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METHODOLOGY OF TECHNICAL-TACTICAL PREPARATION OF SHORT-DISTANCE RUNNERS IN ATHLETICS TRAINING

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Annotation

The article describes the improvement of the problematic teaching technology of technical and tactical training of short-distance runners in athletics training through the ARIZ-ARIZ method.

Keywords: Short distance running, "ARIZ-TRIZ" style, technique, tactics, psychological features.

In recent years, consistent measures have been taken in the republic to popularize physical education and sports, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of people with limited opportunities, and to ensure the country's proper participation in international sports arenas.

At the same time, the implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, the wide involvement of young people in sports and the selection of talented athletes from among them, the formation of national teams with skilled athletes who provide high results in sports, and an additional condition for trainers - there is a need to create conditions.

In order to form an all-round mature and physically healthy person with a high culture in the country, to define priority directions aimed at gaining skills and knowledge of the population in the field of physical education and sports, and to introduce innovative forms and methods in the process of selecting (selection) talented athletes:

To increase the total number of people regularly engaged in physical education and sports up to 30%, and the total number of young people engaged in sports organizations and institutions up to 20%;

gradually increasing the quality of trainers and specialists in state sports educational institutions, in particular, the number of employees with higher education to 80%;

A number of tasks have been defined, such as the development and implementation of an effective and transparent four-stage organization-district (city)-territory-republic system of selecting (selection) talented athletes from among the local youth.

In our research, we used the ARIZ-ARIZ style of problem teaching technology in the technical and tactical training of short-distance runners.

"ARIZ-TRIZ" style fully realizes the creative independence of the practitioner. In it, the athlete fulfills the task given by the coach, at the same time they themselves formulate the learning problem, try to solve the independent hypothesis, carry out research and achieve the final result. In this way, by applying the "ARIZ-TRIZ" method, the activities of athletes become



closer to the research activities of scientists . The coach only guides the scientific research of the athletes in general, and the tasks provide for the full periodicity of their independent learning -cognitive behavior : either information is collected before analysis, or an educational problem is set until it is solved, and the solutions are checked and new knowledge is introduced. It is recommended to use the "ARIZ -TRIZ" method to solve the most important issues covering the general basics of the studied techniques and tactics. This should lead to the conscious assimilation of all other materials.

The solid basis of the training process in the conditions of problem-based training is the regular preparation of athletes for independent thinking, the formation and development of independence, which is valued in them as a personal quality. This means establishing the special importance of independent work in teaching, the legitimacy of placing it in the center of the pedagogical system of the educational institution, and the need for it to have its own system. At the same time, it should be noted that this issue has not yet been fully resolved in practice. Preparatory training is conducted in several stages. At the first stage, knowledge is controlled, their availability helps to understand the methodology of solving the tasks developed in the training.

Thus, conducting preparatory exercises of the Problem type involves the following stages:

- to control the assimilation of knowledge that helps to understand the methodology of solving tasks of a certain category;
- getting acquainted with the method of solving the tasks that are the object of mastering;
- organization of individual activities of athletes in training according to the learned methodology based on specific task materials ;
- organizing a group discussion of typical difficulties and ways to overcome them, and analyzing the results of the athletes, setting the task of improving the skills that can be acquired in the future.

Organization of technical-tactical training of short-distance runners in a complex style includes the following stages:

1. To control the assimilation by athletes of the knowledge necessary for the development of the methodology of solving certain tasks;
2. To set new tasks that provide for the development of the solution methodology;
3. Organization of athletes' thinking attempts aimed at developing a methodology for solving the task;
4. To analyze the results of the athletes' work, to discuss in groups the difficulties that arose during the development of the methodology, to determine its causes and ways to overcome it.

Table 1 An increase in the level of technical training in the experimental group (n=8)

No	F.I.Sh.	Before the study	After 3 months	At the end of the study
1.	Salimjonov A.	69.6	78	91.6
2.	Ummataliev B.	69	76	88
3.	Baratov A.	69.3	76	90
4.	Madaminov O.	69.6	77	91
5.	Akhmadzhonov B.	68.2	79	92
6.	Sulaymonov O.	68	80	91.8
7.	Rasulov A.	68.5	76	90.5
8.	Madaminov U.	69.7	80	92
	Σ	551.9	622	726.9
	\bar{X}	68.9	77.7	90.8
	V%	68.9%	77.7%	90.8%

