



THE MAIN METHODS OF ENSURING THE REGULARITY OF THE INTERESTS OF THE TEENAGE TAEKWONDO PLAYERS IN TRAINING

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ABSTRACT

In this article, I explained about the methods used to make teenagers who practice Taekwondo WT more interested in training processes. These methods are scientifically based and determined by experienced experts. If teenage taekwondo players are trained based on these methods, their interest in regular training will increase. In this process, the athlete must have the will and desire. It is not an exaggeration to say that this situation, that is, the athlete's desire to move forward, ensures that he regularly participates in any difficult and strenuous training process.

Keywords: Taekwondo, training methods, modern equipment, potential, motivation, environment, imagination, sport, human will, need, behavior, character, teacher, friend.

Getting teenagers more interested in Taekwondo sports is a process that requires a lot of effort. The reason is that during adolescence, the environment of athletes is surrounded by many distracting factors. The task of the coach is to ensure that the athlete regularly participates in the training process after overcoming these negative factors. However, if a teenage taekwondo player is participating in a sport that he does not want and is not able to meet other athletes during training, then the athlete will allow interruptions in the training process. In order to prevent this disconnection, a group of specialists and scientists conducted various studies. In the course of these studies, experts have determined that there are basic ways to ensure the regular uniformity of the athletes' interest in the training process.

These are the following principles

1. Choosing the right sport (interest in the chosen sport);
2. Suitability of the chosen sport;
3. Modern equipment;
4. Behavior and character of the coach;
5. Content of training methodology;
6. Coach potential;
7. Environment;
8. Motivation;
9. Imagination;
10. Need;
11. Human will.

Taekwondo players get into different situations in their sports activities. The above principles are part of these situations. In order for the athlete to continuously participate in the training



process, he must find a solution to the above situations. The first of these is choosing the right sport.

Choosing the right sport, that is, checking for sports.

This principle is primarily a factor that depends on the athlete. If he is a young athlete, his parents will help him. However, with his help, he can help any sport at the right time. Even in this case, parents should give their child the right path. They decided on a suitable type of sport depending on their child's abilities. Because the young athlete doesn't lose his weight in the sport. When teenagers go to sports departments, it is not clear whether their hobby will become physical education or whether they will start playing sports professionally. All this depends on the success of the training and the correct development of the sport.

Suitability of the chosen sport.

In this event, depending on the vision of the organization, a suitable type of sport is chosen for the teenager, depending on his temperament and physical qualities. At the same time, the athlete regularly participates in training suitable for him. If you do not have a physiological disease in a sports teenager, then a teenager may encounter many diseases in sports. Therefore, first of all, a teenager should choose a sport that he is interested in and likes. A child who is far from him is mentally better, so he can correctly choose the type of sport that suits him. In this situation, parental support is definitely needed.

Modern equipment.

Today, regardless of any sport, there is a huge demand for modern equipment. Therefore, the gyms belonging to Taekwondo WT sport will be able to have all the modern equipment. Acquiring modern equipment in the gym will increase the activity of the young athlete who has trained in this sport, i.e. Taekwondo, he will see the diversity of this sport and feel comfortable in this sport. Modern equipment includes all the necessary conditions in the hall. For example, beauty, ability to respond to modern requirements, equipping athletes with tools and other equipment for training in all seasons, equipment needed during taekwondo training (clean protection, pads, etc.) and these equipment. novelty is also very important.

Behavior and signs of a coach. First of all, he should be able to show himself correctly in front of his students in the training room. Only when he can show his exemplary side during some specific physical training, or even on the street, does a teenage taekwondo player gain the respect of his students. It is ensured that the equipment is regularly uniform. In the coach's work, his feelings and experience in the form of a limitation of the organization have a large enterprise. A competitive athlete is very susceptible to all organizational influences, and the appearance of a depressed coach can have a debilitating effect on team members, competitors, and others. The coach will need to maintain his personal, organizational appearance, attitude towards the athletes, confidence in the manager's staff and will to win. These important requirements focus on managing the coach's own emotions in order to influence the appropriate technique on the sports team. The coach gets some benefits. For example, it is impossible to be disrespectful to the work of teenage taekwondo players, to be careless about their actions; or being late for classes, coming unprepared to class, canceling assistance. In addition, the coach must have perseverance, initiative, courage, self-control. All these abilities are closely related to each other.



Content of training methodology. Another important way to ensure regular consistency of athletes' interest in training in Taekwondo WT is the composition of the training methodology. This is mainly the task of the coach. If the training methodology is chosen correctly and used correctly in the youth taekwondo players, then both the coach and the athlete will receive enough necessary skills from the positive side. It is very important to correctly choose or make up the composition of the training methodology, to increase the effectiveness of sports training, and to manage it correctly. The fact that the coach conducts the training process based on scientifically based training methods brings great positive benefits to the athletes. The difficulty in managing the training methodology is that there is no possibility to directly control the changes in sports performance. In fact, the coach only controls the actions (in other words, the behavior) of the athlete, that is, he gives him a certain training program (training load) and helps him to perform it correctly, in particular, the correct execution of the movements achieves the gry technique. The success of the teamwork of the taekwondo team largely depends on the nature of the relationship between the coach and team members, as well as the style and form of its management. Discipline in a sports team is one of the components of victory. The coach must establish certain rules in the team and demand their fulfillment.

