



## TOOLS, METHODS AND PRINCIPLES USED IN TEACHING THE OF JUMPING TECHNIQUE

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**Abstract:** This article contains information aimed at studying the effectiveness of outdoor games in educating students of jumping ability and speed-strength qualities directly related to the formation of jumping skills at the initial stage of training in the support jump.

**Kalit so‘zlar:** tezkorlik, kuch, texnik-taktik chidamkorlik, chaqqonlik, egiluvchanlik, reaksiya, jimoniy mashqlar.

**Key words:** speed, strength, technical and tactical endurance, agility, flexibility, reaction, exercise.

## TAYANIB SAKRASH TEXNIKASIGA O‘RGATISHDA QO‘LLANILADIGAN VOSITALAR, USULLAR VA TAMOYILLAR

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**Annotatsiya:** Ushbu maqola o‘quvchilarning dastlabki tayanib sakrashni o‘rganish bosqichida sakrash mahoratining shakllanishiga bevosita aloqador bo‘lgan sakrovchanlik va tezkor kuch sifatlarini o‘stirishda harakatli o‘yinlar samaradorligini o‘rganishga qaratilgan ma‘lumotlardan iborat.

**Аннотация:** Данная статья содержит информацию, направленную на изучение эффективности подвижных игр в воспитании у учащихся прыгучести и скоростно-силовых качеств, непосредственно связанных с формированием прыжковых навыков на начальном этапе обучения опорному прыжку.

**Ключевые слова:** быстрота, сила, технико-тактическая выносливость, ловкость, гибкость, реакция, упражнение.

In modern sports practice and in the process of schools, achieving high levels is related to the ability of students to maintain high-quality and effective work ability for a long time.

The duration of competitions in various sports is determined by the rules of international competitions. During these competitions, the longer an athlete is able to maintain his work ability in terms of quality and efficiency or has the "strength" to increase it, the more success he will inevitably receive. In other words, maintaining the level of quality and efficiency of work for a longer or shorter period of time, general and special endurance types of qualities (speed, strength, quick-strength endurance, jump endurance, "technical-tactical endurance", etc.) is determined by how developed it is.

It is known that when it comes to work ability, especially when it comes to its quality and efficiency, the ultimate essence and "core" of the matter goes back to the formed and unformed of other physical qualities. That is, general and special endurance suitable for an effective result will embody the qualities of strength, quickness, agility, and flexibility. The interrelationship of these qualities and their high-level integrated result



determine the specific fate of sportsmanship.

One of the most important factors is the formation of jumping elements based on a planned physical style and preparation. However, in sports practice, there are often cases where planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is that the volume and intensity of this or that physical exercise used in training and the level of influence of these indicators on the body of the participants (the reaction of the body to the load) are not objectively evaluated. Therefore, taking into account the compatibility of the physical exercise (social exercises) used in the educational process with the functional capabilities of the body of the participants creates opportunities for planning this exercise.

When teaching movement, special attention is paid to two interrelated aspects of movement function:

- teaching and improving movement skills;
- education of physical qualities in accordance with learned movement characteristics.

V.N. According to Platonov (1986), the concept of general physical fitness means the level of comprehensive (harmonious) development of the movement qualities of the athlete. Approaching the issue in this way is appropriate from the point of view of forming the health of an ordinary person (including an athlete). This kind of practice and the training process based on it is not likely to reduce the effectiveness of high competition results. Because each type of sport has its own and suitable characteristics, if in one type of sport the quality of quickness and strength prevails, in another type of sport the quality of endurance plays a leading role, or in a third type of sport the quality of flexibility is of primary importance. However, it does not follow from the mentioned opinion that a certain physical quality is very necessary for a certain type of sport, and another is not important. On the contrary, each quality has a more or less important "share" in a specific sports situation. The above-mentioned ideas and considerations are especially evident in gymnastics.

First of all, it was proved that building the qualities of strength and agility in a mutually compatible way has a positive effect on the physical fitness of students.

When it comes to physical training and, in particular, the importance of forming movement qualities (speed, strength, endurance, agility, flexibility, agility) in training students, in this regard, special emphasis should be placed on the qualities of quick strength and agility. is appropriate.

Quick-strength qualities are a crucial resource in every sport. For example, the quality of quick power to perform an attack shot over the net in volleyball is a factor that ensures the success of this skill; and in wrestling, this quality helps to use attack or counter-attack methods with great force in a short time, and in gymnastics, the quick-power quality ensures the successful transition of the jump. In fact, according to the results of observation, most of the gymnasts who won in the World, Olympic, European, Asian and other international gymnastics competitions have highly developed quick strength skills.

In gymnastics, the quality of jumping is also one of the main sources leading to victory. In this regard, the well-known researcher - scientist Yu. V. Verkhoshansky (1985) provides very important information that attracts attention. During training, it is this quality that shows its leadership in decisive situations. At the same time, it is not necessary to prove that the performance of technical skills with high efficiency during long-term training is primarily directly related to the quality of special endurance. According to the observations of Yu.V. Verkhoshansky, the technical skills of the participants of the World Volleyball Championship during the competition were significantly reduced in the 3rd round of the competition. This situation draws attention to the fact that the special endurance of these volleyball players is not formed at a high level. So, it can be seen that the quality of special skill occupies a special place in maintaining the effect of technical skill for a long time during the lesson.

In the development of special fitness, it is necessary to perform special technical exercises for a long time,



even in the presence of fatigue complications. General endurance is formed on the basis of chronic performance of high-volume exercises (long-distance running, swimming, cycling, etc.) at moderate intensity. The quality of flexibility is one of the necessary factors in training gymnasts and forming their technical skills. A gymnast with highly developed abilities will be able to skillfully perform "most", spins, twists and similar technical skills. Flexibility is formed gradually, due to long-term training. If flexibility exercises are stopped for a while, this quality can be dramatically lost or reduced.

Many methods used in gymnastics develop flexibility. However, this alone does not allow the full development of this quality. To effectively improve this quality, it is necessary to gradually and regularly use special exercises such as stretching, bending, spreading, squeezing, and twisting of muscles, tendons, and joints.

It is desirable to form flexibility from a young age. At the same time, the development of this quality requires caution. Violent and sharply applied exercises can damage muscles, tendons, joints, and even cause serious injury (V.N. Platonov). In teaching children to jump, it is also important to develop the qualities of agility and strength. It should be noted that the harmonious development of all physical qualities during the lesson is the guarantee of training a skilled gymnast.

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