

**BASIC LAWS OF THE DEVELOPMENT OF PHYSICAL ABILITIES OF YOUNG
ATHLETES IN PREPARATION FOR COMPETITIONS**

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Abstract: This article describes the system of training young athletes, physical fitness and ways to develop their physical abilities.

Also, issues related to the coach's consideration of the rules of development of the physical abilities of the athletes and the features of mental-physiological and physical training were mentioned.

Key words: sport, coach, young athlete, training, special training, physical training, physical ability, training, competition, physical exercise, sports skill, will, endurance.

Аннотация: В статье описывается система подготовки юных спортсменов, физическая подготовленность и пути развития их физических возможностей.

Также затронуты вопросы, связанные с учетом тренером закономерностей развития физических возможностей спортсменов и особенностей психофизиологической и физической подготовки.

Ключевые слова: спорт, тренер, юный спортсмен, тренировка, специальная подготовка, физическая подготовка, физические способности, тренировка, соревнование, физическое упражнение, спортивное мастерство, воля, выносливость.

The increasing attention paid to sports in our country, especially children's sports, contributes to the improvement of the nation's gene pool and the comprehensive development of the younger generation. This is increasingly increasing the interest of young people in sports in our country, and the number of athletes who have made the step from amateur to professional sports and achieved high results is increasing. Physical training of young athletes is one of the most important components of sports training and is understood as a process aimed at the comprehensive development of the body, strengthening health, improving physical abilities, and creating a solid functional base for all other types of training.

Auxiliary physical training of young athletes is intended to create the functional basis necessary for effective activity aimed at developing special physical abilities. It has a special direction and is aimed at solving the following tasks:

1. Firstly, to develop the athlete's functional capabilities, manifested in motor activities specific to the chosen sport;
2. Second, to improve the body's ability to withstand high-level special loads;
3. Thirdly, to increase the intensity of recovery processes. Special physical training of young athletes is aimed at developing the most important motor qualities in the system of motor skills. Therefore, as the main means of special physical training, competition exercises are used in combination with various complicating elements that enhance their effect on the athlete's body.

All types of physical training have certain similarities. The physical training of young athletes is closely related to the sports specialty. Inadequate assessment of any type of physical training during training ultimately hinders the development of sports skills [1]. The tasks set for the ratio of general physical training and special physical training tools in the training of young athletes are changed depending on the age, skills, individual characteristics of the athletes, the stages and periods of the training process, and the current state of the body. As the athlete's skills increase, the share of special physical training tools increases, and the volume of general physical training tools decreases accordingly.

Special physical training of young athletes is aimed at developing physical abilities in strict compliance with the requirements imposed by the characteristics of competitive activity in the selected sport. Special physical training of an athlete is aimed at developing movement qualities in strict compliance with the requirements imposed by the characteristics of competitive activity of athletes. This process, taking into account technical safety rules and other circumstances, is carried out mainly on the sports carpet and is aimed at developing the most important movement qualities in the composition of movement skills.

Therefore, as the main means of special physical training, competition exercises are used, involving various possible complexities. All of the above types of physical training are closely related to each other. Failure to adequately assess any type of physical training during the athlete's training will ultimately prevent him from improving his sports skills. Therefore, it is very important to observe the optimal ratio of the above types of physical training during training. Its quantitative expression is not a constant measure, but varies depending on the skills of athletes, their individual characteristics, the period of the training process and the current state of the body. In the process of forming the physical culture of young athletes, those involved not only master the movements and the knowledge associated with them, but also develop their physical abilities. Physical abilities are a set of psychological, physiological and morphological characteristics of a person that meet the requirements of a particular muscular activity and ensure its effective performance.

As is known, a person's physical qualities are inextricably linked with physical abilities and are determined by the characteristics of their manifestation during various actions. The level of development and manifestation of physical abilities is influenced, on the one hand, by environmental factors (social and domestic conditions of life, climatic and geographical conditions, material restrictions of places where training is carried out, the method of their development, etc.), and on the other hand, by hereditary factors ("motor" ability indicators) associated with the body's specific reaction to various influences. Anatomical, physiological and psychological characteristics of the human body appear as indicators of physical abilities. In the process of performing any activity, "motor indicators" improve based on adaptive changes in the body and turn into corresponding physical abilities [2].

When training young athletes, each specialist should take into account that it is generally accepted to divide physical abilities into five main types: strength, speed and coordination

abilities, endurance and flexibility. Each of them is manifested in different forms in different types of movement activity.

During pre-competitive training, the coach must adhere to a number of laws in preparing young athletes and developing their physical abilities:

1. Movement is the leading factor in the development of physical abilities. Both innate and environmental factors are of great importance in the formation of abilities. However, under equal conditions, in the development of physical abilities, motor activity aimed at improving the psycho-physiological nature of a person plays a decisive role. That is why people who engage in physical exercises have higher morphological and functional indicators of various organs and systems, and motor readiness in general. 2. It is advisable to adhere to the rule that the development of abilities depends on the mode of motor activity, that is, physical abilities develop in the process of activity that requires not only their manifestation, but also a certain mode of their implementation. If there is no mode, if it is not followed during training, the level of working capacity decreases due to the expenditure of the body's strength and functional reserves during the training system and physical exercises, and does not give good results. Also, if the 3rd law of the gradual development of physical abilities is followed, in the dynamics of the development of athletes' physical abilities, it is possible to achieve an increase in the level of development of abilities at three different levels by performing the same loads for a long time and repeatedly [3]. In addition, it is advisable for a skilled coach to follow the rules of repeatability of ability development indicators, transfer of physical abilities, and the relationship and unity of motor skills and physical abilities when training young athletes.

Therefore, each coach must take into account that in the process of training young athletes, depending on the level to which they have mastered a particular motor activity, the level of manifestation of their respective physical abilities will also change. Because different physical abilities develop in close connection with each other.

References:

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