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**КЎП ЙИЛЛИК ТАЙЁРГАРЛИК БОСҚИЧИДА ЕНГИЛ АТЛЕТИКА  
ТУРЛАРИГА ЎҚУВЧИ ЁШЛАРНИ САРАЛАШНИНГ ПЕДАГОГИК  
ТЕХНОЛОГИЯСИ**

**ПЕДАГОГИЧЕСКАЯ ТЕХНОЛОГИЯ ОТБОРА СТУДЕНТОВ ПО ВИДАМ  
ЛЕГКОЙ АТЛЕТИКИ НА ЭТАПЕ МНОГОЛЕТНЕЙ ПОДГОТОВКИ**

**PEDAGOGICAL TECHNOLOGY OF SELECTION OF STUDENTS BY TYPES OF  
ATHLETICS AT THE STAGE OF LONG-TERM TRAINING**

Фарафонтова Ольга

Низомий номидаги Тошкент давлат педагогика университети  
Жисмоний тарбия ва спорт кафедраси катта ўқитувчиси

Фарафонтова Ольга

Ташкентский государственный педагогический  
университет имени Низами  
Старший преподаватель кафедры  
физической воспитания и спорта

Farafontova Olga

Tashkent State Pedagogical University named after Nizami  
Senior lecturer of the Department of Physical Education and Sports

#### Аннотация

"Болалар спортини ривожлантириш жамғармаси" нинг ташкил етилиши ёш авлодни соғлом ва баркамол инсон этиб тарбиялашда катта амалий аҳамиятга эга. Бугунги кунда мамлакатимизда 2 миллионга яқин бола спортнинг 30 дан ортиқ тури билан шуғулланмоқда. Улар соғлом, кучли, Жасур ва қатъиятли бўлишади. Болалар спортини ривожлантириш мамлакатимиз ёшларининг жисмоний ва маънавий камолотига еришишда муҳим восита бўлиб хизмат қилмоқда. Олимпия дастурига киритилган енгил атлетика спорт тури мамлакатимизда тобора ривожланиб, ўғил-қизлар ўртасида оммалашиб бормоқда.

**Калит сўзлар.** болалар ва ўсмирлар спорт мактаблари, енгил атлетика машгулотларини ташкил этиш, таерлов босқичига киска масофага югурувчиларни саралашдир.

#### Аннотация

Создание "фонда развития детского спорта" имеет большое практическое значение в воспитании подрастающего поколения как здоровой и гармоничной личности. Сегодня



около 2 миллионов детей в нашей стране занимаются более чем 30 видами спорта. Они будут здоровыми, сильными, смелыми и решительными. Развитие детского спорта служит важным инструментом в достижении физической и духовной зрелости молодежи нашей страны. Вид спорта легкая атлетика, который включен в олимпийскую программу, все больше развивается в нашей стране и набирает популярность среди юношей и девушек.

**Ключевые слова.** дети и юноцы — это спортивные школы, организация легкоатлетических упражнений, отбор бегунов на длинные дистанции в подготовительная часть.

#### **Annotation**

The creation of the "children's sports Development Fund" is of great practical importance in educating the younger generation as a healthy and harmonious personality. Today, about 2 million children in our country are engaged in more than 30 sports. They will be healthy, strong, brave and determined. The development of children's sports serves as an important tool in achieving physical and spiritual maturity of the youth of our country. The sport of athletics, which is included in the Olympic program, is increasingly developing in our country and is gaining popularity among boys and girls.

**Keywords.** children and young men are sports schools, the organization of athletics exercises, the selection of long-distance runners in the preparatory part.

