

PEDAGOGICAL TECHNOLOGY OF SELECTION OF STUDENTS BY TYPES OF ATHLETICS AT THE STAGE OF LONG-TERM TRAINING

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Аннотация: "Болалар спортини ривожлантириш жамғармаси" нинг ташкил этилиши ёш авлодни соғлом ва баркамол инсон этиб тарбиялашда катта амалий аҳамиятга эга. Бугунги кунда мамлакатимизда 2 миллионга яқин бола спортнинг 30 дан ортиқ тури билан шуғулланмоқда. Улар соғлом, кучли, Жасур ва қатъиятли бўлишади. Болалар спортини ривожлантириш мамлакатимиз ёшларининг жисмоний ва маънавий камолотиغا еришишда муҳим восита бўлиб хизмат қилмоқда. Олимпия дастурига киритилган енгил атлетика спорт тури мамлакатимизда тобора ривожланиб, ўғил-қизлар ўртасида оммалашиб бормоқда.

Калит сўзлар: болалар ва ўсмирлар sport мактаблари, енгил атлетика машгулотларини ташкил этиш, таерлов боскичига киска масофага югурувчиларни саралашдир.

Аннотация:Создание "фонда развития детского спорта" имеет большое практическое значение в воспитании подрастающего поколения как здоровой и гармоничной личности. Сегодня около 2 миллионов детей в нашей стране занимаются более чем 30 видами спорта. Они будут здоровыми, сильными, смелыми и решительными. Развитие детского спорта служит важным инструментом в достижении физической и духовной зрелости молодежи нашей страны. Вид спорта легкая атлетика, который включен в олимпийскую программу, все больше развивается в нашей стране и набирает популярность среди юношей и девушек.

Ключевые слова: дети и юноцы — это спортивные школы, организация легкоатлетических упражнений, отбор бегунов на длинные дистанции в подготовительная часть.

Annotation: The creation of the "children's sports Development Fund" is of great practical importance in educating the younger generation as a healthy and harmonious personality. Today, about 2 million children in our country are engaged in more than 30 sports. They will be healthy, strong, brave and determined. The development of children's sports serves as an important tool in achieving physical and spiritual maturity of the youth of our country. The sport of athletics, which is included in the Olympic program, is increasingly developing in our country and is gaining popularity among boys and girls.

Keywords: children and young men are sports schools, the organization of athletics exercises, the selection of long-distance runners in the preparatory part.

Relevance of the Study

After the independence of the republic, the focus on physical education and sports in our country in the amount of public policy is especially significant in the establishment of the "children's Sports Development Fund", which makes the young growing generation a healthy and perfect person. Today, in the Athletics sections of more than 225 schools and more than 54 specialized children's and youth sports schools in our country, 9 schools of higher and higher sports skills in the Republic, 15 colleges of the Olympic Reserve, about 400 highly qualified coaches are thoroughly taught the secrets of athletics. But we found out in the research process that not all of them are talented in athletics sports. Because we are witnessing that the student has given young people a unique disadvantage to athletics sports. Coaches form groups in most cases based on the recommendations of a general school student when forming groups. For Shuningn, too group, if they are observed to spread within 2-3 months, the latter will not focus on qualifying criteria. Based on 1 or 2 pointers, the group does not shake which negatively affects the effective training of athletes. As a result, 2-3 years of student youth take away their precious time in vain. Therefore, the development of qualifying criteria and the selection of students in groups based on these criteria increases the effectiveness of the system of training highly qualified athletes. Therefore, the work of the dissertation on the topic "pedagogical technology of qualifying young people for athletics at the stage of many years of preparation", which we have chosen, is one of the pressing problems in the selection of athletes.

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