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ADAPTATION OF THE TRAINING MACRO CYCLE OF JAVE THROWERS TO THE ANNUAL CALENDAR OF COMPETITIONS

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The relevance of the topic: It is commendable that the conditions are created today for the regular participation in physical education and public sports of the young generation, who are the future successors of the population in our country. In addition, the attention of the head of our state in this regard serves as an important factor in the high development of the industry. Including the implementation of specific programs of our President to help strengthen the health of the population in the field of physical education and sports, attracting young people to sports and selecting talented athletes from among them, forming national teams with skilled athletes who ensure high results in sports. there is a need to create additional conditions for training and coaches. From the above points, it can be concluded that increasing the effectiveness of the activity of coaches who are taking on the responsibility of coaching and who have just started working is becoming a major issue.

The purpose of the work: to adjust the sports uniform of javelin throwers to the calendar of annual competitions.

The purpose of the study:
- getting to know the scientific methodical literature on the topic.
- get acquainted with the calendar of annual competitions of javelin throwers.

Object of research: the sports improvement group of the University of Physical Education and Sports of Uzbekistan studying athletics.

Research subject: System of training planning and training process aimed at the general physical fitness of javelin throwers.

Research methods:
-pedagogical observation.
- the method of mathematical statistics.
In the process of physical training, the systematic combination of loads and rest is a very important rule, and the overall effectiveness of training ultimately depends on it. Full, hard and super recovery (supercabination) means of different types of rest between trainings, therefore, controlling the magnitudes and directions of the loads, conducting the trainings with sufficient frequency and relatively high intensity for maximum effect. can be achieved. In addition, taking into account the fact that the recovery of various aspects of rapid performance occurs

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heterochronically (at different times), a weekly cycle or a one-day training system should be designed in such a way that there are no negative consequences and positive results are achieved. . In order to keep various systems of the body functioning at a high level, it is necessary to carry out loads repeatedly after rest breaks for a fixed period of time. When the rest period between loads is long, re-adaptation occurs - the body can return to its previous level. When rest intervals are short, the body's ability to work cannot be restored. Regularly repeating the load in conditions of incomplete recovery leads to a decrease in the body's efficiency as a result of a decrease in reserves. First, it occurs physiologically and can lead to overtraining and deep pathological conditions. The time interval required for the appearance of the superrecovery (supercoating) phase is optimal. In all cases, it is advisable to use only optimal rest breaks in the training of physical quality. Depending on the situation, both full and reduced "hard" breaks can be useful at certain times. Thus, in physical education, creating a sequence of effects taking into account a specific system and the rule of "leaving a trace" is typical for the implementation of the principle of harmonizing the system of loading and rest.

The following methodical ways of implementing the principle are hereby explained:

- rational repetition of tasks:
- rational combination of loads and rest:
- repetition of assignments and downloads and option.

The principle of adaptive balance of load dynamics

Three basic rules follow from this principle, according to which typical forms of general load dynamics are determined within the stages of physical education.

1. The amount of total load used in the process of physical education should be such that its use should not cause negative changes in health. This rule provides for regular monitoring of the cumulative effect of the download.
2. As it adapts to the applied load, i.e., as the adaptive changes pass to the steady state stage, the next increase in the size of the total load should be performed. The higher the level of training achieved, the greater the loading parameters.
3. The use of the amount of general loads in physical education implies its temporary decrease or stabilization or temporary increase in some stages of the training system.

