



METHODOLOGY AND SYSTEM OF SELECTION OF ATHLETES IN HIGHLY COORDINATED SPORTS

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Abstract: Today, the level of the highest sports achievements is so high that people with incomparable potential for this sport can approach them, and even more surpass them. Selection for sports remains one of the most pressing and unresolved problems in our country. Mistakes made during the selection process can manifest themselves several years later and negate all the work of the coach and the athlete.

Children and teenagers are left without the opportunity to show their motor skills abilities in a certain sport.

Keywords: anthropometric indicators, athletes' physique, training activities, competitive activities, complex coordination types

МЕТОДОЛОГИЯ И СИСТЕМА ОТБОРА СПОРТСМЕНОВ В ВЫСОКОКООДИНИРОВАННЫХ ВИДАХ СПОРТА

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Аннотация: На сегодняшний день, уровень высших спортивных достижений столь высок, что приблизиться к ним, а тем более превзойти, могут люди, обладающие бесподобным, для данного вида спорта, потенциалом.

Отбор в спорт остается одной из актуальных и еще не решенных проблем в нашей стране. Ошибки, допущенные при отборе, могут проявить себя несколько лет спустя и свести на нет всю работу тренера и спортсмена. Дети и подростки остаются без возможности проявить свои двигательные способности в определенном виде спорта.

Ключевые слова: антропометрические показатели, телосложение спортсменов, тренировочная деятельность, соревновательная деятельность, сложнокоординационные виды

MURAKKAB KOORDINATSION TURLARDA YENGIL ATLETIKACHILARNI TANLASH METODIKASI VA TIZIMI

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Jismoniy tarbiya va sport kafedralari o'qituvchisi



Buxoro davlat pedagogika instituti

Annotatsiya: bugungi kunda eng yuqori sport yutuqlari darajasi shunchalik yuqoriki, ularga yaqinlashish va undan ham oshib ketish, ushbu sport turi uchun tengsiz salohiyatga ega odamlar bo'lishi mumkin.

Sport uchun tanlov dolzarb va hal qilinmagan tanlovlardan biri bo'lib qolmoqda mamlakatimizdagi muammolar. Tanlovda yo'l qo'yilgan xatolar quyidagilarni ko'rsatishi mumkin bir necha yil o'tgach, murabbiy va sportchining barcha ishlarini bekor qiling.

Bolalar va o'spirinlar o'zlarining motorlarini namoyish etish imkoniyatisiz qoladilar muayyan sport turidagi qobiliyatlar.

Kalit so'zlar: antropometrik ko'rsatkichlar, sportchilarning jismoniy holati, o'quv faoliyati, raqobatbardosh faoliyat, murakkab muvofiqlashtirish turlari

Relevance: In sports science and practice, the problem of sports selection is actively studied, large amounts of data have been accumulated characterizing the features of selection in various sports. Along with this, the issues of selecting children for sports, in particular athletics, are among the insufficiently studied and remain one of the main problems of youth sports. In this regard, there is a need for an in-depth analysis of the collected data and their generalization, the creation of scientifically validated selection programs capable children at all stages of long-term training. The interest in this problem can be explained by the growth of sports results at the present time. Not everyone is able to achieve such a level of performance, so there is a need to find physically gifted children who will be able to show high, competitive sports results. Recent research conducted in Uzbekistan has yielded the opportunity to develop programs for the selection of promising young people who make a significant contribution to the preparation of sports reserves.

The scientist Galton came to the conclusion that outstanding personalities have a mandatory set of certain qualities. One of the characteristic features of genius, according to a foreign scientist, is an internal, unstoppable spring of energy, in any case bursting out. Another, no less important feature of an outstanding personality is the ability to work hard. At the same time, success in each industry ensures that a person does not universal giftedness, but specific qualities of mind and character and the presence of some kind of internal incentive that allows you to cope with difficulties on the way to your success.

The scientist's reasoning applies entirely to sports activities.

But sports are characterized by another very important factor: the previous choice of a certain activity [6, p. 92].

From the point of view of V.P. Filin and V.M. Volkov (1984), sports orientation is a type of social orientation aimed at to provide organized assistance to children in choosing a specific sport, taking into account individual abilities, inclinations and interests a child. To put it another way, sports orientation is a complex a system of organizational and methodological measures based on which determine the specialization of a young athlete in a particular form sports [9, p. 71].

The analysis of the growth of the best jumpers in the world allowed us to obtain average figures, which should be used as a basis for selection (Table 1).

Table 1 - Assessment of the average body length of children aged 11-12 years

Gender	Boys	Girls
11-12 year average	149-145	151-146



low	144-140	146-142
high	139-134	141-136

The prospect of changes in height and weight indicators can be taken into account based on the data in Table 2.

