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IMPROVING TRAINING EFFICIENCY IN SCHOOL ATHLETICS SECTIONS

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Abstract
Selection and orientation in sports are closely linked to the structure of improving an athlete's skills over many years. Based on this, it is advisable to highlight only five stages of selection to answer the question of whether athletes will be able to solve the tasks set before them at a certain stage of long-term training. Accordingly, it was noted that the main task of selection is defined at each stage.

Keywords: School, track and field, section, physical development, physical fitness, training, diversity of exercises, students, success.

Introduction

The level of results in modern sports is so high that to achieve them, the athlete must meet rare morphological characteristics, such as the proportionality of physical and psychological training, and they must necessarily be at the highest level of development. (F.A.Kerimov, Dj.X.Umarov).

Sports selection is the process of searching for talented athletes who have the potential to achieve high results in a specific sport. (V.N. Nikitushkin, F.A. Kerimov, M.N. Umarov). According to V.N. Nikitushkin, F.A. Kerimov, and others, sports selection solves the problem of identifying promising athletes who can prepare high-achievers in the future, while sports orientation determines the training and tactics of this training. Selection and orientation in sports are closely linked to the structure of improving the athlete's skills over many years. Based on this, to answer the question of whether athletes are able to solve the tasks set before them at a certain stage of long-term training, it is advisable to specify only five stages of selection. Accordingly, it was indicated that the main task of selection was determined at each stage.[1]

The scientific and practical significance of the research: When studying the scientific and methodological literature on the organization and conduct of training sessions in the school's track and field sections, it was found that there is insufficient information. This study focuses on the effectiveness of organizing and conducting athletics sections in general education schools, which has theoretical and practical significance in this area.

[1] (V.N. Nikitushkin, F.A. Kerimov, M.N. Umarov). V.N. Nikitushkin, F.A. Kerimov, et al. Methodology for selecting students in school athletics sections: in the absence of recommendations prohibiting sports in the first and initial stages of sports selection, grades are mainly approximate and recommendatory in nature, while in subsequent stages they become more accurate. This data is used to draw conclusions based on the sum of the results of a comprehensive study. The diversity of athletic exercises in sports selection, changes in muscle strength in strength and speed exercises in walking, running, jumping, and throwing, allows children and adults of different ages and genders to participate in athletics classes. Athletics classes are held in school physical education classes and in school athletics clubs. The physical education program for students and youth of general education schools

The Decree of the President of the Republic of Uzbekistan emphasizes the need to "organize the development of modern forms and methods of physical and spiritual education of children, the development of scientifically sound systems for instilling in children sports skills depending on gender and age, the selection of gifted children in the field of sports for training in specialized sports schools and centers, as well as assistance in their implementation."

Athletic exercises are also widely used in the physical education program for students and youth in general education schools. To assess the level of preparedness of track and field athletes, plan their participation in this sport, and organize competitions at a high level, it is necessary to regularly involve them in sports activities. The content of athletics classes for children, adolescents, and young adults depends on their age characteristics, which should be taken into account when planning and conducting classes.

Athletic exercises are widely used in school sports clubs, as well as in summer camps. A large number of exercises are included in the special test complex "Alpamysh and Barchinay" for athletics. Regularly engaged in athletics exercises, the cardiovascular and respiratory systems are strengthened, hormonal muscle development is ensured, joint mobility is improved, and coordination is improved. [1] (T.S. Usmonkhujaev, F.A. Kerimov). It is known that the growth, formation, and development of the human body lasts on average until the age of 25. Along with the formation of the organism, the child's skeletal system develops. The structure of dense porous matter in tissues changes, bones grow in length and width. (Ikramov A.I., Akhmedova D.) Children's motor activity has a genetic basis in many ways, which is particularly evident in sports. It's natural that genes play a big role.

In particular, attention is paid to identifying the genetics of morpho-functional characteristics of the child, indicators of motor functions, the influence of genotype on the child's qualities, and the presence of family similarity in the ratio of these indicators. At each stage of sports selection, not only the feasibility of preparing young athletes was determined, but also the abilities and capabilities of young athletes, strengths and weaknesses of technical and tactical skills, functional readiness, development of motor qualities, and psychological characteristics were thoroughly analyzed. All of this implies that the future will lay the foundation for the athlete's activity and increase opportunities for active participation in any area of activity.

One of the main factors in children's success in sports is their age. Achieving athletic success in the athletics sections of children's and youth general education schools during sports training also increases the natural interest of young athletes, helps them feel the results of their work

and believe in their strength. To achieve high sporting results, young athletes need to complete special and preparatory exercises throughout the year. This contributes to the development of athletic and technical skills, therefore, managers of athletics sections in general education schools engaging children in athletics from the age of 9-10 should take into account the following.

