Proximus Journal of Sports Science and Physical Education
Volume 1, Issue 4, April, 2024
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

METHODOLOGY FOR QUALIFYING YOUNG ATHLETES FOR THE SPORT OF KAYAKING AND CANOEING

Ibragimov Alisher Karamatovich
Bukhara State Pedagogical institute
Associate professor of the Department of physical education and sports

Annotation: in practice, the system for determining the choice and direction of sports and its components do not correlate with the peculiarities of the training of athletes at different stages, which does not allow us to look for athletes with a future and determine the direction of training, taking into account their individual specifics and issues of the training process.

Keywords: selection, individual, selection, general physical fitness, preparation cycles

Introduction: currently, our President Sh. M. The fact that Mirziyoyev, like all spheres, pays great attention to physical education and sports, imposes responsible duties on employees of our sphere and specialists. In the documents on amendments and additions to the law of the Republic of Uzbekistan”on physical education and sports", the search for talented athletes is focused on the issues of directing them to multi-year training cycles, organizing training, competition systems on a scientific basis with improved options. Of course, a number of positive things are being done in places to ensure the implementation of these laws and ordinances.
Purpose of the study: selection and orientation of talented-promising young people on the basis of sports competition in kayaking and canoeing.
Methods of research:
- analysis of scientific and methodological literature of highly qualified coaches
- test techniques
- method of mathematical-statistical calculations

Literary analysis shows the need to improve the system of training athletes sports competition, determining their direction taking into account the interest and specific individual characteristics of rowers, the laws of the rules for the correct composition of the training process are followed.

According to many scholars (Fomin, Chuprun A.K.) determine the choice and direction of the sport is determined by specifying the prime factors that determine the success of sports improvement in a particular sport, which is carried out. While the scientific and methodological literature provides information on the search for young people for kayaking and canoeing Sports on the basis of sports competition, in these given literature, which saralov did not provide complete information on which tests are effective. Today, the organization of training processes of talented young athletes is carried out by our leading scientists in the field of planning annual training, improving general physical fitness in training cycles, developing special physical fitness, pre-competition training competition activities, restorative activities. D.Kholmukhammedov, V.M.Korbut, L.R.Ayrapetyans, F.A.Kerimov, M.N.Umarov, V.Volkov, N.T.To ' khtaboev, M.S. Olimov, R.M.Matkarimov, K.T.Although the shakirjonovas conducted a number of scientific research, the literature was studied as a result of the rationalization of the fact that in the sport of kayaking and canoeing, almost attention was paid to the issues of choosing young people and directing them to many years of training by

Proximus Journal of Sports Science and Physical Education
Volume 1, Issue 4, April, 2024
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

sorting. The indicators of the development of physical qualities of kayakers in kayaks and canoes aged 13-14 years in the experimental group were 4.9±0.1 at the end of the strike, if at the beginning of the strike on 30 m runs (seconds), then 5.5±0.1. And in the control group, these indicators were 5.1±0.1 at the end of the strike, if at the beginning of the strike on 30 m runs (seconds), then 5.4±0.3. This is compared to the year-long 30 m Run (seconds) experimental Guruh with T=2.18 ($p<0.05$) control Guruh with T=0.94 ($p<0.05$). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru.

The indicators of the development of the physical qualities of rowers in the experimental group were 1338±17.2 at the beginning of the strike on a break-free 5-minute run (meter), and 1460±19.2 at the end of the strike. The indicators of kayakers and canoeists aged 13-14 in the control group were 1453.5±10.7 at the end of the strike, while at the beginning of the strike on a break-free 5-minute run (meter), 1342±12.1. This results in an experimental guru's performance of 5 minutes of running (meters) without a break in the year duration, compared to the T=4.98 ($p<0.001$) control Guru, which is T=4.83 ($p<0.001$). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru. The indicators of development of the physical qualities of paddlers in the experimental group were 53.8±1.4 at the end of the tap, if at the beginning of the tap on the high jump (cm) from place to place. And the indicators of paddlers in the control group were 52.5±1.8 at the beginning of the strike on the jump from place to height (cm), and 53±1.7 at the end of the strike. This means that the experimental guru's performance in year-round position-to-height jump (sm) is t=4.65 ($p<0.001$) while the control guru's performance is t=1.57 ($p<0.05$). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru. The indicators of the development of the physical qualities of paddlers in the experimental group were 229.5±0.3 at the end of the tap, if at the beginning of the tap on the jump from place to length (CM). The indicators of the development of physical qualities of paddlers in the control group were 208.2±5.8 at the beginning of the tap on the jump from place to length (CM), and 215.9±0.6 at the end of the tap. This means that the experimental guru's performance in year-round position-to-length jump (sm) is t=2.77 ($p<0.05$) while the control guru's performance is t=1.87 ($p>0.05$). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru.

