

THE INNOVATION IN IMPROVING THE EFFECTIVENESS OF TEACHING TRAINING TECHNIQUES OF LIGHT ATHLETICS

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ABSTRACT

This article discusses about the ways of increasing student engagement and improves the quality of physical exercises. It was noted that appointment of well-known sportsmen to winners of international tournaments at local sports schools, as well as targeted training of athletes in special correspondence departments of higher educational institutions will be successful. There were given instructions to increase the number of children's and youth sports schools.

KEYWORDS: *Running Technics, Start, Speed Of Start, Running Distance, Finish, Physical Quality.*

INTRODUCTION

The 30 percent of the population of our country are young men between the ages of 14 and 30. Wide conditions are created for their education and training. At the same time, the organization of meaningful leisure for young people is a pressing issue. The more mature young people become the more immune they are against immune systems. As it is known, the head of state has put forward 5 important initiatives on starting a new system of social, spiritual and educational activities.

MAIN PART

The first Initiative is to increase the interest of young people in music, painting, literature, theater and other arts, as well as discover their talents.

The second Initiative is to create the necessary conditions for young people to demonstrate their abilities in sports.

The third Initiative is the creation of effective use of computer technologies and the Internet between the population and youth.

The fourth Initiative is to create a systematic work to increase the spirituality of young people, and to popularize reading among them.

The fifth Initiative addresses to the task of employing of women.

Discussing the issues of the second initiative, it was noted that there are more than 12,000 sports buildings in the country, but the level of youth involvement in physical culture and mass sports is low. The provision of secondary schools with sports equipment is 56% nationwide, including 12% in Surkhandarya region, 14% in Khorezm and 15% in Karakalpakstan. The meeting outlined measures to attract young people to physical culture and sports.

Deputy Governors of districts and cities together with specialists have been tasked with studying the interest of young people in sports and the level of equipping of sports facilities, on the basis of which the Cabinet of Ministers determines the amount of funds necessary for their implementation.

It was noted the need to build small gyms and artificial venues from lightweight sandwich panels in remote villages and to allocate land for enterprising entrepreneurs to build sports facilities. The National Bank of Uzbekistan will provide soft loans under the “Youth is Future” program.

It was noted that appointment of well-known sportsmen to winners of international tournaments at local sports schools, as well as targeted training of athletes in special correspondence departments of higher educational institutions will be successful. There were given instructions to increase the number of children's and youth sports schools.

In order to increase emphasis on quality indicators in the implementation of the National Program for Personnel Training, the introduction of new innovative technologies and ideas, as well as the introduction of advanced international experience. We have conducted pilot experiments with students of III stage group 1521-A of Physical Culture faculty. We used non-standard hand tools. We have started using non-traditional methods in teaching students the technique of short-distance running and teaching traditional techniques.

When examining the technical and tactical training of the students, the average level of quality of the group was 52%, of which 4 out of 23 students were rated "excellent" and 8 "excellent" and 11 of them with "satisfactory" marks. Given the fact that the future physical education teacher is at least as skilled as the athlete in the sport he / she is studying, this indicator is unsatisfactory. [1.205; 2.36]

Number of students	Excellent	Good	Satisfactory	Indicator of quality %
23	4	8	11	52%

When training and mastering become short-distance running techniques, it is important to teach and understand exercises in 4 phases. It is advisable to teach the theoretical understanding of the start, startup speed, distance running, the finish phases, and then apply them [3.14]. When running at different distances, it is important to pay attention to the rhythm of the athlete's movements, such as body position during running, hand movement, rhythm of breathing, step width, and step frequency. For example, the athlete will be required to travel 80 meters at 100

meters if the width of the step is 1.25 cm. When the result is 80, the time spent in each athlete's interval is 0.17 seconds and the step frequency can be calculated. Non-standard tools were used to develop and enhance the quality, agility, and strength of the experienced group students. We used a rubber rope to improve the speed and strength of the muscles that bend the legs. The athlete is tied to the foot with a gymnastic bench and a rope, bending the other end with a wall or fence, performing 10 to 15 ms in each leg, and running 10-20 m at the end of the workout. It has been proven that high performance can be achieved through interoperability. However, as the basic phase of training in short-distance running techniques is dependent on getting the start speed, many students will be able to stand upright in the first steps after the start, as a result of increased air resistance and lower body weight. VGF43F3

The velocity decreases and does not reach enough [5.201].

We used a rubber rope to eliminate these drawbacks and build skills. That is, the front-end athlete is tied with a ribbon around his waist, with a partner on the other end of the rope, running at a certain distance, with a slight bend to the body. The forward athlete will be in the position of an athlete receiving the starting speed. Skills and qualifications are achieved through repeated repetition. The use of a rubber cord is also a good way to correct this disadvantage [4.81].

CONCLUSION

As a result of the experiment, positive changes in the learning performance of students in the group are observed. This resulted in a change in body image, growth of the arm and shoulder muscles, appearance of the foot muscles and increased strength, agility and endurance. As a result, the quality of students increased by 13%. That is, 4 out of 23 students achieved "excellent" results, 11 were "good" and 8 were satisfactory. The overall performance was 65.2%.

Number of students	Excellent	Good	Satisfactory	Indicator of quality %
23	4	11	8	65.2%

To summarize, it is possible to improve the quality of education by utilizing non-standard equipment based on internal capabilities.

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