The characteristics of modern sports training place such high demands on the athlete's body that children who have begun to engage in sports at an early age leave the sport at an early stage. This While it is important to pay attention to the qualities and abilities that ensure high results in assessing the prospects of schoolchildren, their economic conditions also contribute to this. Characteristics that are temporary in nature and can only appear during training cannot be used as a selection criterion. For example, the characteristic of rapid mastery of a sport's technique during the determination of abilities cannot be decisive, as experiments show that during initial training, small, thin children are able to master the sport's technique well and achieve high results. [1] However, the same children cannot progress to the first stages of long-term training. At the same time, despite the fact that thinner and taller children often encounter difficulties in mastering techniques in their early stages, they will later become highly skilled athletes in various sports

The absence of deviations in the activities of athletes' bodies is one of the most important conditions for achieving success in modern sports. Even small health deviations can dramatically reduce the body's ability to adapt. Simple pedagogical tests are widely used, allowing for the determination of children's mobility at the initial stage of the selection process for athletics training. Priority should be given to tests that determine speed qualities, intensity zones, and special tests that allow for the assessment of endurance in aerobic and anaerobic exercise. It is also very important to take into account the psychological indicators. (V. Sergeina.) When selecting for athletics and other sports, the main psychological indicators are striving for high scores during training with enthusiasm for sports, determination and diligence, and performing unfamiliar exercises

According to most researchers (F.A. Kerimov, M.N. Umarov) and others, 15-20% of children aged 11-13 have early physical development. They surpass their peers in height and weight, higher muscular and motor performance, especially in their good mastery of sports technique. Although these differences are insignificant, they are 4-8% higher than those of normally developing children, however, the volume of classes and the level of results have a significant advantage. Indicators of physical qualities of children engaged in athletics exercises are useful in selecting children. Data on physical qualities obtained in the period after one or more years of athletics exercises is effective in solving the tasks of the next stages of selection.

These tasks can be solved based on a comprehensive analysis, taking into account the morphological, functional, and psychological characteristics of young athletes engaged in athletics, the possibilities of their qualifications, their responsiveness to training and competitive loads, and the assimilation and improvement of new actions. In athletics, there are periodic directions that require maximum, sub-maximal, high, and moderate strength, as well as non-periodic speed-strength, flexibility, and speed-strength directions. Body structure and the characteristics of somatic development have a significant impact on the performance of

these exercises. The method of visual personality assessment is the foundation for coaches in determining the level of fitness of children in athletics at the initial stage of training. Therefore, the visual assessment of personality indicators depends on the chosen sports specialty.

This criterion is applied at all stages of long-term training, and the main task of medical examinations is to identify signs that hinder the participation in the chosen sport.

The state of organs and systems of the athlete's organism, based on these criteria, is applied at all stages of long-term training, with particular attention paid to determining the suitability for continuing sports.

Physical development, as a set of morpho-functional indicators, is used from the first and second stages of determining fitness for sports based on these criteria.

Research by many leading scientists has established that the prospects of young athletes in speed-strength and cyclical sports are primarily determined by their physical qualities. Complex coordination movements are determined based on the availability of athletes in a sport, revealing their coordination capabilities. The prospects of a young athlete in athletics are determined by their unique characteristics, capable of solving technical and tactical tasks in the process of sports activities. In athletics, selection is conducted by studying the ability of young athletes to accurately and successfully perform complex combinations of physical qualities and movements within a limited time frame, as well as the ability to evaluate opponents' movements. When determining athletes' fitness, it is necessary to take into account the characteristics of children's body development.

After the age of 12, various organs and body systems of children develop rapidly. At this age, the nervous system develops sufficiently. At the same time, high rates, observation of the sensitivity of the nervous system, lead to rapid mastery of motor skills and complex movement techniques. During this period, due to the functional development of the brain, the functions of the visual, vestibular, and other analyzer apparatuses reach their peak. Monitoring the functional state of children's health, various organs, and the body's systems allows for the rapid identification of various deviations that may worsen as a result of physical and training loads (without medical intervention).

The process of determining children's fitness for sports is closely linked to the stages of sports training and the characteristics of the sport (age of beginning training, age of beginning in-depth training in the chosen sport, selection criteria, etc.). S During our research, we increased the role of psychological observations in determining fitness for sports. Strength, mobility, and the stages of nervous processes are considered natural characteristics of the child's central nervous system and can be improved with great difficulty in the process of long-term sports training.

To study children's volitional qualities, it is necessary to conduct control exercises in the form of competitions. It should be noted that we have tried to develop the personalities of children athletes not only in some individual qualities, but also in all aspects, and to further increase their interest in sports. Therefore, it is advisable to try to assess young athletes based on their various activities, including the use of pedagogical tests. At the same time, it is necessary to

determine whether the personal performance of young athletes will be able to meet the requirements of a stage of high sporting results in the future.