The indicators of the development of the physical qualities of rowers in the experimental group were 8.5±0.4 at the end of the competition, if at the beginning of the competition on tension (times) on the turnstile was 6±1.1. The indicators of the development of physical qualities of paddlers in the control group were 7.1±0.3 at the end of the tap, if at the beginning of the tap on the turnstile pull (times), 6.5±1.2. This results in a T=2.56 ($p<0.05$) control group for a year-long turnstile drag experiment, compared to T=1.54 ($p>0.05$). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru. The indicators of the development of the physical qualities of paddlers in the experimental group were 551.7±3.8 at the beginning of the tap on the ball throw (in the water), while the indicators of the development of the hands behind the head were 568.2±2.8 at the end of the tap. The indicators of the development of physical qualities of paddlers in the control group were 560.5±3.1 at the end of the tap, if at the beginning of the tap on the ball throw (in the water) in the event that the hands made behind the head. This is compared to the experimental guru's t=4.78 ($p<0.001$) control guru's t=3.82 ($p>0.001$) for throwing the ball at a point that made the year-long hands behind the head. It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru. The indicators of development of the physical qualities of the paddlers in the experimental group maximum running was 7.8±0.1 at the end of the tap, if at the beginning of the tap on 3x10 meters (seconds) 8.6±0.2. The indicators of the development of physical qualities of paddlers in the control group were 8.3±0.3 at the start of the tap on the maximum run 3x10 meters (seconds), at the end of the tap it was 8±0.1. This results in a year-long maximum run of 3 × 10 metres

Proximus Journal of Sports Science and Physical Education
Volume 1, Issue 4, April, 2024
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

(seconds), while in the control guru t=3.72 (p<0.001) these figures are t=0.62 (p>0.05). It can be seen from this that the indicators of the experimental Guru have grown differently than those of the control guru.

Conclusion

An analysis of several foreign and literary sources and advanced practical experiments in the study of tattooing shows that kayaking and canoeing have not been sufficiently studied in sports competition, and the issues of sorting and orientation have not found a solution.

It is now considered one of the most relevant issues of the current day to be able to early identify talented – promising young people in modern sports, where high results are shown in Jahan, since the record results are shown by talented athletes with optimal indicators that are characteristic only in a particular sport, this type. On the one hand, athletes distinguished by their morphological, functional, psychological capabilities adapt differently to the conditions of activity, on the other hand, goal-oriented activity has a positive effect on the sorting of capable athletes and the formation of specific morphofunction opportunities in them. Tattoos show that body structure indicators have been studied to have a significant impact on the formation of an individual rowing style, the development of the technique of rowing movements, the ability of the athlete to work and the results of sports.

List of literature used

1. Талага, Е. Энциклопедия физических упражнений. М.: Физкультура и спорт, 1998. 412 с.
2. Тер-Ованесян, И.А. Подготовка легкоатлета. М.: Терра- спорт, 2000. 128 с.
3. Сирис, П.З. Отбор и прогнозирование способностей в легкой атлетике. М., 1994. 504 с.
4. Соколов, В.А. Методика тренировки в легкой атлетике. Мн.: Полымя, 1994. 504 с.
5. Озолин, Н.Г. Легкая атлетика : учебник для студентов институтов
6. Karomatovich I. A., Amurllaevich K. A. Functional Training of the Human Body Interrelationship with the Situation //Miasto Przyszłości. – 2023. – Т. 35. – С. 380-382.
7. Karomatovich I. A., Ugli S. M. K. Planning Training Loads of Highly Skilled Height Athletes //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 4. – С. 394-397.
8. Ibragimov A. K., Khasanov J. M. Scientific and Practical Methodological Basis of the Development of Physical Qualities in Primary Class Children //Best Journal of Innovation in Science, Research and Development. – 2023. – Т. 2. – №. 11. – С. 62-65.
9. Karomatovich I. A. et al. Analysis of the Developmental Process of Approximate (Initial) Activity of Handball Players //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 4. – С. 481-486.
10. Karomatovich I. A. et al. Methodology of Use of Classified Volleyball Equipment in the Health of Girls Students in Higher Education Institutions //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 4. – С. 303-307.
11. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players. Academicia: An International Multidisciplinary Research Journal. Year: 2020, Volume: 10, Issue: 11. P: 486-492. DOI: 10.5958/2249-7137.2020. 01410. X.
12. Karomatovich I. A. et al. Stage of Selection and Orientation of Young Athletes in Athletics //International Journal of Formal Education. – 2024. – Т. 3. – №. 1. – С. 52-55.
13. Karomatovich I. A. et al. Features of Development of Movement Coordination in Young Athletics //International Journal of Formal Education. – 2024. – Т. 3. – №. 1. – С. 56-59.