Coach potential. The success of a sports team is mainly related to the leadership style of the coach. The breadth of ideas, knowledge, skills, level of skills, reputation, education of love and determination for sports, the ability to unite a friendly team, understanding the psychology of an athlete, demandingness, self-criticism doing, adhering to the principles - this is an incomplete list of qualities that a coach should have. In addition to his special knowledge and skills, it is very important for a coach to have a good knowledge of personality psychology and sports activities. A coach should have the ability to assess the characteristics of the mental state of each athlete in their interactions with their partners and opponents, and to timely and correctly eliminate the reasons that lead to failures or conflicts. In conclusion, we can say that choosing a coach is one of the most important issues in building a sports career. The success of a coach largely depends on how he builds relationships with athletes and the team and how he presents his knowledge. For an athlete, the concept of "coach" is "friend"; It should correspond to the concepts of "coach", "teacher" and the coach should be a direct example for the athlete. Taekwondo, in particular, requires great skills from a coach. He must have all modern knowledge, take into account psychological, social, material and technical and all other aspects of training an athlete. The success of athletes largely depends on the personality of the coach, his knowledge, pedagogical talent, reputation, will, and creative generalization abilities. The environment has both negative and positive effects on a teenage taekwondo player. If the environment around the athlete (athletes, friends, classmates, teacher, etc.) is bad, then the athlete will struggle to achieve his goal. Or, on the contrary, if the athlete's environment, surrounding events or factors are good, then he can overcome difficulties more easily. The athlete's environment is his parents, friends, coach, classmates or acquaintances, teachers. All this has a great impact on the psychology of a teenage taekwondo player. The improvement of the athlete's environment depends, first of all, on the athlete himself. He will have to analyze in which situation he feels good or bad and separate them. That is, the situation of changing the environment for the better is in the hands of this athlete.



Motivation. Motivation mainly affects the mental state of a person and it is one of the main components of success. The success of working with motivation lies mainly in the fact that it is a driving force. Motivation in sports includes the presence of factors and processes that encourage athletes to act or not to act in various situations. Currently, there are three groups of motives: physiological (biological), psychological and social. The most important role of motivation is to implement "controlled training" and shape the behavior of athletes through the use of components of motivation. Optimizing the behavior of athletes can be done by the coach, using a system of rewards and punishments to correlate it. This is a very powerful factor, and the intensity of the effect increases if the athlete receives a reward or punishment in the presence of teammates. A highly motivating factor in sports activities is the reputation of a high-level athlete, a champion in society. Achieving prestige and fame is one of the main conditions for a person's full self-realization, and it is a strong motivation for an athlete. The motivation of the athlete mainly determines the level of special training, which is one of the main components of his success in sports. The truth is that the strength and stability of motivation is largely determined by the subject's ability to satisfy himself in a certain sport, and the level of special knowledge, skills and abilities determines the athlete's capabilities. Therefore, it is clear that motivation plays a certain role in sports achievements, because it determines the level of manifestation of the athlete's potential. In this regard, it becomes clear that there is a feedback principle between motivation and success in sports activities. Taking into account the above, coaches and athletes should strive to create motivation to achieve high results in their sports activities. Therefore, the coach must build the training process taking into account the individual motivation of each athlete.

The stronger the imagination of a young athlete, the more confident a taekwondo player will be. If an athlete believes in his victory and can imagine his victory in advance, then he will certainly be able to achieve a good and expected result. Imagination is closely related to a person's mental state. That's why the athlete needs to have the right idea. An athlete needs the help of a trainer to form the right vision of success. The coach should be able to show this success to the athlete in advance. For this, the athlete must first of all be determined, strong-willed, physically and mentally strong.

Need is a factor that motivates an athlete to great action and motivates him to come to regular training. That is, the result of the need is an obligation. For example, if an athlete is coming to the training process due to the need for funds, then many obstacles are nothing for that athlete. He will become a ready athlete who can overcome all kinds of obstacles and difficulties just to get this money. Because its main goal, that is, its need, is focused on funds.

Human will. The final key to maintaining the regularity of teenage taekwondo practitioners' interest in training is human will. The stronger the human will, the more the athlete can get out of various difficult situations. It may be difficult, but a strong-willed taekwondo player is considered to be both mentally and physically strong. The will of a teenage taekwondo practitioner is clearly manifested and developed in conscious actions aimed at achieving certain goals and overcoming obstacles. In conclusion, I can say that while all these principles are the main ways to ensure the regularity of the interest of young taekwondo players in

training, the last two of these principles lead the athlete directly to training even when he does not want to. are the factors that encourage it to come.

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