At this stage, we concluded that it is possible to focus on preparing young athletes for high results. The duration of this stage was 1.5 years. At this stage, we conducted pedagogical observations, control tests, competitions, and psychological observations.

It should be noted that special attention should be paid to the development of qualities such as independence, perseverance, striving for goals, the ability to mobilize all one's strength in competitions, activity in sports, the ability to spend all one's strength in finishing, and sensitivity to unsuccessful results.

Table 1.1 Tests and standards for determining motor capabilities recommended for selecting adolescent girls for sports

Tests	Evaluation in points	Age					
		9	10	11	12	13	14
Run 30m	5	5,8 and less	5,5 and less	5,2 and less	5,1 and less	4,9 and less	4,8 and less
	4	5,9-6,0	5,6-5,7	5,3-5,4	5,2-5,3	5,0-5,1	4,4-5,0
	3	6,1-6,2	5,8-5,9	5,5-5,6	5,4-,5,6	5,2-5,3	5,1-5,2
	2	6,3-6,4	6,0-6,1	5,7-5,8	5,6-5,7	5,4-5,5	5,3-5,4
	1	6,5 and more	6,2 and more	5,9 and more	5,8 and more	5,6 and more	5,5 and more
Continuous run 5 min	5	-	-	-	1356 and more	1456 and more	1551 and more
	4	-	-	-	1256-1355	1341-1451	1446-1550
	3	-	-	-	1156-1255	1231-1340	1341-1445
	2	-	-	-	1056-1155	1121-1230	1236-1340
	1	-	-	-	1050 and less	1120 and less	1235 and less
From place to place longitudinal jump cm	5	165 and more	173 and more	193 and more	206 and more	223 and more	250 and more
	4	154-164	164-174	183-192	196-205	211-222	237-249
	3	143-153	153-163	173-182	186-195	199-210	222-236
	2	132-142	142-152	163-172	176-185	187-198	205-221
	1	131 and less	141 and less	164 and less	175 and less	186 and less	204 and less
From place to place elevation jump, cm	5	36 and more	38 and more	42 and more	46 and more	50 and more	54 and more
	4	31-35	33-37	37-41	41-45	45-49	49-53
	3	26-30	28-32	32-36	36-40	40-44	44-48
	2	21-23	23-27	27-31	31-35	35-39	39-43
	1	20 and less	22 and less	26 and less	30 and less	34 and less	38 and less

Table 1.2 Tests and standards for determining the recommended mobility of children and adolescents in sports selection

Tests	Evaluation in points	Age					
		9	10	11	12	13	14
Running 30m,s	5	5.6 and above insufficient	5.3 and above insufficient	5.1 and above insufficient	4.9 and above insufficient	4.7 and above insufficient	4.6 and above insufficient
	4	5,7-5,8	5,4-5,5	5,2-5,3	5,0-5,1	4,8-4,9	4,7-4,3
	3	5,9-6,0	5,6-5,7	5,4-5,5	5,2-5,3	5,0-5,1	4,9-5,0
	2	6,1-6,2	5,8-5,9	5,6-5,7	5,4-5,5	5,2-5,3	5,1-5,2
	1	6.3 and above plentiful	6.0 and above plentiful	5.8 and above plentiful	5,6 and above plentiful	5,4 and above plentiful	5,3 and above plentiful
Continuous run 5 minutes	5				1376 and above plentiful	1446 and above plentiful	1576 and above plentiful
	4				1281-1375	1341-1445	1476-1575
	3				1186-1280	1236-1340	1376-1475
	2	-	-	-	1191-1185	1131-1235	1276-1375
	1				1190 and above insufficient	1130 and above insufficient	1275 and above insufficient
Gathered locally longitudinal jump	5	170 and above plentiful	182 and above plentiful	198 and above plentiful	213 and above plentiful	238-251 and above plentiful	251-251 and above plentiful
	4	155-171	165-181	183-197	198-212	219-237	235-250
	3	140-154	150-164	168-182	183-197	200-218	219-234
	2	125-139	135-19	153-167	168-182	181-199	203-218
	1	124 and above insufficient	134 and above insufficient	152 and above insufficient	167 and above insufficient	180 and above insufficient	202 and above insufficient
Gathered on the spot elevation jump	5	38 and above plentiful	40 and above plentiful	45 and above plentiful	50 and above plentiful	50 and above plentiful	60 and above plentiful
	4	33-37	35-39	40-44	45-49	50-54	55-59
	3	28-32	30-34	35-39	40-44	45-49	50-54
	2	23-27	25-29	30-34	35-39	40-44	45-49
	1	22 and above insufficient	24 and above insufficient	29 and above insufficient	34 and above insufficient	39 and above insufficient	44 and above insufficient
2kg filling gun-head back-throw	5	270 and above plentiful	310 and above plentiful	355 and above plentiful	410 and above plentiful	480 and above plentiful	575 and above plentiful
	4	230-265	275-305	320-350	375-405	445-375	540-570
	3	195-225	240-270	285-315	340-370	410-440	505-535
	2	160-190	205-235	250-280	305-335	375-405	470-500
	1	155 and above insufficient	200 and above insufficient	245 and above insufficient	300 and above insufficient	370 and above insufficient	365 and above insufficient
High at the turnstile attraction	5	8 and above plentiful	9 and above plentiful	10 and above plentiful	13 and above plentiful	17 and above plentiful	17 and above plentiful
	4	6-7	7-8	8-9	10-12	13-16	13-16
	3	4-5	5-6	6-7	7-9	9-12	9-12
	2	2-3	3-4	4-5	4-6	5-8	5-8
	1	1 and above insufficient	2 and above insufficient	3 and above insufficient	3 and above insufficient	4 and above insufficient	4 and above insufficient