#### **Relevance of the Study**

After the independence of the republic, the focus on physical education and sports in our country in the amount of public policy is especially significant in the establishment of the "children's Sports Development Fund", which makes the young growing generation a healthy and perfect person. Today, in the Athletics sections of more than 225 schools and more than 54 specialized children's and youth sports schools in our country, 9 schools of higher and higher sports skills in the Republic, 15 colleges of the Olympic Reserve, about 400 highly qualified coaches are thoroughly taught the secrets of athletics. But we found out in the research process that not all of them are talented in athletics sports. Because we are witnessing that the student has given young people a unique disadvantage to athletics sports. Coaches form groups in most cases based on the recommendations of a general school student when forming groups. For Shuningn, too group, if they are observed to spread within 2-3 months, the latter will not focus on qualifying criteria. Based on 1 or 2 pointers, the group does not shake which negatively affects the effective training of athletes. As a result, 2-3 years of student youth take away their precious time in vain. Therefore, the development of qualifying criteria and the selection of students in groups based on these criteria increases the effectiveness of the system of training highly qualified athletes. Therefore, the work of the dissertation on the topic "pedagogical technology of qualifying young people for athletics at the stage of many years of preparation", which we have chosen, is one of the pressing problems in the selection of athletes.



**The degree of study of the subject.** Today, the number of young people involved in sports is increasing every day. Surely this is a sign of the truth of the Islamic monotheism established in our land. Currently, many specialists in the search and selection of athletes who have talented prospects from among our young athletes have been working from them V.B.Zelichenik, V.G.Verkhoshansky, M.N.Omarov, F.A.Kerimov, K.T.Shakirzhanova, A.V.Goncharovas are conducting their own foliation.

**The purpose of the study:** to increase the effectiveness of qualifying student youth on the basis of pedagogical technologies for the types of athletics at the stage of many years of preparation.

**Objectives of the study:** based on the purpose of the topic, we set the following tasks:

1. Study, evaluation and generalization of scientific methodological literature on the topic.
2. Studying the selection criteria for the types of athletics in the multi-year preparatory stage .
3. Determination of students by age of physical development, level of training, functional state.
4. Development of topics for sorting into stages of many years of preparation by age and level of preparation and determination of their effectiveness in pedagogical experience.

**Organization and conduct of the study:** the study was carried out in the training groups of participants in the BÖSM, OSMM, Ozks, specializing in athletics and sports games in the Republic.

**Object and subject of the study:** development of pedagogical technology for the age and level of preparation for the stages of many years of preparation in the training groups of participants in the training groups of Bozm, OSMM, Ozks, specializing in Bozm and athletics and sports games in the Republic and determining its effectiveness in pedagogical experience.

**The scientific novelty of the study:** considering the level of training of young people for many years of preparation of their kisses, the age at which they were developed, the level of physical development, the search and orientation of talented, promising athletes to multi-year preparatory stages on the basis of qualifying criteria consists in increasing the chances of training qualified athletes.

**Scientific hypothesis of the study:** it was hypothesized that the development of a new structure of the selection criteria, taking into account the level of age , physical development training of young people in the stages of multi-year preparation of kisses, will serve to increase the effectiveness of the system of training qualified athletes.

**Scientific and practical significance of the study:** qualifying for the stages of many years of training consists in the development of pedagogical technology by age and level of training and determining its effectiveness in pedagogical experience, strengthening the health of the growing younger generation, involving in the sport of athletics and training Reserve Athletes.

**Research styles. To solve the tasks posed, the following methods were used:**

- Research and analysis of scientific and methodological literature on the development of pedagogical technology for the age and level of preparation for the stages of many years of preparation and determining its effectiveness in pedagogical experience;
- Monitoring and analysis of training processes;
- Pedagogical control tests;
- Pedagogical experience;

**Conclusion**

1. The interesting games and competitions of the IAAF, organized by us in the study carried out, were very easy to involve schoolchildren in the study, since it was a novelty for schoolchildren.
2. In the experiment, we observed students who participated in every game and competition and sorted them into types of athletics by subtracting the results, which paid off.
3. The bottom line is that IAAF's exciting games and competitions allow schoolchildren to qualify, orient themselves in their interest in light athlete types through this program, and most importantly, to put mexr in this sport from an early age, believing that in the future there will be practical achievements and champions of the Caucasus and the Olympics will come out among them.

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