



## EXERCISES FOR ORGANIZING EXERCISES IN SPORTS AND DETERMINING MAIN GOALS

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**Abstract:** The article analyzes the means of organizing and improving the quality of sports training, and offers and recommendations are given in the article. Also, the main guidelines for organizing training in sports were defined, and detailed information was given about the exercises that should be performed during the training.

**Keywords:** sport, result, training, purpose, health, high quality, physical, mental, technique, personality

Sports training is a pedagogical phenomenon, aimed directly at achieving high sports results with the help of training methods and systems, and is a specialized process of physical education. It is important to note that sport is not a single goal from the point of view of pedagogy, but a means of education, health and preparation for life. Tasks of sports training: strengthening of health and requirements of spiritual education, all-round harmonious development of the individual; acquisition of sports techniques and tactics; development of physical, mental and voluntary qualities specific to the chosen sport, acquisition of practical and theoretical knowledge in the field of sports hygiene and self-control. the tasks of developing physical qualities, acquiring vital skills necessary for labor and protection of serunum are solved.

In order to achieve high results, all means of physical training are used, including physical exercises, hygienic factors and healing forces of nature, as well as a wide developed system of tools during training. LP Matveev divides sports as a means of training into 5 groups depending on the achievements of athletes.[2]

1. Individual wrestling, athletics and weightlifting, sports games, gymnastics and other sports.

2. Technical means such as motorcycle, car, airplane, boat.

3. Shooting sports such as rifle and bow.

4. Construction sports such as airplane models, car models.

5. Chess, checkers, new spiritual sports.



All tools are divided into competition and preparation exercises, which in turn include special preparation and general preparation exercises.[3]

Competition training is a holistic movement activity that is specific to a sport and is performed entirely according to the requirements of a specific sport. Most competition exercises are limited in their movement structure and have a short course; these are monostructural exercises. This includes exercises that require quickness (jumps, throws, weight lifting, sprinting) and cyclical activities (running, swimming, etc.) with submaximal, high and moderate stress that require endurance. The complex of competitive exercises consists of two fights and multi-fights with constant content. One-type all-around events include skating quadruple, alpine skiing triathlon, and multi-type events include athletics, modern pentathlon, ski biathlon, "Alpomish" and "Barchinoy" all-around events.

In training, competitive exercises take the main place, because with their help, a set of special requirements defined by sports classification is created. However, it is rarely used in complex training. Because they quickly tire the body, cause the adoption of stereotypes that are not always effective, etc. Competition exercises should be characterized by a large variety of exercises. Specific conditioning exercises include movements similar in form and character to competition movements.[4] For example, in track and field athletes, these include running separate parts of a certain distance, performing elements and parts of a competition combination, or imitation exercises. Exercises can only be at the level of specific training exercises if they have some integrity with the chosen competition exercise.(1-picture) The listed means of sports training are not only physical means, but also a means of technical, tactical and voluntary training of the athlete. All tools aimed at achieving high sports skills are part of sports training methods.

**1-picture**



**1-picture. How bakance your exercise routine**



The methods of training movement activities are known to us from the general principles of the theory and methodology of physical education. Here it is necessary to clarify them in relation to sports activities. The main purpose of the methods is aimed at improving movement skills and training physical qualities. Different variants of strictly regulated training methods are used in sports training according to the defined tasks. In the process of improving movement skills in training sessions, the method of standard and alternate training is widely used.[5] In order to improve movement qualities and functions of the body, a set of exercises selected for the purpose, the method of interval training (resting at a fixed time between successive exercises), continuous training (the set of exercises is performed continuously without rest) and the various methods mentioned above are used.

One method can serve as a basis for solving a wide range of tasks and training an athlete, for example, simultaneously training endurance with the help of a variable training method in running, improving running technique, tactical options for distributing power over the distance. it is possible to train, etc., that is, through one method, the athlete's physical, technical and tactical preparation can be realized.[6] In addition to strictly regulated methods, competitive and game methods, as well as circular training methods, are widely used in sports training. The basis of the competition method is not only a test of strength with the opponent, but also exercises of competition with oneself. At the same time, with the help of the game methods included in the training, a high level of morale is achieved, the ability to think, to achieve the set goal, will and determination are developed.

Circuit training as a form of the organizational method of using physical exercises is aimed at improving the complex manifestation of physical qualities. Training processes are aimed at achieving maximum results in a specific sport. Achieving high sports maturity is a multifaceted and very complex process. It is carried out not only through functional, physical, technical and tactical preparation of the athlete himself, but also under the influence of other factors that affect the growth of his results. In the first place, these factors should include all-round preparation of the trainer (his theoretical knowledge, practical experience, organizational skills, as well as the direct external environment, material and technical, economic and medical support, etc.) . Thus, when an athlete sets a record, hundreds of people help him, they shape him as a person and as an athlete.

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