The significance of anthropometric indicators in the physical development of students in the school's track and field sections.

According to one of the leading scientists, K.T. Shakirzhanova, the peculiarity of the training process for track and field athletes is its diversity. Athletics, unlike other sports, consists of many different types. It has been accepted to combine these types into types based on human natural motor activity, i.e., walking, running, jumping, and throwing objects. However, according to the specifics of the training process aimed at developing the leading physical qualities in one or another group of athletics, it is possible to differentiate.

Speed types are characterized by high speed of movement under certain stresses (sprinters and obstacle courses up to 400 meters).

Speed-strength types are characterized by short-term and intense stresses in the main phase of their movement (jumps, throws).

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Strength is characterized by a predominance of wear and tear.

In addition to the development of the training process in these groups based on general patterns, it is also characterized by the subsequent division of training into tasks, stages, means, and methods within each group. All of this testifies to the diversity of the athletics training process. On the one hand, it is combined with the general patterns of sports training, and on the other hand, it has its own peculiarity of deep development. Athletics belongs to a group of sports in which the results achieved are determined by a single selected form of technique with a constant movement composition and structure. The stability of this technique depends on the relative stability of external conditions, which are strictly determined by the competition rules. External conditions can only change somewhat under the influence of meteorological factors (rain, wind, sun) and partially the composition of the cover.

According to the characteristics of the structure of motor activity, athletics can be divided into two groups.

a group of species whose technique is aimed at developing muscle tension at maximum intensity in a specific coordination in accordance with the task of movement. This demonstrates a unique technique of movement. It ensures the rational use of external and internal forces (sprinting, obstacle running, jumping, throwing).

the group consists of species characterized by greater endurance under optimal intensity conditions. The techniques of these types are aimed at saving physical effort and increasing the efficiency of optimal workloads (sportswalking, middle, long, and long-distance running). Along with the abundance of athletics, there are significant differences in the level of dependence of athletic performance on the athlete's technical and physical fitness. In light athletics, achieving a sporting result with a regular technical form occupies a leading position in technical and functional training.

In athletics, the training process has a two-cycle structure. Some athletes organize their training as a single cycle per year (walking, long-distance running, some types of throwing), but these types of training are deviations from the usual two-cycle training structure due to injury, illness, and reading. Currently, athletes in almost all athletic disciplines participate in winter competitions. Annual preparation is mainly divided into two cycles: autumn-winter and spring-summer. Since athletics competitions are mainly held in summer, the autumn-winter cycle is characterized by a long preparatory period and a short competitive period, while the spring-summer cycle, on the contrary, is characterized by a long and more intense competitive period. This is an exception to highly qualified track and field athletes, as winter championships are also held in indoor venues.

It should be noted that limiting loads make it difficult to control the technique of movement, increase the risk of injury and overtraining, especially in children and beginners.

The number of seats is 2-3, rest between relays is 3-4 minutes, and between seats is from 2 to 5 minutes. When performing exercises with near-boundary resistance (with a maximum weight of 90-95%), the number of repetitions in one position is 5-6, the number of repetitions is 2-5, the rest time between repetitions is 4-6 minutes, and between repetitions is 2-5 minutes. The pace of movement is free, the speed is from minimum to maximum. In practice, there are different ways of using this method, which are based on different methods of increasing

weights. Therefore, it is the primary, but not the only, method in the training of highly qualified athletes. It is applied 2-3 times a week. Large weights, in some cases, are used once every 7-14 days. Exercises with loads exceeding 100% are conducted with the help of partners or using special equipment. This method is not recommended for children under 16 years of age.

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