-366.
62. Jasur Fakhriddinovich Savriev. (2020). The History Of Construction Of The Mirzachorbog Palace And Problems And Solutions In The Repair Process In The Years Of Independence. *The American Journal of Social Science and Education Innovations*, 2(11), 367-377
63. Bunyodbek Mamasoliyev, Abdurahimjon Alijonov, Ergashoy Yusupova. (2020). Development Of A Logistic Method In The Placement Of Urban Passenger Transport Routes. *The American Journal of Social Science and Education Innovations*, 2(11), 378-383.
64. Nurjamal Rustemovna Karamatdinova. (2020). Ways Of Establishment Of Homonyms In The Karakalpak Language. *The American Journal of Social Science and Education Innovations*, 2(11), 384-388.
65. Olim Neymatovich Akhmedov. (2020). Models Of State Sports Policy (Content Analysis). *The American Journal of Social Science and Education Innovations*, 2(11), 389-394.
66. Shomirzayev M.Kh. (2020). "Technology" In Secondary Schools Organization Of Science Classes. *The American Journal of Social Science and Education Innovations*, 2(11), 395-405.
67. Kurbanov Shuhrat Kuldoshovich. (2020). Physical Training Of Young Athletes And Its Importance. *The American Journal of Social Science and Education Innovations*, 2(11), 406-409.
68. Mardiev To'liqin Kulibayevich. (2020). The Interpretation Of The Concept Of Love Related To Of Human's Emotions In English And Uzbek. *The American Journal of Social Science and Education Innovations*, 2(11), 410-416.
69. Kholmurodova Gulhayo Nematovna. (2020). Methods Of Teaching Speaking Online To Intermediate Level Students. *The American Journal of Social Science and Education Innovations*, 2(11), 417-420.
70. Ayimbetova Zamira Maksetbay Kyzy. (2020). The Problem Of Mutual Synthesis Of Folklore And Written Literature In The Science Of Karakalpak Literature. *The American Journal of Social Science and Education Innovations*, 2(11), 421-427.
71. Umidjon Kasimov, Zulfiyaxon Mamataliyeva. (2020). Increasing The Efficiency Of Thermal Processing Under The Influence Of Magnetic Fields. *The American Journal of Social Science and Education Innovations*, 2(11), 428-434.



Physical Training Of Young Athletes And Its Importance

Kurbanov Shuhrat Kuldoshovich

Teacher Of "Interfaculty Physical Culture And Sports" Department Of Bukhara State University, Faculty Of Physical Culture, Uzbekistan

Journal Website:

<http://usajournalshub.com/index.php/tajssei>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

ABSTRACT

The article shows how to increase the physical activity of young athletes and ways to train young athletes through the amount of workload applied to them.

KEYWORDS

Education, general physical training, special physical training, physical ability, physical quality.

INTRODUCTION

Physical training of young athletes is one of the most important components of sports training and is understood as a process aimed at comprehensive development of the body, strengthening health, improving physical abilities and creating a solid functional base for all other types of training.

High demands are placed on modern exercise.

This can be explained by management factors:

1. The study of achievements in sports always meets the requirements of a new stage in the development of physical activity from the athlete:
2. A prerequisite for managing a high level of physical training and competition loads.

Depending on the nature and direction of the effect of the means used, the physical fitness of young athletes is studied in groups of general physical training (GPT), auxiliary and special physical training (SPT).

The general physical fitness (GPT) of a young athlete is the foundation, the necessary foundation, to achieve high results. It is aimed at solving the following tasks.

1. Improving the functional capacity of the body of young athletes
2. Physical qualities Development of strength, speed, endurance, agility and flexibility:
3. Overcoming deficiencies in the physical development of young athletes.

Auxiliary physical training of young athletes is aimed at creating a functional basis for effective activities aimed at the development of special physical abilities. It has a special direction and is aimed at solving the following tasks:

1. Development of functional abilities of young athletes, which are reflected in the movement activities specific to the chosen sport.
2. Improving the body's ability to withstand high levels of special loads.
3. Increasing the intensity of recovery processes.

Special training of young athletes (SPT) is carried out regardless of the sport in which they meet the requirements for participation in competitive activities in the chosen sport.

Solves the task of managing the special performance of young athletes.

- Improvement of mandatory treatment specific to the chosen sport;
- Deepening and development of motor skills necessary for successful technical and tactical improvement of the chosen sport;
- Selective development of individual muscle groups that are more involved in performing specialized exercises;

