

DEVELOPING AGILITY IN STUDENTS

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Abstract:

This article highlights the role and importance of physical exercises aimed at mastering new movements in the development of agility in students.

Keywords: Movement qualities, sports games, coordination, muscle tone, jumping, technique.

Annotatsiya

Mazkur maqolada o'quvchilarda chaqqonlikni rivojlantirishda yangi harakatlarni o'zlashtirib olishga qaratilgan jismoniy mashqlarning o'rni va ahamiyati yoritib berilgan.

Kalit so'zlar: Harakat sifatlari, sport o'yinlari, koordinatsiya, mushak tonusi, sakrash, uslubiyat.

Introduction

In the assessment of special training, students' skills and abilities to master the techniques and tactics of sports activities are taken into account. Also, the degree of development of their physical qualities, strength, endurance, quickness, agility and flexibility is determined. Competitions can be in the form of sports competitions, evaluation of general physical fitness, and competitions for performing tests. Sports competitions are also organized in the form of public sports holidays. Educational methods and educational principles in physical education are considered to be of great importance in popularizing physical education and sports activities among students. The third decisive stage of the lesson system is to determine the activities of the pedagogue used during the lesson and the interaction of the participants in solving each pedagogical task. This includes the organization of groups, assigning them tasks, the procedure for changing the place of training, setting up shells, distributing and collecting equipment, actions used in existing lessons. Thus, each lesson consists of a unity of substantive, methodical and organizational elements. Violation of this unity, failure to understand or recognize the importance of the mentioned elements leads to a rapid decrease in the effectiveness of the lesson, puts into doubt the possibility of solving the set tasks.

The biological conditions that form the basis of agility are present from early childhood. Therefore, in order to achieve the best developmental result, specially organized pedagogical influence is necessary. Any exercises can be used to develop dexterity. Among them are gymnastics exercises, throwing games, which consist of coordination elements.

Use of new forms of harmonizing activities in the school program will help. These include various general development exercises, gymnastics elements, athletics, movement and sports



games. Games characterized by variety and excitement of the situation have a special value of their own.

In the theory of modern physical education, various information about the nature of the ability of agility, its structure and age-specific characteristics of its manifestation, about the insufficiently developed and scientifically based criteria for assessing the level of development of this ability in sports and labor activities the concept does not exist.

Coordination complexity of movements is the first measure of agility. If the space, time and force characteristics of the movement correspond to the movement task, that is, the movement is sufficiently precise, then the movement task is performed. The concept of accuracy of movement consists of the accuracy of space, time and force characteristics of movement. Accuracy of movement is the second measure of agility.

Thus, many domestic and foreign experts consider agility as a complex of motor activities or a set of unique abilities. The definition of ability is rare. The main measure of agility is space and time. A measure of agility is the shortest time required to find and accurately execute the desired response when a sudden change in operating conditions occurs.

The desire to educate the qualities of action is the eternal dream of mankind. The effectiveness of working with work tools, military equipment and weapons raises the question of the necessity of education depending on the physical qualities that nature has gifted to man and that can be developed in the process of education.

The importance and importance of developing physical qualities is clearly visible. It should be noted that in the development of physical qualities, the educational process requires that all of them are connected with each other. But in a certain type of sport, a certain quality is more strongly formed, develops, and it becomes invisible in the form of a leading quality of action. Other qualities are relatively developed, but they can appear in the form of an auxiliary, auxiliary quality of action. For example, if it is considered that the quality of agility is mainly developed in basketball, speed is developed as an auxiliary quality. Any movement is focused on solving a specific task, which is called a movement task. For example, jumping as high as possible, catching a ball, deceiving an opponent, lifting a barbell, the complexity of the movement task, the requirements for the harmony of simultaneous and sequential movements, and the coordination of movements.

Let's get acquainted with the method of development of agility. Firstly, the development of agility consists in the ability to carry out complex movements in terms of coordination, and secondly, the ability to reorganize movement activities in accordance with the requirements of suddenly changed conditions. In this, it is necessary for agility to clearly perceive one's movements in space and time, to be able to make stable movements, if necessary, to be able to maintain balance, alternately exert and relax muscles or, on the contrary, tense muscles. ability and other similar traits are important to be selectively improved.

In the development of agility, any voluntary movement can be used as the ability to learn new movements, but they are learned only because they are new elements in the training.

The ability to quickly and purposefully reorganize movement activity, the ability to immediately respond to the effects of a sudden change in conditions, indicates the development of agility. In this case, there is a change in the load, increasing the load aimed at developing



agility increases coordination difficulties for the participants. The coordination difficulties they have to overcome are divided into three groups:

difficulties in achieving accuracy of actions;

difficulties in their mutual adaptation;

difficulties faced suddenly, briefly, in changed circumstances.

In order to easily solve the difficulties noted in practice, mainly L.P. Matveev's method of training agility is used more:

1. Using an unusual, unusual initial state.
2. Perform the exercise facing the mirror.
3. Speed of movements and change of image.
4. Changing the boundaries of the space where exercises are performed.
5. Complicating exercises by introducing additional movements (for example, adding additional twists before landing, leaning jumps).
6. Combining familiar exercises in an unknown way without planning in advance (for example, a competition to perform immediately after seeing and teaching gymnastic combinations and the like).
7. To change the resistance of participants to each other in exercises performed in pairs and groups.

One of the specific qualities of agility is learning how to rationally relax muscles and improving it. Any movement is to a certain extent the result of muscle activation and relaxation. Knowing how to relax and get excited plays an important role in the effective performance of any activity. The tension of the muscle group, which should be temporarily relaxed in order to perform the movement gracefully, destroys the ease (stiffness) necessary to perform the movement, the free performance of the movement.

Agility and exercises for its development.

Agility is the ability to quickly learn new movements and quickly resume movement in a rapidly changing environment.

- 1) throwing a tennis ball at a target;
 - 2) walking while sitting on a gym bench;
 - 3) dribbling with a basketball and going around the posts;
 - 4) standing on one leg, the other leg is stretched back while holding a low barbell, execution: moving forward under the barbell, hanging with a straight arm and bent;
 - 5) walking on a gymnastic bench with a load on the head;
 - 6) "Cockfight" game: competitors jump on one leg, tie their hands behind their backs, and push each other with their chests to push each other out of the circle (the radius of the circle is 2 m).
- Muscle tension arises from various causes and manifests itself in the following three forms:

- a) muscle tension by increasing muscle tone;
- b) tension that occurs when the muscle does not have time to release and relax as a result of performing it too quickly;
- c) coordination, tension that occurs due to the presence of some excitability in the phase of muscle relaxation due to imperfect coordination.



The manifestation of dexterity can be divided into two subtypes of dependence - hand and movement activity (locomotor). In each type of this agility ability, it is appropriate to distinguish the types of actions related to the conditions of activity in previously known and unexpected situations.

With the age-related development of children, the specificity of various forms of agility increases, its structure becomes more differentiated. On the basis of the decision-making process, the importance of the sensory-perceptual and thinking components of the activity has increased significantly.

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