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MAIN PEDAGOGICAL TECHNOLOGIES OF SELECTION AND ORIENTATION USED IN CHILDREN FOR SPORTS RESERVE

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Abstract. This article discusses pedagogical technologies of training sports reserve in various sports that contribute to the improvement of the athletes training system at the initial stage of preparation for a professional sport. The purpose of the research is the development and scientific justification of the pedagogical technologies for training reserve in various sports. The relevance of the article is due to the fact that great importance has been attributed recently to the improvement of the training system for the sports reserve, which ensures the replenishment of the national teams.

Key words: pedagogical technologies, sports reserve, training, organization of training, selection, rationing, optimization, disassemble, orientation.

INTRODUCTION

The long-term process of physical education and sports training can be successfully carried out subject to careful consideration of the age and individual characteristics of a person's development, the level of his preparedness, the specifics of the chosen sport, the peculiarities of the development of physical qualities and the formation of motor skills.

To achieve a world-class level in sports, it is necessary to start training from childhood. An important role in the preparation of a sports shift belongs to the system of selection of promising young athletes. Practice shows that at the initial

stages of sports training it is not always possible to select the contingent that corresponds to a specific type of wrestling. In this regard, in sports schools there is a large and long-term dropout of students, caused by the lack of growth in their individual results. The erroneous sports orientation of children and adolescents leads to large losses, traumatizes the child's psyche, does not allow improving the quality of the training process.

The increased demands made by big sport make it necessary to equip coaches with knowledge about modern, objective criteria for the selection of talented sportsmen.

Over the past 20-25 years, the functional states of sportsmen in Uzbekistan have increased very high. All this speaks of the rapid growth of scientific and methodological developments in the training of sportsmen from an early age and their introduction into sports practice.

In general, it can be considered that at present, the most developed sections of the theory and methodology of sports training include: the method of education of physical qualities, in the age aspect, the system of building long-term training of young sportsmen, rationing and structure of training loads, the system of selection of children, the method of complex control for the preparedness of attendants of sports schools, the organizational and methodological foundations of children's sports.

MATERIALS AND METHODS

Modern trends in world sports, new possibilities of science and technology, the current state of society dictate the need to revise pedagogical methods and approaches. The further success of athletes in the international sports arena largely depends on the level of functioning of the sports reserve training system. The topic is relevant not only by the very formulation of the question, but also here it is important not only to strive for high sports performance of a worthy change for sports, but also to pay attention to the upbringing of a healthy younger generation.

The organization and management of the preparation of the sports reserve should be carried out primarily at the regional level. Main content management process is the development, adoption and implementation of management decisions. From the point of view of a systematic approach and the concept of decision-making, organizational forms should be subordinated to the achievement of the set goals and the process solutions to related problems, and the organizational structure of management can be defining as a form of distribution of decisions and at the same time as a set of bodies that ensure their implementation.

It is no coincidence that health-preserving technology should take a leading place in the system of training a sports reserve. Unfortunately, it is not always correctly distributed coaches' physical activity, taking into account the physical capabilities of athletes and is created favorable psychological background in the classroom. This interferes with the formation of persistent interest in sports and creates the prerequisites for the likelihood of injury during training.

This technology is inextricably linked with the technology of personality-oriented training, which is aimed at creating favorable conditions for each pupil. The coach must take into account the individual characteristics of each student. Unfortunately, we have very little focus on individual training. Between therefore, such training has a huge impact on the entire process of training athletes [1,120]. The goal of individual training of athletes is to improve their professional skill. It is this kind of training that takes into account individual characteristics, the wayness of an athlete that needs to be developed and improved [2,180-200].

If we talk about the preparation of the sports reserve, then an intractable task is to provide technology for problem support. You have to collide deal with situations where the coach, noting the poor preparation of the athlete, gives him understand that playing sports is not for him, that he will not achieve good performance in sports, since he is unable to perform certain exercises. Necessary identify the cause of problem learning and create the necessary conditions for its prevention overcoming [3, 38].

It is worth paying attention to the fact that the best indicators are achieved by those athletes who were developed and improved at the youth stage qualities such as flexibility, speed, endurance. Developing these abilities was based on a variety of materials.

The concept of "technology" in sports is considered quite broadly - as a combination a combination of processes, rules, skills, consistently aimed at developing various training and learning methods, as a special form of functional and treasured scientific knowledge, moving from natural scientific research to by the methodical developments in the chain "science - technology - methodology".

