



INDIVIDUALIZATION OF THE TRAINING PROCESS OF YOUNG RUNNERS ON MID DISTANCE

Ruzmetova Darmonjon Saitnazarovna

Master student of the Pedagogical Institute of Termez State University

Annotation: The paper considers the effectiveness of an individual approach to the training process of young athletes aged 14-15. The peculiarities of typomotor skills of young athletes are determined, which allowed us to divide the surveyed runners into medium distances according to the nature of their basic physical qualities: "sprinters", "endurance", "indeterminate". The directions of the training process, which had an individual orientation, were determined, ie they were selected taking into account the nature of individual motility of young athletes.

Keywords: athletics, middle distance running, training process, individual approach, motility.

Introduction. According to many experts, one of the important factors in optimizing the educational and training process of young athletes is the individualization of training and education [1, 2, 3].

Individual approach is considered in modern pedagogy as one of the most important principles of teaching and education. It is determined by the activities of the coach, which involves the temporary subordination of immediate goals and related areas of content, methods and organizational forms of educational work to the personal characteristics of students [4, 5, 6].

The individual approach involves knowledge of the individuality of each student, ie the special, unique, which distinguishes one person from all others, and includes natural, social, physical and mental, innate and acquired properties. The individual approach is based on a comprehensive study of the abilities and capabilities of a young athlete, highlighting the characteristics and qualities, the improvement of which will best contribute to achieving high sports results [7, 8, 9].

The main strategy of the training process should not be smoothing the personality, but, conversely, the development of the strengths of the body and personality of the athlete as a leading condition for the development of individual characteristics to achieve record results. To do this, apply the influences that are able to fully identify and enhance all the individual capabilities of athletes, the specific benefits of their talent [10, 11, 12, 13].

Individuality is a concept that is completely attributed to a particular person, not to a group, a team. To ignore this principle means to take the wrong path, to slow down the development of both a particular athlete and sport in general, because the general patterns are manifested only through a separate, individual [14, 15]. Individual in human nature, its essence is a decisive factor in mental, intellectual and physical improvement of man, especially in the period of its formation.

Individual approach involves knowledge of individuality, ie the special, unique, which distinguishes one person from all others and includes natural and social qualities [16, 17]. Individual approach, considered in pedagogy as one of the most important principles of teaching and education, is directly reflected in the training of highly qualified athletes and novice athletes in the early stages of training [18, 19].

In the early stages of training it is especially important to identify the morphological features of children, their compliance with specific requirements of the sport. It is necessary to study the sensitive

periods in the light of the development of basic physical qualities, the ability to learn various exercises, typological properties of the nervous system, temperament. At later stages, it is necessary to study individual characteristics in their entirety [20, 21].

In the development of physical qualities, athletes are divided according to individual group characteristics, genetically laid down in their body [22, 23].

Individual features of young athletes are related to their adaptive, adaptive abilities to certain training influences. In this case, training effects should act as adequate mechanisms for long-term adaptation, ie do not exceed the required reserves of functional systems [24].

The principle of individualization is extremely important, which is expressed in the fact that the construction and content of training of young athletes must be as accurate as possible to their individual characteristics. It is individual characteristics that largely determine the direction of the training process.

One of the most accessible approaches to the individualization of the training process in practice is to take into account the peculiarities of the development of physical qualities. The program for sports schools does not provide training for young athletes based on their individual characteristics.

In order to improve the sports training of young runners, we have formulated a strategy of pedagogical influences: the use of specific physical activities based on individual characteristics of the motility structure of young athletes.

To determine the nature of individual type-motility of young middle distance runners, we tested 24 athletes of this type of athletics aged 14-15. When compiling typo-motility for each subject, it was found which group of physical qualities is "lagging behind" for a particular runner, which is the most developed or is at an average level. This allowed us to divide the surveyed runners into medium distances according to the nature of the development of their basic physical qualities: "sprinters" - the leading speed and strength qualities; "Durable" - the leading quality endurance; "Undefined" - groups of runners in which it is difficult to identify the leading quality.

Analysis of the relationship between motility profiles and the level of physical fitness showed that the first profile in 20% of cases is characterized by a low level of motor fitness, 56% average, and a high level of physical qualities was found in 24% of cases. In this state, we determined the different direction of the training process depending on the individual aptitudes of athletes. Thus, the training program for "sprinters" provided for the use of training tools that develop speed skills to a greater extent than in other groups. The training of "endurance" was carried out on the basis of a program that provided for the predominant use of endurance exercises. And, accordingly, the program of training "uncertain" provided for the use of a uniform increase in the means of diverse training for the integrated development of physical qualities. The control group consisted of athletes who were preparing for the curriculum for sports schools in athletics for middle distance runners 14-15 years.

It was found that young athletes improved their results on most indicators in all observed groups. The results of the pedagogical experiment showed that the main criterion for evaluating the effectiveness of the proposed training programs was the performance of young runners in the middle distance in the 800m running competition. There were significant differences between groups ($p < 0.05$), and the increase in results during the experimental period was 1.8% in the control and 5% in the experimental groups. At the end of the experiment, the athletes of the experimental group showed significantly higher results in five test exercises out of nine: in the 30 m run - by 6%, in the 100 m run - by 3%, in the 12 min run - by 8%. and in the class force - by 8% (significance of differences in all cases $p < 0.5$).

According to the results of the main pedagogical experiment, the positive dynamics of the level of general and special preparedness in the experimental group was revealed. The control group used a common approach in the distribution of the volume and intensity of funds (with emphasis on the repeated method of performing loads of power and speed-power orientation).