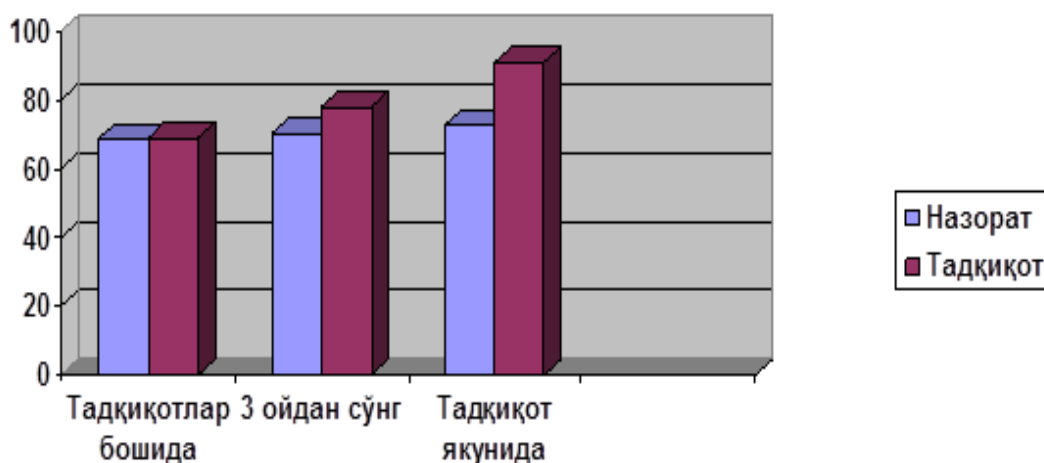


Figure 1. Dynamics of technical training changes in Control and Research groups

Problem teaching "ARIZ-TRIZ" method requires the development of a special structure of educational information. The technology of problem-based preparation provides for the regular development of the content through the system of questions, hypotheses, its solution, and the system of control and correction.

The effectiveness of the problem-based training "ARIZ-TRIZ" method of technical-tactical training of short-distance runners can be confirmed by:

1. It allows to understand the technique and tactics of short-distance runners, to correctly assess their organization, to think about the sequence and nature of the work performed by the muscles, to determine specific tasks during sports training, and to choose appropriate means to solve the specific tasks of training.
2. Analysis of the technique is a necessary condition for scientific justification and improvement of the methodology of training in sports technique. Before talking about the teaching methodology, that is, how to teach, it is necessary to clearly imagine the need for practical training, that is, training for short-distance running techniques. It is necessary to know how to distinguish the most important part of physical exercise, which should be the first task to be mastered.
3. Knowledge of independent activity by the athlete is necessary for creative work in the field of sports, for improving the technique and tactics of short-distance running. The technique and tactics of short-distance running, like in nature and in society, are standing still, but they are developing, the role of the coach in the process of developing sports technique and tactics cannot be the role of a passive observer.

When applying the "ARIZ-TRIZ" method, the trainer faces the following issues;

1. To distinguish the psychological characteristics of each athlete.
2. Being able to clarify the issue, taking into account the psychological nature of the athlete.
3. To be able to correct mistakes taking into account the psychological characteristics of athletes.



4. Tasks should be formulated in such a way that the athlete clearly understands and performs them.

5. Ability to choose the tactics of dealing with each athlete.

It should not be forgotten that in the process of applying the "ARIZ-TRIZ" method, the first place is not the knowledge of the coach, but the individual abilities of each athlete.

The use of the "ARIZ-TRIZ" method requires athletes of "medium" level with certain training, who have acquired fundamental knowledge, skills and competence about the technique and tactics of QMyu.

It is effective to use traditional methods in the training of newcomers or junior athletes.

1. Each of the methods of teaching the technique and tactics of short distance running, despite having its positive aspects, cannot fully provide fast and effective training. Therefore, in practice, all methods are used both separately and simultaneously, and it is necessary to rely more on the activity of the athlete, that is, the athlete himself must analyze the technique and tactics, correct mistakes at the level of opportunity. In this case, the means of preparation will have the characteristics of experiential effects in different situations and conditions. .

2. Problem teaching "ARIZ-TRIZ" method is a pedagogical technology of teaching, which synthesizes the creative processes of the coach and the athlete in terms of its content and structure. The characteristics of pedagogical activity in problem-based teaching consist of the process of clarifying goals by transferring the content of educational information to problem tasks and problem situations. Creative educational activity is managed by maintaining the main rule of problem-based learning - giving freedom of actions to a certain extent and organizing these actions in the system of the whole structure of the cognitive process. Only by using problem-based teaching, it is possible to educate athletes in terms of scientific investigation approach to solving educational problems and professional tasks, to form independent knowledge skills and methods. The application of problem-based teaching helps to form knowledge, understanding, and psychological and professional readiness to develop pedagogical creativity and professional skills.

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