

## **WAYS TO INCREASE OF YOUNG PLAYERS**

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**Annotation:** In the article, it is necessary to improve the quality of endurance of athletes aged 14-16 years, to make them there is talk of control and evaluation.

**Keywords:** Methods of increasing endurance, loading, speed, Physical Culture, sports.

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### **Introduction**

Endurance is the long period of a person's activity that makes him the ability to perform without lowering the effect. Quality of durability in sports practice various methods for development have been recommended by a number of scientists – birtekis, repeat, interval, variable, circuit, race methods.

In the same way, taking into account the individual physical fitness of students the possibility of giving a load and making it an easy dazirofka by time available. In this method, the exercises are performed at a single pace and maintain overall endurance promotes development.

Repeated method, during the intervals of sufficient rest of the load, repetitions allows you to manage by number. Interval method, exercise performance and recovery clearly regulates the time. Variable method, exercises at a variable pace, to the size of the load depending on, the rest intervals range from 1-1.5 to 3-4 minutes, training depending on the performance, performing with an endurance of 140-180 rounds / min implies. Circular method, general physical training (UJT), special physical different means of preparation (MJT) and their combinations allows application. The method of competition is characteristic of the chosen sport

improving the leading physical qualities in a sharp conflict activity with an opponent effective.

It is known that loadings that have the property of speed of endurance favorable physiological conditions for downloads that require greater manifestation creates. While they are within a few hours after themselves (if a serious increase away gave), a "trace" that negatively affects the performance of speed exercises leaves. For Example, K. Cooper argues that the overall durability high level, in particular, among American players in the second half of the game and the increase in competitive activity at the end of the season, as well as the number of injuries helps to reduce. However, other types of general durability it is also not appropriate to overestimate the effect on the manifestation of endurance.

Researcher M.Y. Nibatnikova general endurance refers to the athlete's it has included many muscle groups and is positive for its specialization in sports any physical work that affects (loading) for a long time ability to perform, and special endurance from the requirements of the athlete's specialty depending on the time tishi.ma be able to perform a full load effectively believes it is the ability.

Again, it has been established that velocity loads have strength properties it harmonizes well with the effects that are present, in which a positive lasting effect is known in conditions, that is, in the case when strength training is performed before speed training can be valid both in the case of

their reverse sequence. Therefore, the most optimal loading in complex training when choosing a apply in the following order, depending on their main direction can:

STRENGTH => SPEED => ENDURANCE

or

SPEED => STRENGTH => ENDURANCE

To successfully carry out the work of training young athletes age features of development, level of training, selected sport features, specific aspects of the development of physical qualities, movement skills and it is necessary to carefully take into account the formation of their qualifications.

The knowledge of the age zones of the trainer is better than the multi-year training process allows systematization. But the rational system of young multi-year training it is not the only factor that is necessary to consider when building. Individual athletes the most favorable periods for the education of physical abilities, physical qualities and also the tendency to qualitatively master technical and tactical activities it is necessary to study in depth. In youth, there is a reserve of all physical abilities is. Rational and regular pedagogical influences are encouraged for this must be. Development of physical abilities of young athletes directed pedagogical impact one or another of the age-appropriate development process to the full manifestation of the most vividly expressed abilities, the growth of which in the step helps.

Physiological activities with the use of low-intensity aerobic loads with the help of super-violent loadings that cause excessive tension achieving the results achieved even with the help of optimal means for the body can. The effect of sluggish intense exercise that develops endurance, especially 8-Children 10 years old will be sensitive. These exercises from 12 to 15 years old by decreasing, the endurance stabilizes or slightly decreases. Children and adolescents to the secret of physiologically based tools that develop endurance different types of cyclic exercises that increase the body's aerobic productivity enters. In this respect, the duration of moderate power, which is gradually increased (at the limit of about 60% of the maximum) other than one norm run it turned out to be preferable to exercises.

Training for this purpose it is recommended to include action games and game exercises. 75 of the maximum% when tests are performed on the duration of the level speed walk, the boy the greatest increase in endurance in children is 13-14 years old, and in girls-10-13 years old observed. In addition to a low-intensity run during the Wsmirlik period, the speed of variable running, 400-to 500m (for boys) and 200-to 300m (girl for children) fast running is used. Weekly volume of running 35-45 up to km.

The fulfillment of this requirement is for training in young athletes support of interest as well as the occurrence of conditions for further specialization is a necessary condition for bringing. Pre-teen school athletic clubs in its conditions, a physiological foundation for the upbringing of special endurance appears.

## **Conclusion**

Average physical to physical loads aimed at growing endurance children and adolescents with developmental levels adapt faster. Physical speed and agility-strength in schoolchildren with a high level of development performance in the exercise of their level of physical development it will be higher than in peers with average or low.

Favorable morphological and functional conditions for the development of endurance Occurs at the age of 9 - 10 years. High in dynamic strength training in boys sensitivity will consist of 2 periods: from 9 to 10-12 years old and from 14 to 17 up to. 11 years old strength endurance in girl children 15-16 years old girls reaches its indicators. Stationary voltages in students 7-10 years old it is accompanied by the rapid development of exhaustion. Physical of grades 5-8 in schools dynamic strength exercises with small weights (1-2 kg) in training lessons, on a rope with success from the likes of exit, shipping, cast iron ball ironing in use. 2-3 in connection with an increase in strength endurance at the age of 15-16 years the number of exercises performed with kg weights increases, depending on the time on the rope exit, elements of struggle are used. Strength training in girls of this age is relative it is limited due to a decrease in muscle strength. Teen hangout stagnant situations in training, initial states, hanging and leaning demanding exercises should be used.

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