

**SPORTS TRAINING EQUIPMENT**

Rajabova Mohinur Muzaffarovna
Student of Women's and Girls' Sports, Faculty of Physical Culture,
Nukus State Pedagogical Institute named after Ajiniyaz

ABSTRACT

This article was created to increase the knowledge about "Sports training equipment" and to study the various physical exercises that are formed taking into account the characteristics of these selected sports. Physical exercises are the main means of physical education, and information about them is given.

Keywords: physical exercises, general preparatory exercises, composition of general preparatory exercises, auxiliary exercises, special preparatory exercises, competition exercises, means of natural environment, means of psychological influence, material and technical means.

Introduction

Sports training tools are various physical exercises that are formed taking into account the characteristics of the chosen sport, and they are divided into four main groups: general preparation, auxiliary, special preparation and competition exercises. With their help, it is possible to raise the level of sportsmanship of athletes.

Physical exercises are the main means of physical education. With their help, a specific target effect is shown on the athlete's body. Also, with their help, conditions are created for the effective organization and conduct of training classes, and in this process health, education and training tasks are solved. Auxiliary means of sports training include: natural environment, medical-biological, mental and material-technical means.

Preparatory exercises help the athlete's organism to develop in all aspects. They can be compatible with the characteristics of the chosen sport and at the same time be in conflict with it, solving the problems of all-round, harmonious physical development.

General development exercises can include: exercises from sports gymnastics (various movements of arms and legs, with or without an object, with or without a partner, standing and moving), athletics, sports games, acrobatics. These are actions that affect the athlete in different directions, help the development of a complex of physical qualities, and also form various skills and abilities. These include:

1. Exercises that are specific to their sport, but differ from it in terms of body activity mode, ways of performing actions and conditions. For example: in fencing - fighting without using the competition method and competition mode, strikes performed in different ways in saber fencing.



2. Exercises specific to other sports.

The range of general preparatory exercises is quite wide and diverse. When choosing them, it is necessary to comply with the following requirements:

- 1) exercises ensure the all-round development of the athlete;
- 2) at the same time, they should reflect the characteristics of the sports specialty.

Auxiliary exercises include actions and activities that create a special foundation for further improvement in this or that sport. This group of exercises includes tools that help the athlete develop speed-power qualities while working on the trainer and other devices.

Special preparatory exercises occupy a central place in the training system of qualified athletes. These are actions that are very similar to competition exercises in terms of the coordination structure of movements, space-time, rhythm and energy characteristics, nerve-muscle tension, greater manifestation of physical abilities. For example, among the special training exercises of a swordsman, attack on sections of the selected distance; in gymnasts - performing elements and links of competition combinations; weightlifting exercises similar to pulling a barbell or sitting and standing with it; includes individual, group and collective actions and combinations of players with and without the ball.

Depending on the task, special preparatory exercises can be divided into the following types:

- a) preparation - exercises aimed mainly at mastering movement techniques;
- b) developmental - exercises aimed at developing more physical and mental abilities;
- c) mixed (combined) - exercises aimed at developing qualities and movement techniques at the same time.

Competition exercises are a set of integrated activities or actions that serve as a means of conducting competition in the composition used in the conditions of competition in selected sports. For example, in the sport of fencing: sword, rapier and saber; in athletics: javelin, discus, shot put. In this sense, the concept of "competition training" is related to the concept of "sport".

The so-called natural environmental means of exercise include solar radiation, water and air treatments, and being in mid-altitude and high-altitude areas. They are used to increase the body's resistance to the effects of cold, heat, lack of oxygen, that is, to train the athlete and strengthen his health. Training in medium-altitude and high-altitude areas (1400-2800-3200m) has a strong effect on the growth of athletes' working capacity and improvement of sports results in flat conditions.

Usually, training in the mountainous regions lasts 14-18 days on average. At the same time, in sports practice, a shorter period of time - 7-10 days - is used to train in mountainous areas. For example, Russian, Swiss, and Italian track and field athletes use the following method of training: 10 days of training in the mountains, 1 week in the plains, then another 10 days in the mountains (F.P. Suslov).

There are many different means of mental influence. The most important of them are the following: ideomotor exercises (realization of the activity in the imagination, paying special attention to its decisive stages before performing it); sleep based on persuasion - rest; muscle relaxation; autogenic mental-muscular exercises; music (normal, colorful music); watching



movies with closed captions; organization of living and free time ("creating rooms for mental relief"); compliance with the rules of mental hygiene.

Material technical means include sports simulators, specialized equipment, control and information devices. According to their function, they can be conditionally divided into the following groups:

1. Technical means that provide information about the performed actions.
2. Technical tools for programming the athlete's movements, behavior or planned physiological changes in the athletes' body.
3. Mainly:
 - a) to learn and improve movement techniques and tactical skills;
 - b) simulator devices designed to improve special physical training in the structure of movement activities close to the competition exercise.

Conclusion: By way of conclusion, I would like to say that sports training equipment is the most important for an athlete. The reason is that the means of sports training also help to form, strengthen or restore skills and abilities that are of auxiliary importance in the improvement of the athlete from the point of view of sports. The combined use of the above-mentioned tools is considered a necessary condition for effective solving of tasks in the process of sports training of young athletes.

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