

IMPROVING PEDAGOGICAL SKILLS IN HURDLE RUNNERS

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Abstract: This article presents information aimed at improving the sports and pedagogical skills of cross-country runners. For a qualified athlete, the main goal of each exercise is technical improvement, especially this is true for technically complex sports, where the achievement of high sports results is inextricably linked with the level of technical excellence. It should be taken into account that the constant improvement of physical fitness and the development of necessary qualities increasingly pose new tasks for improvement.

Key words: Overcoming obstacles, physical training, endurance, complex movements, educational and training sessions, musculoskeletal system, strength, speed, joint mobility.

INTRODUCTION

Nowadays, all industries in our country have entered a phase of rapid development. Decrees and decisions issued by the President of the Republic of Uzbekistan, Sh.M. Mirziyoyev, encourage the representatives of the relevant fields to search deeply and work effectively. It would not be wrong to say that the attention given to the field of physical education and sports is giving its expected solution. Especially the achievements of Uzbek athletes in the world arena serve to increase the international fame of our country. Resolution PQ-2821 of the President of the Republic of Uzbekistan dated March 9, 2017 "On the preparation of Uzbek athletes for the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokyo (Japan) in 2020" , Resolution No. PQ-3031 of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures for the further development of physical education and mass sports", on March 5, 2018 the decree on fundamental improvement measures" was adopted.

The President of the Republic of Uzbekistan dated November 5, 2021 "On the program for the development of sports and educational institutions until 2025" and "XXXIII Summer Olympics and XVII Paralympics to be held in Paris (France) in 2024 Decisions on "complex training of Uzbekistan's athletes for the 2018 Games" to continue the efforts in the field more intensively, to define the prospects for the development of the activities of sports and educational institutions, to prepare our athletes for the 33rd Summer Olympics and the 17th Paralympics in all aspects will be an important legal basis for ensuring readiness and successful participation. According to the decision on the program for the development of the activities of sports-educational institutions until 2025, the program for the development of the activities of sports-educational institutions until 2025, the "Yo'l xaritasi" (Plans) for the implementation of the program in 2021-2022, the target indicators of the program and the main parameters of the construction, reconstruction, perfect repair and equipment of Olympic and Paralympic reserve college facilities in 2022-2025 were approved.

According to experts, American track and field athlete Alvin Kreinzlein laid the foundations of modern hurdles technique. His technique has survived to this day without radical changes. Gows require excellent physical fitness and endurance in all aspects of running . But the types of athletics that combine several technically complex movements are considered particularly

difficult. These include the steeplechase in athletics. Although the maximum height of the hooves is 106.7 cm, but it is not so easy to overcome it without reducing the running speed. Especially considering that the distances here are sprints from 50 to 400 meters.

The level of study of the problem. Alabin V.G, Bayko A.F, Bulanchik E.N, Makarov A.N, Ozolin N.G, Nasimov R.S, Filin V.P, Shakirjanovna K.T, Andris E.R, Gudratov R.Q, Narmuradov A and others studied the effective methods of increasing the physical fitness of runners. Hurdle runners studied their specific features in improving physical abilities and gave scientific, practical and theoretical recommendations on how to further improve their specific abilities and train highly qualified athletes.

It is important to increase sportsmen's interest in physical education and sports, to study the specific features of sprinting exercises in athletics, to develop sportsmen's physical fitness and to educate them as well-rounded people through the use of modern methods.

A physically healthy person can have a healthy mind and a healthy worldview, and therefore, today, attention to sports is well established.

Purpose of work. Hurdle runners improve sports pedagogic skills in runners and study control methods.

Research facility. In order to realize the set goals and objectives, the following research object was defined. Specialized Olympic reserves were conducted in the course of athletics training with young runners of the boarding school.

Research subject. Methods and tools used in training training of young runners.

Scientific novelty of research work. Methods of developing youth physical fitness through cross-country running. Organization of annual training of cross-country runners. To determine the methods and tools used to develop loads in the organization of training.

Theoretical significance of the research work. To study the methods of developing the physical fitness of young athletes by walking over the hills, and the interaction and interaction of foreign scientists in the fields of physiology, theory, psychology, medicine, and pedagogy between the physical activities and morphofunctional development of student athletes. rules about; The theory of development of physical qualities and systematic approach demonstrating the general-scientific method of research carried out in various theoretical and practical fields is important.

Practical significance of research work. The scientific data obtained in the course of research clarify the laws of the theory and methodology of physical education related to the problems of improving the process of training and training in the preparation of students. The development of methods for the purposeful development of control of students' physical fitness confirms the effectiveness of the recommendations given in his scientific work.

The hypothesis of the research work. The fundamentals of the pitting technique are the most conservative and have not changed significantly over the centuries. Research on the individual technique of leading athletes has been the basis for making only minor changes. Basically, the influence of various factors on the running technique, the work of certain muscles in the formation of the running speed was determined, the biomechanical parameters of the main characteristics of the running technique were determined.

Running with obstacles requires a certain level of readiness of the athlete's locomotor system, sufficient strength, speed, joint mobility, taking into account the specific characteristics of running at different distances. This is one of the prerequisites for learning the form technique. Exercises that develop muscle groups directly involved with the hurdles include exercises that help develop the front and back of the thigh, lower leg, leg and thigh muscles.

Exercises that increase joint mobility should be emphasized. Lack of additional mobility leads to many errors in technique. The size of the amplitude of the movements and the strength in overcoming the obstacles, the development of the strength of the muscles surrounding the hip joint, which depends on the strength, is also part of the special preparation of the obstacle [9].

For a skilled athlete, the main goal of each training session is technical improvement. This is even more true for technically complex sports, where the achievement of high sports results is inextricably linked with the level of technical excellence. It should be taken into account that the constant improvement of physical fitness and the development of the necessary qualities are increasingly setting new tasks for improvement.

One of the leading qualities in steeplechase is speed. Its development should be the impetus for the long-term planning of the preparation of a high-class barrier. But if the development of the quality of speed occurs separately from technical improvement, then, as a rule, the results of the athlete not only stop growing, but, on the contrary, deteriorate despite the improvement of speed ability. In other words, careful attention should be paid to the harmonization of both aspects of preparation.

Undoubtedly, if the assimilation of technology corresponds to functional training (technical improvement is carried out in parallel with improvement of physical qualities), the results will increase systematically [15].

Each type of athletics has its own characteristics of speed development. A specific concept such as hurdle speed in hurdle running consists of three components: speed, running rhythm and technique of overcoming obstacles [6].

The results in sprinters largely depend on the athlete's speed: the higher his speed in flat running, the easier it is for sprinters to achieve international results. The rhythm allows the hurdler to make the most of the technical skill and speed that is shown both in individual movements and in the whole exercise, i.e. on the fences. And finally, the rhythm makes it possible to perfectly master the form of movement on the basis of excellent quality (speed and strength) [7].

The process of improving the running technique is a long, hard work of the athlete and the coach. The main tool for improving the technique of going through the holes is the exercises of going through the holes. They should be repeated many times in each training session [1].

A strength training program for hurdle runners includes the following exercises: barbell squats, squat jumps, cross-legs, alternating leg-to-leg squats, forward and side lunges barbell squats. shoulders, standing and seated barbell rotations and squats.

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