The basis of pedagogical technology is the interaction of two principles: theory – presupposes study of the general patterns of functioning and development of physical culture in society as an integral multifaceted phenomenon, as well as the formation of personal and upbringing of physical qualities in people engaged in physical culture and sports; experience of direct pedagogical interaction – understanding the uniqueness of each personality. Implementation of pedagogical technology in practice sports training takes into account a number of requirements:

- conceptuality - the presence of a scientific and pedagogical rationale and its conceptual interpretation by a trainer, taking into account the conditions of a real training a process represented by a variety of pedagogical conditions and situations;

- anthropocentrism - ensuring the continuous development of an athlete in the process of sports training through his continuous cognition by the coach;

- situational - the manifestation of creativity by the trainer, which allows to implement the ideal theoretical scheme in real pedagogical situations;

- contextuality - the embeddedness of pedagogical technology in the real educational and training process.

The purpose of developing innovative technologies for sports training is substantiation of such a strategy for the development of high-performance sports, which will allow the coming years and the distant future to ensure the leadership of

our country in the world in sports based on the implementation of fundamentally new approaches to the formation of a system of long-term sports training of elite athletes, capable of providing:

- continuous monitoring of the state of the athlete's kinesiological systems in the process of performing training and competitive loads;
- optimization of volumes, intensity of training loads and their dynamics rhythms during the implementation of stages, periods of sports training and individual training sessions;
- prevention of adaptation breakdown at the stages of intensive preparation and participation in competitions.

The implementation of pedagogical technology characterizes the activities of a specific a specialist in unique pedagogical situations. This is a set of principles methods, methodological techniques used by a particular trainer, taking into account his individual characteristics and preparedness. Use of pedagogical technology in sports training allows:

- disassemble and implement simpler and more effective ways to achieve pedagogical goals - to increase the predictability of the pedagogical process;
- activate the pedagogical process based on a deep understanding of the personality traits of the trainees.

Applying the technology of training, the coach must build the training process taking into account the level of the athlete's preparedness.

To determine the degree of "trainability" there is a special methodological technique. Within 10-15 days, it is necessary to perform special training tasks with the aim of improving a certain skill. If in the process of training a skill improves, then the component of readiness is determined and there are grounds for a hypothesis about the reserves that should be used [4,280].

The teaching technology is based on the idea of complete controllability of pedagogical process, reproducibility of the training cycle. Pedagogical activity of

the with a constant creative search for new means and methods of process optimization learning. This circumstance is especially significant in the field of physical culture and sports, since the field of sports activities is developing very dynamically. New sports appear that were not previously included in the Olympic system of competitions, new health technologies. Considering physical culture as the most important element of social culture, we believe that the main directions of its modernization should be based on the impact on the cognitive, emotional-volitional and motivational spheres of children, adolescents and youth, as well as on their mastering the whole variety of values of physical and sports culture.

RESULTS AND DISCUSSION

With the increasing professionalism and results of high-class athletes in competitions of an international level, which are already achieved at the limit of physical and psychological human abilities, the importance of teaching technological process for the preparation of qualified athletes in team sports. For the younger generation of athletes gaming activity based on gaming technology is very important. Thanks to it develops the cognitive activity of pupils, increases interest in a particular sport [5,36-40].

Despite the study of the physical fitness of athletes, interest experts for the preparation of athletes is not weakening. Over the years, discovered information about the work of athletes that expand the limits of their athletic capabilities. These include: innovative ways to increase productivity in solving timely problems in sports; psychological characteristics selection of counter impact; characteristic features of the development of motor abilities; biomechanical composition of motor impact; training leadership athletes; improvement of psychomotor skills; characteristic features of rationing and control of competitive and training loads.

Group technology should not be neglected. Many types of sports are team sports. In a team sport, the technology of mutual learning plays a role, when athletes help each other, transfer the experience of sportsmanship. Not every coach can direct this process in the right direction. A competent approach is important

here and presenting the need to train the weaker to the stronger. The technology of cooperation also takes place in the preparation of the sports reserve, since with the help of an experienced coach, his tips, sometimes just a heart-to-heart conversation for an athlete is easier master the skill in a particular sport [6,130].

