

“IMPROVING APPROACHES TO WORK WITH SPECIAL PHYSICAL TRAINING OF WUSHU (TAOLU) ATHLETES 12-14 YEARS OLD DURING PRE-COMPETITIVE ACTIVITIES”

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Prescription: This article shows an improved method for the implementation of special physical training of wushu athletes (12-14 years old) during the pre-competitive activity. The results of the main pedagogical experiment proved the significant effectiveness of the proposed method, a significant increase in the readiness parameters of the test subjects of the experimental group. The scientific and practical significance of the article lies in the fact that the results of the research can be further used in the development of individual characteristics of the management of the training and competitive activities of wushu athletes.

Keywords: wushu, special physical training, taolu, complexes, competitive orientation, basic element, block, strike

Аннотация: В данной статье показывается усовершенствованный метод осуществления специальной физической подготовки спортсменов ушу (12-14 лет) в период предсоревновательной деятельности. Полученные результаты основного педагогического эксперимента доказали значительную эффективность предложенного метода, достоверным приростом параметров подготовленности испытуемых опытной группы. Научная и практическая значимость статьи заключается в том, что результаты исследований могут быть в дальнейшем использованы при разработке индивидуальных характеристик управления тренировочной и соревновательной деятельности спортсменов ушу.

Ключевые слова: ушу, специальная физическая подготовка, таолу, комплексы, соревновательная направленность, базовый элемент, блок, удар

Relevance: As part of the ongoing state reforms, great importance is attached to improving the health of the population, ensuring the health-improving orientation of the educational process. As the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, health improvement, physical development and physical education of all segments of the population of the republic is one of the most important tasks of state policy, which requires further improvement of evidence-based approaches and methods for its implementation.

In order to ensure the formation of a stable immune system against diseases in every citizen through regular physical education and mass sports and the formation of healthy lifestyle skills, rejection of bad habits, adherence to the principles of proper nutrition, systematic and effective organization of work on recovery and rehabilitation, mass events for physical activity, the creation of appropriate infrastructure and other necessary conditions. And so the country is consistently implementing measures to create the necessary conditions and infrastructure to promote physical culture and sports, a healthy lifestyle among the population, especially young people, and ensure a worthy representation of the country in the international sports arena. Let's look at this in the context of martial arts, namely wushu and its sporting manifestations.

The modern development of sports wushu is characterized by an increase in competition in the international arena, an increase in the requirements for physical and technical fitness, especially in connection with changes in the conditions of competitive activity, due to the constant improvement of competition rules. To accelerate the pace of Wushu entering as a permanent sport in the Olympic Games program.

This trend is already having an effect, because wushu, having been included in the Asian Summer Games for a long time, has recently been included in the Asian Youth Games and since 2019 has been permanently included in the program of the Youth Olympic Games and the Summer Universiade.

In the current conditions, also a good reason for improving the approach to the special physical training of juniors in wushu is the change and complication of the International Competition Rules. Where the set of standards, regulations and requirements becomes much more complicated with each edition. And the junior age categories are shifting to a more complicated Taolu program, and accordingly, the requirements for performing complex elements for juniors are expanding over and over again. It is clearly understood here that the Taolu athlete, being in age group B, namely at 12-14 years old, in accordance with the International Rules (IWUF 2019), is obliged to perform the Guidin 1st International Standard program. Where complex high-amplitude elements, jumps, landings, balances, swings, etc. are already encountered. Then, as before until 2019, twelve-year-old athletes still performed the basic initial complex and were included in the C age group - this is 6-12 years old, that is, lower in complexity. And age group B included athletes 13-15 years old. But as you can see, all categories have shifted by one year in age to difficulty.

With the available research and methodological work on physical fitness and technique in wushu (Taolu), it should be noted that one of the problems of the theory and practice of sports wushu, not only in Uzbekistan, but in the CIS countries, is the use of outdated methods of managing the physical and technical training of wushu athletes in the leading stages of their preparation for the implementation of the junior

program, namely the lack of an improved approach to managing the training process. But especially acute is the issue of the content and sequence of application of special physical training wushu (Taolu), which is the main support in the development of complex high-amplitude jumping and acrobatic elements required by the junior program.

This problem is relevant, which is explained by the constant sharp rivalry of wushu athletes in international competitions, both among adults and among juniors. The presence of an increase in the number of leading teams from Southeast Asian countries on the world stage of wushu. By expanding the arsenal of technically complex elements and tactical actions, the rapidly growing performance indicators among junior Wushu Taolu among rival teams, for example, from China. Being in such realities, we were faced with the need to initiate a study to try to solve this series of problems.

The purpose of the research: development of improved approaches to work with special physical training of wushu (taolu) athletes aged 12-14 years during their pre-competitive activities. Revision and improvement of the management methodology and determination of the balance between the volumes of special physical and technical training of athletes, taking into account the comprehensive control of their stage states in the pre-competitive period.

Research objectives: correction of training loads in pre-competitive periods by determining physical and functional capabilities using complex control in improving the special physical fitness of athletes Taolu 12-14 years old;

Developing the optimal anaerobic and anaerobic-alactate orientation corresponding to the expected load in the pre-competitive periods;

Develop programs for improving special physical fitness and control tests for Taolu athletes aged 12-14 and improve the methodology for applying exercises for the development of special physical fitness. If necessary, a moderate increase in the intensity of execution and monitoring of effectiveness in the pre-competitive periods;

Based on the level of development of wushu athletes special physical fitness, to improve the effectiveness of competitive activity based on increasing the ability to perform jump elements in full, at the right height and with a fixed landing, taking into account all the criteria for assessing the quality of performance. To improve the holding of balances with the elements in balance. To master the necessary intensive (explosive) pace of performing movements and ligaments.

Findings

The analysis of literary sources showed that previously insufficient attention was paid to the management of special physical training of wushu athletes aged 12-14, as well as the control of their stage states. The state of this problem was also revealed in the course of a questionnaire survey of leading coaches. In this regard, we, having

studied the problem from all sides, and resorting to the latest scientific sources in wushu. And based on my experience. We improved the approach to working with special physical training, developed a methodology for effective management of special physical training of wushu (taolu) athletes aged 12-14 years during the pre-competitive activity which has been experimentally tested.

The results of the main pedagogical experiment proved the high efficiency of the proposed methodology, a significant increase in most of the readiness parameters of the test subjects of the experimental group. This was achieved by applying training loads according to the principle of the proposed method of managing the special physical training of wushu (taolu) athletes aged 12-14 years. Growth in terms of physical development: significantly increased.

According to the special physical fitness of the subjects in the final part of the pedagogical experiment, the obtained indicators significantly increased

Conclusion

The results obtained as a result of the pedagogical experiment fully confirmed the working hypothesis of the study, proved its high efficiency in relation to a significant increase in most of the readiness parameters of the subjects of the experimental group. This was achieved by applying training loads according to the principle of the proposed method of managing physical and technical training.

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