

**FEATURES OF USING TOOLS AND METHODS FOR DEVELOPING SPEED OF
MOVEMENT IN JUNIOR SCHOOLCHILDREN**

Ph.D. dosent, **S.A. Akhmedova**

Ph.D. dosent, **F.A. Zaripova**

dosent **Y.Kh.Mustafaev**

Teachers of Navoi State Pedagogical Institute

Faculty of Physical Culture

Annotation: This article discusses the features of the use of means and methods for developing speed of movement in primary schoolchildren. These exercises differ from strength exercises in their increased speed and, therefore, the use of less significant weights. Among them there are many exercises that can be performed without external weights.

Key words: Exercises, sports, methods, school, students, physical qualities, physical culture, movements, games, speed.

Аннотация: В данной статье рассматриваются особенности применения средств и методов для развития быстроты движений у школьников младших классов. Эти упражнения отличаются от силовых повышенной скоростью и, следовательно, использованием менее значительных отягощений. В их числе есть немало упражнений, выполняемых и без внешних отягощений.

Ключевые слова: Упражнения, спорт, методы, школа, ученики, физические качества, физическая культура, движения, игры, быстрота.

The main means of developing speed and strength qualities are exercises characterized by high power of muscle contractions. In other words, they are typically characterized by such a ratio of strength and speed characteristics of movements, in which significant strength is manifested in the shortest possible time. This kind of exercise is usually called "speed-strength." These exercises differ from strength exercises in their increased speed and, therefore, the use of less significant weights. Among them there are many exercises that can be performed without external weights.

The composition of speed-strength exercises provided for in physical education programs is wide and varied. It includes various types of jumps, throwing, pushing, throwing, high-speed movements of a cyclic nature, performed in a short time with high intensity. From this extensive set of exercises, for a strictly regulated impact on speed-strength abilities, those that are more convenient to regulate in terms of speed and degree of weight are used. Most of these exercises are used with standardized external weights, periodically varying the degree of weight. This is due to the fact that repeated repetition of movements with standard weights, even if they are performed at the maximum possible speed, gradually (often in a relatively short time) leads to stabilization of the level of muscle tension, which limits the development of speed-strength abilities. To avoid such stabilization, additional weights are used in those high-speed actions that are normally performed without external weights or with standard weights. For example, belts and vests with measured weights or weighted shoes are used when performing jumps and running accelerations, and projectiles of various weights in track and field throwing.

A special group consists of special exercises with instant overcoming of shock-impacting weights, which are aimed at increasing the power of efforts associated with the most complete mobilization of the reactive properties of muscles. If these types of exercises are performed without delay in the amortization phase, they allow the greatest “explosive” strength to be exerted. For brevity, they can be conventionally called “shock-reactive exercises.”

The means of speed training are various exercises that require quick reaction, high speed of individual movements and maximum frequency of movements. These exercises are divided into general preparatory, auxiliary and special. To develop elementary forms of speed in all sports, gymnastic exercises are widely used, and especially sports and outdoor games that place high demands on the manifestation of speed qualities. Special preparatory exercises can be aimed both at the development of individual components of speed abilities and at their comprehensive improvement in integral motor acts. These exercises are built in accordance with the structure and characteristics of the manifestation of speed qualities in competitive activity and can represent various actions and techniques characteristic of a given type or group of sports and requiring a high level of speed qualities (jumping, throwing, acceleration, running short distances and etc.).

An effective means of comprehensively improving speed abilities are competitive exercises. In competition conditions, with appropriate preliminary preparation and motivation, it is possible to achieve such indicators of speed and speed, which, as a rule, are difficult to achieve during training with shorter-term exercises, with isolated exercises of a purely speed nature.

Work on increasing the level of development of speed can be divided into two interrelated areas - differentiated perfection of individual components of speed abilities and integral improvement, which involves the unification of local abilities in holistic motor actions.

To effectively develop the speed abilities of children and adolescents, general preparatory exercises are widely used - running, games, elementary acrobatic exercises.

Most speed-strength exercises are associated with the manifestation of other qualities: coordination of movements, flexibility, etc. To create a wide range of motor fitness and prevent the creation of motor stereotypes, it is necessary to change the starting positions, the length of the run-up, the mass of the projectile thrown, etc. As a rule, speed-strength exercises are performed once or in short series with such effort as not to slow down the speed of the movement being performed. This condition is especially important to observe when performing the final effort in throwing, jumping, etc.

To develop speed and strength qualities, they use jumping on one and two legs, jumping rope, long and high jumps from a run, deep jumps from a height, multi-jumps, throwing medicine balls, jumpinggates at 90-180 degrees, running from a high start, multiple jumps with maximum jump height, squatting on one and two legs with an emphasis on speed, short distance running, game tasks on a signal, relay races, outdoor games such as “Shootout”, “ Shuttle running” and other means.

Exercises for the development of speed and strength qualities can be divided into 4 groups:

*with overcoming your own body weight: fast running, jumping

one and two legs from a standstill and from a run (of different lengths and speeds), in depth, height, distance in various combinations, strength exercises;

*with various additional weights (belt, vest, weighted apparatus) in jumping exercises, jumping and throwing;

*using external resistance: running and jumping

uphill and down, on various soils (lawn, sand, sandbanks, sawdust, paths in forest, snow), against the wind and downwind, etc.;

*with overcoming external resistance: as quickly as possible

movements; in exercises with a partner; in exercises with weights of various weights and types (cuff weighing 0.5 kg, weighted belt, medicine balls weighing 1-5 kg, dumbbells and weights weighing 1 kg or more, sandbags); in exercises using block devices and elastic objects; in throwing various projectiles (medicine balls, pebbles and stones, balls and cannonballs of various weights, etc.).

Speed-strength training should contribute to the development of muscle strength. Three main directions can be distinguished: speed, speed-strength, strength.

Speed direction. This direction solves the problem of increasing the speed of performing the main exercise (running, jumping, throwing) or its individual elements (various movements of the arms, legs, body) and their combinations, as well as starting acceleration (run-up, push-off, overcoming, barrier, final effort, etc.).

The conditions for performing these exercises should be facilitated: running from the start, acceleration or running downhill, into the wind; reduce the distance between barriers or the height of barriers; increase the length of the run-up in jumps by 2-4 running steps; work with a lightweight projectile (cannonball, disc, spear, etc.). Exercises are performed as quickly as possible and alternate at a given speed - 90-95% of maximum intensity.

Speed of movement is also achieved by improving coordination of movements and consistency in muscle work. It is best to perform exercises at the beginning of a training session after warming up and thoroughly warming up the muscles in preliminary repetitions of the selected exercise at low speed. With continuous repetition of the exercise, speed can increase to maximum gradually, which helps maintain freedom and range of motion.

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