Table 2 - Anthropometric indicators of pole vaulters different qualifications

Athlete's qualification, result	Anthropometric indicators		
	Height, sm	Weight, kg	Weight-height
Beginners	169,2 ±1,54	54,7±2,29	315,76±3,26
3rd category	180,3 ±0,79	68,8±1,11	373,10±3,22
2nd category	181,1±1,28	73,4±1,2	387,60±4,01
1st category	183,4±1,10	77,2±0,98	405,69±5,17
CMS-MS	184,8±0,75	80,3±1,41	411,02±5,22
The strongest	183,9±3,5	82,8±1,15	416,33±7,85

The presented indicators are only conditional a guideline, but it should be said that starting from about the result of 500 cm, that is, from the age of 16-17 years, the height of the jumpers does not actually change. However, the weight of those involved is constantly increasing and, consequently, the weight-growth index is growing [30, p. 48]. To identify potentially tall children, it is proposed

In a simple way:

Boys: Height = (mother's height × 1.08 + father's height) / 2

Girls: Height = (mother's height + father's height × 0.923) / 2

As a clear model characteristic, data on the height and weight of the world's strongest jumpers can be analyzed (Table 3, according to Ter- Ovanesyan).

Table 3 - Height and weight indicators of the world's strongest track and field athletes

Type of athletics	Height, sm		Weight, kg	
	b	g	b	g
High jump	185-195	175-185	75-80	60-65
Long Jump	183	171-179	74	63

An analysis of the indicators of world achievements in throwing makes it clear that it is desirable to place increased demands not only on physical fitness, but also on the physique of athletes. Studying the dynamics of the weight and speed indicators of the world's strongest throwers allows us to obtain standard data on the height and weight of the strongest throwers presented in table 4 (according to Ter-Ovanesyan).

Table 4 - Height and weight indicators of the world's strongest throwers

Type of athletics	Height, sm		Weight, kg	
	B	G	B	G
Discus Throwing	183-194	176-179	104-112	81-84
Hammer Throwing	186-191	176-180	105-115	83-87
Javelin throwing	181-186	167-175	83-91	69-77

In addition, in all types of throwing, the weight and speed indicators of the world's strongest athletes differ from each other, which indicates stabilization anthropometric requirements for high-level athletes [32, p. 30].



According to numerous researchers, the arm span occupies a special position in discus throwing. All outstanding discus throwers have a much larger arm span (by about 10-12 sm), body length. This fact means that it is absolutely necessary take into account during the initial and subsequent selection of future throwers [33,p. 27].

The demonstrated data suggest that in order to achieve. The athlete's height will affect a high result in discus throwing to a lesser extent than the weight and arm span of the throwers. Summarizing the above, it seems possible to give approximate anthropometric the data that should be followed when selecting young throwers (Table 5).

Table 5 - Anthropometric data used in the selection of future throwers

Age, years Gender	Indicators			
	Height, cm		Arm span	
	B	G	B	G
11-12	152-155	151-154	162-168	154-159
13-14	158-167	157-163	173-184	161-169
15-16	174-181	165-174	187-196	173-182

With the help of a pedagogical experiment, we identified the initial level of physical performance in young athletes aged 11-12 years.

Analyzing the data from Appendices A and B, we concluded that the average physical indicators in the control and experimental groups did not significantly differ from each other. At the same time, thanks to the introduction of additional coordination tests, we have conducted more a thorough analysis that allows you to get a complete picture of the motor qualities of a young athlete. During the period of the experiment, there was an improvement in physical performance in two groups. But the improvements in the control and experimental groups were of a different nature.

After the initial criteria have been identified, demonstrating the level of development of physical qualities in the control and experimental In groups, we continued pedagogical observations of young athletes.

Training sessions continued in each of the presented groups classes during which students were tested and selected for further orientation in highly coordinated sports, that is, for admission to a special training group. At the end of our experiment, tests were conducted again in the control and experimental groups. The second test included the determination of indicators of speed and strength qualities, speed endurance, strength, as well as, in the experimental group, coordination.

Based on the results of the final testing of young athletes, using the S.Brody formula, we determined the average growth rate of physical qualities in the experimental group. The obtained indicators in the experimental group gave us the opportunity to identify athletes with good coordination data, capable of further achieving high athletic results in highly coordinated types of athletics. To simplify the calculation of data and their mathematical processing, we decided to conditionally designate each subject under an ordinal number (1, 2, 3, and so on).

Conclusion

From all the above, the following conclusions can be drawn:

1. The level of development of athletics, at present, is characterized by the earlier involvement of children in intense training and competitive activities. At the age of 11-12, a child's fitness for sports can only be assumed.



In that at the age there is no way to determine in what kind of sports activities the child will be able to maximize his talent. By it is worth selecting children with good motor skills.

2. The earlier a child begins to systematically engage in athletics, especially in complex sports, the more the probability of recruiting sports schools with talents capable of reaching the top of sports. At the same time, the earlier children begin to regularly engage in athletics exercises, the more and more thoughtful they are there should be a preliminary preparation stage. This stage is closely related to the initial training stage. The ability to correctly set the optimal age, to achieve the best results in complex coordination it serves as a significant guideline in the selection of tomorrow's champions.

3. In-depth selection serves as the basis for determining the most trained children for athletics. Thorough and more in-depth study of all body data makes it possible to shorten the time of the selection process, which, in turn, allows more time to be spent on training qualified athletes.

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