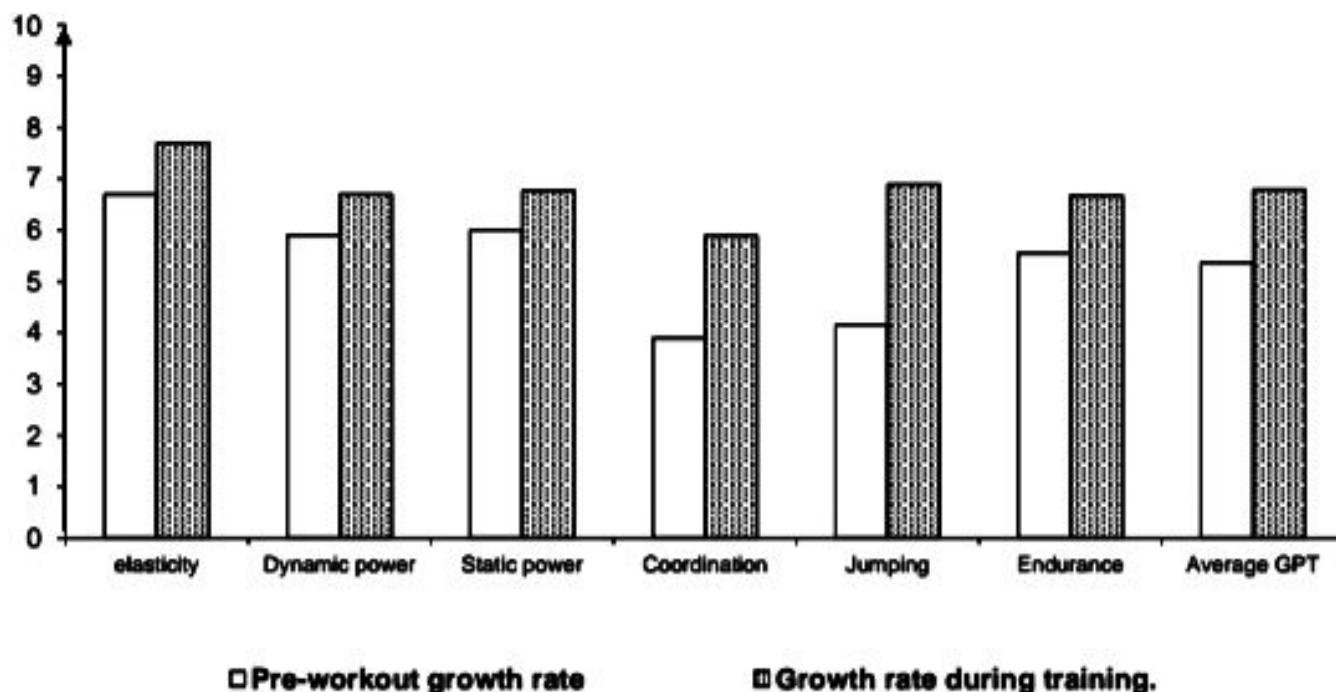
It is aimed at developing the most important movement qualities in the system of SPT movement skills of young athletes. To do this, competitive exercises conducted by the main management of special physical training are used with various complicating elements that affect the body of the athlete.

All types of physical training have certain similarities. Physical training of young athletes is closely linked with sports specialization. Inadequate assessment of any type of physical fitness during exercise will eventually hinder the development of sports skills. In the training of young athletes, the tasks set in the ratio of GPT and SPT, the age and qualifications of athletes, their individual characteristics, stages and periods of the training process, change the current state of the body. As the skill of the athlete increases, the contribution of GPT tools increases and the volume of SPT tools decreases accordingly.

MATERIALS AND METHODS

The level of physical development of young athletes during training.

(Table 1)



In addition: The formation of the physical culture of young athletes also remains an important factor. The process of shaping the physical culture of such young athletes not only assimilates the movements of the practitioners and the knowledge associated with them, but also develops their own physical activities. Currently, "physical activity" and "physical qualities" are used to describe the ability of athletes to move. Although these concepts are similar in some ways, but not the same. Physical control is a complex of psycho-physiological and morphological actions that meet the requirements of a young athlete and ensure their implementation. In physical education and sports, the terms "strong," "fast," "agile," and "flexible" are reflected in the quality of athletes' performance.

It is now accepted to distinguish five basic types of physical abilities: strength, speed and coordination skills, endurance and flexibility. Each of them manifests itself in different forms in different types of movement activities.

Now there are also basic laws of development of physical abilities.

1. Movement is a leading factor of physical abilities
2. Dependence of skill development on the mode of movement activity
3. Stages of development of physical abilities
4. Uneven and heterochronous development of abilities (belonging to different times)
5. Reversibility of ability indicators
6. Transfer of physical abilities
7. Interrelation and unity of motor skills and physical abilities

In doing so, there is no change that affects the performance of young athletes, depending on their mastery of this or that movement in the belt they are considering. To do this, the person who conducts the pedagogical process of physical education must build it based not only on the principles of education and upbringing, but also on the principles of development of physical activity. At the same time, it is necessary to accept that all sports competitions in physical education reflect the same requirements: in them, any pedagogical process must be built on the basis of awareness, activism and other principles. However, the clear implementation of these principles must be consistent with the tasks at hand.

CONCLUSION

Thus, the actual values of the maximum load can be determined only in relation to the specific physical condition of the trainees.

Of course, in the development of physical abilities, the maximum load should be applied when the trainees have the appropriate training, taking into account their age, individual characteristics, as well as the specifics of the load, in accordance with other principles. The magnitude of the physical load is characterized by its volume and intensity. Accordingly, it is possible to clearly distribute the workload.

REFERENCES

1. Law on Physical Culture and Sports, June 27, 2000 Folk word pages 1-2.
2. Vardiashvili.I.R "Scientific cognitive activity of students". Karshi. Nasaf Publishing House, 2006.
3. Krimov.FA "Scientific research in the field of sports". T. "Zarqalam" publisher. 2004
4. Gomelskiy.A.Ya. Tactics of basketball. M: FIS, 1966.
5. Ganchorova O.V. "Development of physical abilities of young athletes", 2005
6. Usmonhojaev TS, Khojaev F. 1001 game T. Publishing house "Ibn Sino", 1990
7. S.S.Abdueva, Sh.Khurbonov,N.Sabirova. Evolution of physical performance and techniques of handball girls aged 11-12. International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). 2019 december
8. S.S.Abdueva. Activities that increase children's interest in the sport of handball. Innovatsionnoe razvitie nauki i obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya 2020
9. S.S.Abdueva,Sh.Kadirov,M.Fatullaeva,Sh.K hurbonov. Using of innovation terms in physical education and sport lessons and their social and educational features. Journal of Critical Reviews ISSN-2394-5125 Vol 7,Issue 6,2020