The concept modernization procedure requires advanced research into modern new and methodologically legitimate concepts, teaching technologies, their mastering by teachers and teachers of physical culture. Significant changes must also occur in the high-quality training of experts of physical culture, who will become the conductors of new knowledge in physical culture nome upbringing. The main concept of modernization of professional training of experts in the field of physical culture and sports is how to form requirements allowing students in the educational course to improve creative understanding, in a new way to explain and study modern technological physical learning processes, maximally form a pedagogical concept based on innovative developments of the teaching staff, which will provide an opportunity to carry out modern training of a professional [7,66-68]. The effectiveness of scientific and methodological support requires constant professional development of trainers and specialists, a specific combination of knowledge and experience. In this case, the following algorithm should work: knowledge, correctly applied in practice, forms a new positive experience that allows generating new ideas.

A feature of higher professional education is a combination of training educational and experimental activities of students, which makes the appropriate requirements for the training of a professional. This will help to make significant adjustments both in the process of training experts in physical education, and in the process of physical education of the child, schoolchildren and the younger generation.

Within the framework of the recommended teaching concept of training the sports reserve in Olympic sports, it is necessary to add educational and methodological support and professional development of experts (in the main

priority of trainers). It is necessary to guarantee the organization of the training camps of Uzbek athletes for the upcoming Olympic Games in the regions whose requirements become as close as possible to the conditions at the competition venues.

At the state level, it is necessary to support the education of the sports reserve. The concept of sports training of a child and the younger generation has been formed for decades, however, with the development of the direction of world sports, new

teaching methods and technologies, it becomes necessary to form a program-normative and normative-legal basis for the concept of training a sports reserve. Also, the state should provide funding for training

sports reserve. The task of the state in this direction is to guarantee the competitiveness of young athletes in the world arena.

First of all, it is necessary to guarantee the continuity of the training of the sports reserve, to promote the opening of sports sections in schools, institutes, to equip the courtyards with sports grounds, courts, installations. Auxiliary projects and methods in sports must be proportionally linked and subject to uniform conditions, and demonstrate common teaching procedures.

Today, the goal of state policy in the field of physical culture is to create conditions that motivate the population to lead a healthy lifestyle, the conditions, development of sports infrastructure, as well as increasing the competitiveness of Uzbek sports on the world stage.

The development of mass sports requires the development of sports infrastructures. Despite the difficult economic situation in the country, there is a fairly active renovation of sports infrastructures. Modern scientific research should be based on the widespread use of the development of innovative achievements in the development of related branches of science, which is associated with extreme complexity (largely unknown to the end) of the human body and its behavior in extreme conditions of training and competitive activity.

At the same time, it is necessary to use fine hardware and highly efficient computer and information technologies. All this requires significant funding. The current situation implies a radical improvement in the scientific and methodological support of the training system for the sports reserve and high-class athletes.

Speaking about the reserve, it is necessary to note the problem of selecting the best athletes. It is the selection that is the primary task of the trainer and solves all the complex problems associated with the training of high-class masters. The most significant drawback of selection practice is the focus on signs of a temporary nature (the speed of mastering the technique of special exercises, the results of nonspecific tests of physical performance) instead of the necessary orientation towards genetically determined signs [8,164-169].

CONCLUSION

Having considered the existing pedagogical technologies in the preparation of a sports reserve in various types sports, the following conclusions can be drawn to ensure their effectiveness:

1. Pedagogical technologies for the selection of a sports reserve should be based not only on the professionalism of the coach, but also on the help of doctors, physiologists, psychologists. A computer is needed to process the results of examinations of potential athletes.
2. It is necessary to pay more attention to health-preserving technologies, while using the distribution of physical activity, taking into account the physical capabilities of athletes and creating a favorable psychological background in the classroom.
3. It is necessary to take into account the individual characteristics of each athlete and pay more attention to individual training.
4. In the process of playing activities, it is necessary to improve professional skills, develop a team spirit.

5. It is necessary to identify the causes of problem learning and create the necessary conditions for overcoming them.

6. It is advisable to apply the technology of multilevel training, building the training process, taking into account the level of the athlete's preparedness.

7. It is worth using the technology of mutual learning, when athletes help each other, transfer the experience of sportsmanship.

8. It is necessary to create a modern software and regulatory and regulatory the legal base of the sports reserve training system.

Pedagogical technologies for training a sports reserve can be successfully applied by competent, competent coaches who are committed to their profession, and most importantly, love children. Sport helps to unite society, distract the young generation from bad habits, reduce the growth of criminality and form a socially oriented value system.

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