

THE USE OF SPECIAL TRAINING TOOLS IN THE PREPARATION OF HAMMER THROWERS

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Annotation: This article provides practical recommendations for improving the quality of special strength and improving the sports performance of throwers in the training group.

Key words: Special strength, statics, muscle strength, muscle overload, strength, improve quality, gene pool, explosive strength, duration, cerebral cortex.

Today, as in all fields, extensive reforms are being carried out in the field of sports. In particular, one of the reforms being carried out on the way to the development of our country is the development of the young generation in all aspects, intellectually, morally and physically. In this case, physical education and sports are important. At the moment, promoting a healthy lifestyle in our society, creating the necessary conditions for the population, including the young generation, to regularly engage in physical education and mass sports, and through sports competitions, young people can develop their will, strength and capabilities. One of the priority tasks is to strengthen the confidence of children, to form feelings of bravery and patriotism, loyalty to the motherland, and to develop them. Based on the above tasks, from now on, large-scale works aimed at the systematic organization of selection (selection) of talented athletes from among young people and the further development of physical education and mass sports are being carried out. It is no secret that the representatives of our country achieve high results in the Olympic and Asian Games, world and Asian championships and other prestigious international competitions, the fact that the flag of our country is raised high and our national anthem is played in international sports arenas is a matter of pride for all citizens of our country. In order to further develop physical education and mass sports in the territories of the Republic of Uzbekistan, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, to increase the effectiveness of the effective use of the conditions created in this regard in our country, the President of the Republic of Uzbekistan dated June 3, 2017 Resolution PQ-3031 "On measures for the further development of physical education and mass sports" was adopted. The adoption of this decision is a vivid example of the increasing attention to the field of physical education and sports in our country in recent years. Athletics in the training group is aimed at improving the technical condition of the throwers by using tools to improve the special training of the throwers.

The purpose of the study: Effectiveness of improvement based on the use of special training tools in the training of attack throwers.

Summarization and analysis of advanced experience and scientific and methodological data, pedagogical control tests, pedagogical experience and mathematical statistics. One of the components of the educational process management program algorithm is the selection of adequate means of special physical and technical training and determining the order of their inclusion in training. Both by re-applying reception and preparation exercises, and by changing the conditions of the basic competition movement, it is possible to improve the technique of correcting errors and movement. One of the main problems here is to solve the problem of motor skill transfer. The literature that analyzes the improvement of the technique by changing the conditions of the main competitive movement shows that the issues of using such attacks in throwing, and in particular in throwing an attack, are of great importance, but have not yet been fully studied. A number of studies have shown that the number of working muscles, the sequence of participation, their contraction force and speed are different when throwing light and heavy weights than when throwing standard weights. There have been significant changes in the movement technique. Therefore, the problem of using different weights is directly related to the positive or negative transfer of motor skills. During special technical training, by changing the weight of the competitive device, the tasks of creating and improving the main motor skill and its rhythm structure are solved, while developing special strength and speed within this motor skill. Methods of facilitating and complicating the external environment help to improve one or more characteristics of the movement. In this case, it is studied in detail by experimental physiology and psychology, and when a certain number of movements are performed with a certain load, it is manifested in the transition to work with other weights. the nature of the primary muscle contraction does not change for some time. The combined method is used at all stages of the long-term educational process. However, each of them has its own characteristics. Thus, during the initial training of the technique, the weight of the projectile should be mainly reduced, and in the process of further improvement, it is recommended to use projectiles of all weights under consideration. Research shows that a certain change in the weight of the projectile can clearly and purposefully affect individual structures, parts and elements of the movement. It was found that the attack improves the ability to concentrate on throwing and affects the development of a special muscle sense that consumes less energy, shapes the rhythm and timing characteristics of the turns and is final. It helps to change the radius of measured projectiles, improves the technique of turns and finals, and also affects the rhythm of movement. it is suggested to choose the weight of the projectiles in proportion to the age and physical characteristics of the participants. With the

increase in physical performance, it is recommended to gradually move from the use of single-mass projectiles to proportionately heavier ones.

A number of authors determined the permissible limits of increasing the difference in the weight of the projectile during training, but there were no significant changes in the indicators of the movement skills they formed. According to some information, this value, called the quality measure, should not exceed ± 0.250 kg when throwing the attack, while others say it can be equal to ± 0.500 kg. At the same time, an excessive increase in the weight of the main projectile (more than ± 2.00 kg in the shot put) leads to the departure from the adequacy zone of competitive training. In order to make full use of the physiological capabilities of the athletes' muscular apparatus, it is recommended to choose the optimal weight for training equipment. The 6kg and 8kg projectiles are generally recommended for training skilled shot putters to improve technique and speed.

Information about the volume of their use in the educational process is of great importance in the analysis of the main means of education. In our opinion, numbers in one training should not exceed 25-30 strokes. Too many repetitions can lead to unnecessary mistakes in movement technique. In training, when using projectiles of different weights to improve technique, it is recommended to distribute the throws in a ratio of 50% standard and 25% weighted projectiles. The analysis shows that there are different options for using shells of different weights. The biggest influence on the formation of a temporary structure in throwing is their variable use. This method can contribute to the feeling of overcoming the speed barrier. But this is most conveniently done during the preparation period, because mainly at this time it is necessary to correct the necessary elements of the movement. Using weights in different combinations each week will help loosen old motor skills and allow you to build new and better ones. Experts have a number of judgments about the sequence of throwing light, standard and heavy shells in one lesson. Variants of their complex and alternative combinations are given during the lesson. The analyzed literature shows information about the target difference in the use of throwing at the beginning and at the end of individual training. Some options for their use are proposed to accurately distribute weighted projectile throwing at the beginning and end of training, but they are tentative in nature and insufficiently substantiated. The necessary information about the method of using projectiles during the training of throwers is information about the intensity of throwing, which is determined by the range and therefore divided into weak, medium and maximum levels.

As a result of the review of the studied training tools, a large arsenal of special training and leading exercises used in throwing the attack at various stages of sports

training was revealed. These tools are designed and implemented with appropriate objectives and detailed instructions.

Conclusions. It made it possible to distinguish the complexes of preparatory exercises aimed at the development of special motor qualities, and the systematization of the leading exercises used for mastering the throwing technique, its improvement, and has a universal effect on the technique at the initial stage of training and at the stage of improving the sport. At the end of the review of this section, it can be concluded that, in addition to the description of special exercises used in the training of assault throwers, information was disclosed about the use of projectiles of different weights as the main means of throwing training. The procedure for using non-standard attacks was determined, the optimal volume and intensity of attempts was determined, but it became clear how these tools can affect the change, and in this regard, the correction of individual elements of the movement. technique The question of the purposeful influence of weights in combination with other influencing factors on the process of improving the throwing technique, neither at certain stages of the training nor in individual trainings, was considered.

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