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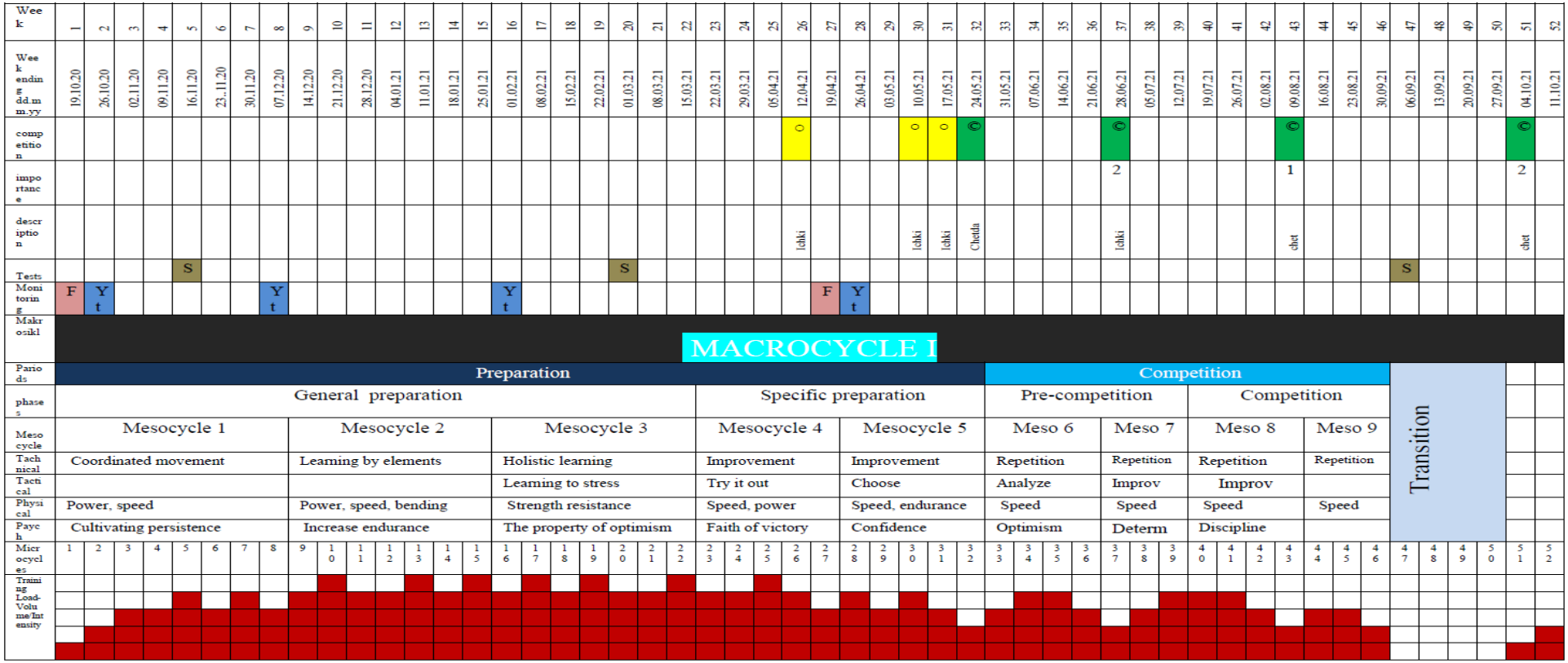
Annual training plan. (annual plan: 2020-2021)

Gender: male Age:18-22 Sports stage: Training group Sport: Javelin throw



An unimportant competition-○, An important competition-©, Test-S, Physiotherapy-F, Analysis of downloads-Yt

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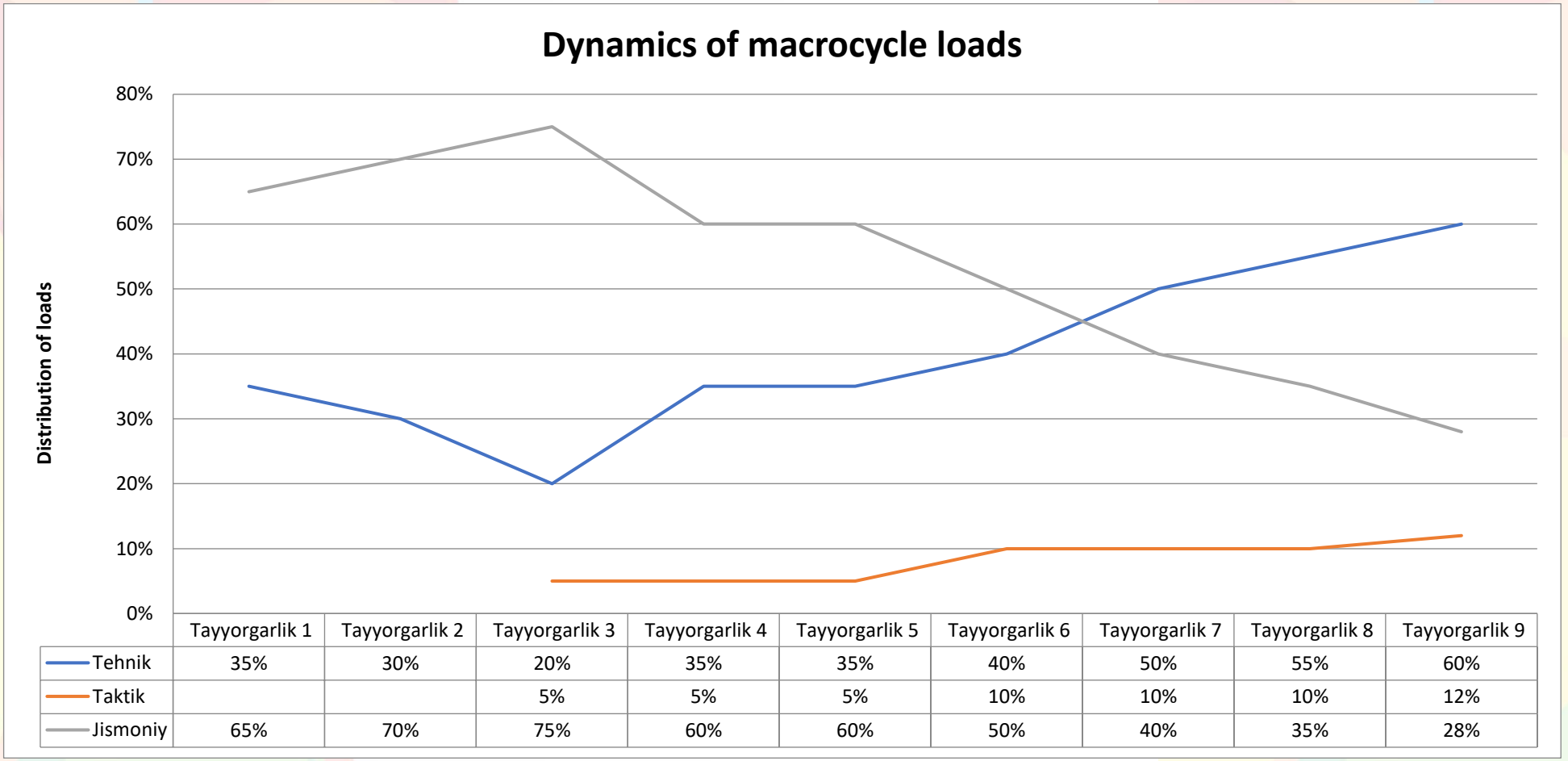