Conclusion. Analysis of test results showed that the experimental group showed a positive effect of training loads of different orientations on the level of development of physical qualities and functional readiness of young runners in medium distances. Summing up, it can be noted that the young runners of the experimental group, who trained according to the developed program using the circular method in strength, speed and strength training and endurance, increased their level of training and showed high sports results.

References

1. Chariev Ulugbek Abdujabbarovich. (2022). Methodological basis for the development of special endurance in middle distance runners. *Academicia Globe: Inderscience Research*, 3(04), 529–532.
2. Abdujabbarovich, C. U. (2022). Preparation of students-flight and athletes for sprinter distances. *Modern Journal of Social Sciences and Humanities*, 4, 80–83.
3. Alikulovich, M. K. (2022). Methodology for Carrying out Swimming Training Lessons for Children 9-10 Years Old. *International Journal of Discoveries and Innovations in Applied Sciences*, 2(2), 36–38.
4. Менгликулов Х. А. (2020). Особенности физической подготовки специалистов физической культуры в высшем учебном заведении. *Педагогика ва психологияда инновациялар*, 11(3).
5. Menglikulov, Khairulla (2021). Features of organization of general physical preparation in lesson and extracurricular activities," *Mental Enlightenment Scientific-Methodological Journal*: Vol. 2021 : Iss. 2 , Article 6.
6. Alikulovich, M. K., & Yuldashevich, T. D. (2020). Development of physical training skills and formation of willpower qualities in extracurricular activities. *European Journal of Research and Reflection in Educational Sciences Vol*, 8(3).
7. Менгликулов, Х. А. (2021). Мактабда жисмоний тарбиянинг дарсан ташқари фаолиятини ташкиллаштириш ва унинг шакллари. *Актуальные научные исследования в современном мире*, 3(9 (77)), 104-107.
8. Менгликулов, Х. А. Актуальные научные исследования в современном мире. *Актуальные научные исследования в современном мире, Учредители: Общественная организация "Институт социальной трансформации"*, 104-107.
9. Alikulovich, M. K. (2022). Mobile Games on the Water as a Means of Developing the Physical Qualities of School Children. *European Multidisciplinary Journal of Modern Science*, 4, 783–786.
10. Alikulovich, M. K. (2022). Method of developing speed-strength qualities in young swimmers 12-14 years. *Modern Journal of Social Sciences and Humanities*, 4, 179–182.
11. Yuldashevich , T. D. (2022). Innovative technologies in the process of formation of will qualities. *Modern Journal of Social Sciences and Humanities*, 4, 95–98.
12. Абдуллаев Я. М., Турдимуродов Д.Й. Создание педагогических условий в формировании волевых качеств у учеников начальных классов / Я. М. Абдуллаев, Д. Ю. Турдимуродов // *Colloquium-journal*. –2020. –№ 24-2(76). –С. 14-16.
13. Mahkamovich, A. Y. (2022). Innovative Approaches to the Formation of the Voluntary Qualities of Students-Athletes. *International Journal of Discoveries and Innovations in Applied Sciences*, 2(2), 17–20.
14. Abdullaev, Y. (2021). Forms and methods of developing the use of folk movement games in high school students. *Mental Enlightenment Scientific-Methodological Journal*, 2021(2), 73-79.
15. Abdullaev Yashnarzhon Makhkamovich. (2021). Physical education of senior schools by means of folk moving games. *European Scholar Journal*, 2(11), 70-72.

16. Abdullayev Yashnarjon Mahkamovich. (2022). Technology of using outdoor games in the development of physical qualities of junior schoolchildren. *Academicia Globe: Inderscience Research*, 3(04), 516–520.
17. Mahkamovich, A. Y. (2022). Mobile games for school children. *Modern Journal of Social Sciences and Humanities*, 4, 202–205.
18. Абдуллаев, Я. М., & Турдимуродов, Д. Й. (2020). Ўсмир ёшдаги ўқувчиларда иродавий сифатларни жисмоний тарбия воситалари орқали ривожлантириш. *Современное образование (Узбекистан)*, (9 (94)), 56-62.
19. Abdullayev Yashnarjon Mahkamovich. (2022). Technology of using outdoor games in the development of physical qualities of junior schoolchildren. *Academicia Globe: Inderscience Research*, 3(04), 516–520.
20. Абдуллаев, Я. М., & Юлдашевич, Т. Д. (2020). Создание педагогических условий в формировании волевых качеств у учеников начальных классов. In *Colloquium-journal* (№24(76)). Голопристанський міськрайонний центр зайнятості.
21. Турдимуродов, Д. Й. (2021). Возможности средств физического воспитания в формировании волевых качеств у школьников/ДЙ Турдимуродов. *Инновации в педагогике и психологии.- 2021*, 7, 74-80.
22. Turdimurodov, D. Y. (2021). Testing volitional qualities for students of high schools of secondary school. *The American Journal of Social Science and Education Innovations*, 3(03), 405-413.
23. Dilmurod Yuldashevich Turdimurodov. (2021). Preschool period: pedagogical aspect of education of will in a child. *Current research journal of pedagogics*, 2(09), 47–51.
24. Турдимуродов, Д. Й. (2020). Педагогические факторы внешней стимуляции влияющие на волевые усилия школьников при физических упражнениях разного характера. *Педагогика ва психологияда инновациялар*, 9(3).