Proximus Journal of Sports Science and Physical Education
Volume 1, Issue 4, April, 2024
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

14. Madreymov A., Ibragimov A. Issues of Improving the Attraction of Foreign Investment in the Economy of Uzbekistan //Central Asian Journal of Innovations on Tourism Management and Finance. – 2023. – Т. 4. – №. 8. – С. 1-4.
15. Khaidarov U. R. Technique of Movement of Sprinters' Legs Affecting the Increase in Sprint Speed //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 49-54.
16. Хайдаров У. Р. 7. УР Хайдаров Обоснование влияния правильной постановки стопы на увеличение скорости бега: УР Хайдаров, АУ Эргашев, РХ Кадиров //Образование и инновационные исследования международный научно-методический журнал. – 2021. – №. 1. – С. 65-74.
17. Кадиров Р. Х., Хайдаров У. Р. ОСОБЕННОСТИ ТРЕНИРОВОЧНОГО ПРОЦЕССА НАПРАВЛЕННАЯ НА СОВЕРШЕНСТВОВАНИЯ СКОРОСТНЫХ КАЧЕСТВ СПРИНТЕРОВ: 10.53885/edinres. 2022.43. 80.022 РХ Кадиров Доцент кафедры Теории и методики физической культуры, к. п. н. УР Хайдаров Магистрант БГУ //Научно-практическая конференция. – 2022. – С. 493-496.
18. Khaydarov U. R. Features of the Training Process Aimed to Perfection Speed Qualities //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 207-211.
19. Хайдаров У. Р. ЭКСПЕРИМЕНТАЛЬНОЕ ОБОСНОВАНИЕ МЕТОДИКИ РАЗВИТИЯ СКОРОСТНЫХ СПОСОБНОСТЕЙ СПРИНТЕРОВ УЧЕБНО-ТРЕНИРОВОЧНОЙ ГРУППЫ: 10.53885/edinres. 2021.59. 33.029 Хайдаров Улугбек Рустамович Магистрант Бухарского государственного университета Научный руководитель: Кадиров Рашид Хамидович Профессор кафедры Теории и методики физической культурык. п. н. Бухарского государственного университета //Научно-практическая конференция. – 2021.
20. Rustamov A. A., Mansurov O. YOSH VOLEYBOLCHILARNI TAYYORLASHDA JISMONIY SIFATLAR VA HARAKATLI O 'YINLARNING O 'RNI //TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI. – 2023. – Т. 3. – №. 5. – С. 291-292.
21. Rustamov A. A. O 'ZBEKISTONDA UCH BOSQICHLI SPORT MUSOBAQALARINING RIVOJLANISHI //ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ. – 2023. – Т. 18. – №. 5. – С. 96-103.
22. Rustamov A. A., Ikromboyev A. Methodology for Teaching Preschool Children to the Main Types of Movement in the Medium of Action Games //International Journal of Formal Education. – 2024. – Т. 3. – №. 1. – С. 103-107.
23. Asqarovich R. A. YOSH GANDBOLCHILARDA KUZATISH VA DIQQATNI RIVOJLANTIRISH //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 9. – С. 148-153.
24. Rustamov A. A. Development Chronology of Three-Level Sports Competitions in the System of Continuous Education in Uzbekistan //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 34-39.