	Tayyorgarlik 1	Tayyorgarlik 2	Tayyorgarlik 3	Tayyorgarlik 4	Tayyorgarlik 5	Tayyorgarlik 6	Tayyorgarlik 7	Tayyorgarlik 8	Tayyorgarlik 9
Tehnik	35%	30%	20%	35%	35%	40%	50%	55%	60%
Taktik			5%	5%	5%	10%	10%	10%	12%
Jismoniy	65%	70%	75%	60%	60%	50%	40%	35%	28%

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Analysis of the obtained results: observation of the annual training cycles of javelin throwers, the annual calendar of competitions, the standard of loads received by the athletes in each training period and the requirements of the plan for the athletes showed that the microcycles from the first week to the eighth week entered the first period of training, in which the technical preparation includes 35% of the total training, physical training 65%, and during these weeks, physical therapy, analysis of loads, test activities are carried out. The second training period includes microcycles from the ninth to the fifteenth week, in which 30% of the general training is focused on technical training and 70% on physical training. The third period of preparation included microcycles from the sixteenth week to the twenty-second week, in which 20% of the general training was allocated to technical training, 5% to tactical training, and 75% to physical training. During this training period, load analysis and test training process were carried out. The fourth period of training included a microcycle from the twenty-third to the twenty-seventh week, and 35% of the general training was allocated to technical training, 5% to tactical training, and 60% to physical training. In the microcycles of this preparation, one internal competition and physiotherapy events were held. Entering the fifth period of training from the twenty-eighth to the thirty-second week, 35% of the general training was allocated to technical training, 5% to tactical training, and 60% to physical training. In these microcells, one load analysis was carried out and preparations were made for two important internal and one external competitions. The sixth period of preparation included a microcycle from the thirty-third week to the thirty-sixth week, in which 40% of the general training was devoted to technical preparation, 10% to tactical preparation, and 50% to physical preparation. The seventh period of training included a microcycle from the thirty-seventh to the thirty-ninth week, in which 50% of the general training was allocated to technical training, 10% to tactical training, and 40% to physical training. During this period, one important internal competition was held. The eighth period of preparation included a microcycle from the fortieth week to the forty-third week, in which 55% of the general training was allocated to technical training, 10% to tactical training, and 35% to physical training. In the last week of this period, one important competition was planned. The ninth period of training included a microcycle from the forty-fourth to the forty-sixth week, in which 60% of the general training was allocated to technical training, 12% to tactical training, and 28% to physical training. During this period, one test training was conducted. In the next stages, five weeks of exercises and activities aimed at recovery were conducted.

Conclusion: When planning training during the macrocycle of training, it is necessary to know the calendar of annual competitions and, based on this calendar, to bring the athlete to his sports form to the maximum, to ensure that the system of recovery and loading is compatible with each other, to correct the stages of general training and special training. It is necessary to plan and analyze sports, pay attention to the mental preparation of the athlete before and during the competition. At all stages of integral training, physical therapy, test training, and the analysis of loads based on these, the organization of training will have a positive effect on the athlete's results.