

MEANS OF SPORTS ACTIVITIES AND METHODS

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ABSTRACT

General and special training processes in sports are one of the main factors in achieving high results in sports competitions. Improving the general and special training of athletes in accordance with the types of sports using modern methods is one of the most pressing issues in today's world of sports. Great attention is paid in our society to the training of young athletes, the construction of modern sports facilities and the holding of many international competitions in our country. Also, in the system of training athletes and educating highly qualified athletes, attention is paid to the popularization of physical culture and sports activities. This article explores the tools and methods of sports training.

KEYWORDS: *Physical Education, Physical Culture, Athletics, Sports Psychology, Sports Training, Sports Activities.*

INTRODUCTION

At the heart of human motor activity lies the power of movement as a method of performing motor tasks. The means of sports training are various exercises that directly or indirectly affect the skill of the athlete. The system of means of sports training includes the selection of specific sports, exercises that are the subject of specialized sports. [1]

General physical training exercises are a means of solving the tasks of motor activity. The force of motion can be the form of motion, movement, and circumstances in space. Depending on the tasks assigned, the driving force can be of a domestic, labor, educational or sports nature. [2]

If we run to get to a moving vehicle, such as a bus, then running as a driving force will have a domestic direction.

If we run in order to improve our running technique, or increase endurance, speed, then running as a driving force will have a sporting direction. [3]

Therefore, any movement is not considered an exercise, only those who solve the task of physical improvement or sports training through multiple repetitions can enter the scope of exercise.

Exercises can consist of a bending, sitting, or games in a series of movements, gymnastic exercises. [4]

Sports Exercises focus on building and improving movement skills or increasing an athlete's functional capacity.

In both cases, the adaptation to the work offered to the athlete is based on the law of adaptation of the body to the activity of movement. [5]

MAIN PART

All problems related to exercise are solved primarily through exercise. That is why exercise is the main tool of sports training.

They are conditionally divided into four groups; competition exercises are divided into general preparation, approximation and developmental exercises. [6]

Competitive exercises are performed in the conditions of a real sports competition, which differ in some respects according to the mode of movement, the form.

Specialization in the sport goes in the direction of in-depth improvement of the competition exercise, the selected type of sport. [7]

Of the other competition exercises, other types of sports are used as additional types that perform the function of preparatory exercises.

Competitive training plays an important role in sports training, as this sport helps to restore the set of requirements placed on the athlete, which develops special training. At the same time, the volume of competition exercises during training is not much larger than the amount of exercise. [8]

This can be explained by two situations:

- Competitive exercise is the abundance of functional shifts in the body;

- Without special preparation, ie the fact that it is not advisable to return the results frequently without changing them in terms of quality and quantity.

Competition exercises are performed during training, with a slight deviation from the round available in the competition environment. [9]

Sports training methods: All the tools aimed at achieving high sportsmanship are included in sports training methods.

The methodology of teaching movement activities is familiar to you from the general principles of the theory and methodology of religious education. Here we have to define them in relation to sports training. The main purpose of the methods is to improve motor skills and cultivate physical qualities. [10]

According to the tasks assigned to the exercise, strictly regulated exercise methods are used in different variants.

The primordial change in movement activity is nothing more than a practical modification of these movements.

The standard and alternating exercise method is widely used in the process of improving motor skills. [11]

In order to improve the quality of movement and functions of the body, a purposefully selected set of exercises, interval exercise method, rest at regular intervals between regular naps, continuous exercise, a set of exercises without rest are used continuously and the various methods mentioned above are used. [12]

One method itself can serve as a basis for solving a wide range of tasks and training an athlete, for example, using a variable exercise method in running can simultaneously train endurance, improve running technique, practice tactical options of power distribution over distance, i.e. technical and tactical training. [13]

In addition to the strictly regulated method, the competition and game method, as well as the circle exercise method are widely used in sports training.

The basis of the method of competition is not only to compete with the opponent, but also to compete with himself, thus achieving high morale, thinking ability, will and determination to achieve the set goal using the game methods included in the training. [14]

Circular exercise is aimed at improving the complex expression of physical qualities as an external-methodical form of exercise.

The ratio of general and special training. In the second stage, the place and nature of the use of various means of preparation are determined by the following laws.

Firstly, the more often and strongly a specific training factor is affected, of course, by certain physiological norms, the higher the rate of development of exercise fitness.

Secondly, as exercise fitness increases, the rate at which it shifts to the use of exercises of a different nature appears to decrease, and this transition becomes more selective.

Thirdly, in the absence of adverse events, any system of conditioned reflex connections will be established quickly and easily: the more complex and delicate the organization of this system, the lower its initial resistance to inadequate influences. [15]

In the second stage, these laws are used to ensure a rapid increase in fitness with special exercises and to establish delicate interactions between the components of the sports uniform. This is primarily reflected in the much wider use of selected training exercises, which are very close to the vaults. [16]

In the second stage, certain special training exercises are "close" to the competition exercises.

This "rapprochement" goes in two main ways. The transition from exercises involving specific movements or individual functional features of competitive exercises to a holistic activity in sports competitions, for example, from the elements of gymnastic combinations to combinations, and then to the combinations themselves; to run the entire distance as a whole from repeatedly running the selected distance pieces; [17]

By slightly reducing the length and intensity of certain group exercises, increasing the speed and decreasing the length of the self-training distance from the race.

Depending on the specifics of the sport, other methods of "approximation" are also used. However, their essence is to bring special training exercises as close as possible to the characteristics of the chosen sport. However, this does not mean that special training should be

replaced by competition. In that case, the effectiveness of the training would be reduced, as the athlete would not be able to influence certain qualities and countries in a strictly appropriate manner. [18]

Similar changes occur in the methodology of training. The styles that best suit the specifics of the selected sport will be selected. There is a growing emphasis on methods that increase the demands of the sport, such as moderate and intermittent training in moderate distance runners; the role of competition style will also increase. [19]

Competitive methods are initially used mainly on the basis of preparatory exercises, including as a supplement to the selected sport or as part of the sport material. For example, athletes initially run a shorter distance from the main race distance or, conversely, a longer race distance, while many wrestlers. Initially, they compete in some rounds. Towards the end of the training period, they become more and more competitive in their chosen sport. However, these exercises still need to be characterized by training. Here, participation in calendar competitions should serve as one of the means of preparation for future major competitions, without disrupting scheduled preparation. [20-24]

In the second stage, the diversity in the composition of general preparations is significantly reduced. The nature of the use of most of the general training exercises will also change. Some of them will have a stabilizing effect, i.e. they will now provide a level of fitness with general exercise achieved more than just climbing. Based on this, it is necessary to include exercises that help to develop in the selected sport on the mechanism of "direct transition" of exercise, for example, strength training or sports that require strength and speed when specializing in sports that require very high endurance. General endurance training exercises while specializing in. Some exercises that were previously important in training are used in the second phase as a more active means of relaxation. [25-28]

CONCLUSION

Finally, a number of general preparation exercises are specialized. This is reflected in the corresponding change in the speed, strength and other characteristics of the movements performed, as well as in the regulation of rest with the load during exercise. For example, in the training of runners-sprinters, jumpers, throwers, boxers, the exercises performed with barbells have a brightly expressed rapid strength character. [29]

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