



Integrated Approach in Preparing Athletes for Competitions

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Abstract: The article describes the legal basis of coaching, modern requirements for coaching, theoretical and practical components of an integrated approach to the preparation of athletes and sports teams for competitions.

Keywords: integration, motivation, strategy, tactics, reflection, intensive, extensive, synergetic, technologic, relaxation.

Law of the Republic of Uzbekistan "On Licensing, Permitting and Notification Procedures" of October 12, 2021 No. ZRU-721: is an individual who directs the competition activities for: an individual who has a certificate of competency to engage in coaching activities and conducts training, physical education activities, as well as directing the activities of the competition to achieve sports results. The Law of the Republic of Uzbekistan "On Education" is written: "Persons with appropriate education, professional training and spiritual and moral qualities have the right to engage in pedagogical activities. Master degree graduates and graduates have the right to engage in pedagogical activities in their specialty. Unless otherwise provided by law, is recognized as persons without higher pedagogical education shall have the right to engage in pedagogical activity in educational institutions (except for higher education institutions) after retraining courses. Technology is an integrated approach that guarantees the end result of the coach in improving the psychological, pedagogical, intellectual and physical training of athletes and sports teams (after referred as athletes) in the chosen sport, in the process of theoretical and practical training. An integrated approach of the coach in the process of preparing athletes for competitions, the ability of athletes to predict the outcome of their training activities, its strategy, tactics, technology planning in advance and ensuring the effectiveness of training results, a process that determines the degree to which an athlete achieves success as a result of engaging in a motivational approach to intellectual, physical fitness.

The main components of the coach's integrated approach to preparing athletes for competitions: Law of the Republic of Uzbekistan "On Physical Culture and Sports" and other relevant laws, basic requirements of legal and regulatory documents, strategy, tactics, стратегия, тактика, sports intelligence, pedagogic, methodical, technologic, intensive, extensive and reflective process. It is the relationship between the coach and the athlete that accelerates the mastery, refinement, and intensive application of these requirements in practice. (*An integrated approach is the study of the theoretical disciplines of sports, the interconnectedness, integration, mutual assimilation of forms of training, the formation of a new, stable generalized-integrated form. Latin "integratio" - restoration, collection, replenishment; "Integral" means complete, whole, holistic.*) The creative approach of the trainer is a creative ability that characterizes the readiness to develop new theoretical and practical ideas and is part of the talent as an independent factor. (*Creativity - in English "create" - in Uzbek means "create", "creative" means creative, creative*). The coach's creative approach is an alternative comparison of legal and scientific hypotheses based on critical thinking to the solution of problems encountered in preparing an athlete for competition, inspection and appropriate modification represent a highly creative approach to the contradictions of certain actions to find their solutions based on the results of

the decision. The creative activity of the coach is to create new ideas with athletes that will help to ensure the effectiveness of training, in contrast to the traditional approach and thinking in training, in achieving a clear goal, a positive, rational solution to existing or random problems. Description of the coach's creative activity: fluency of the trainer's mind; be able to direct the idea in accordance with the purpose; originality; curiosity; ability to make assumptions; fantasy; Athlete's ability using appropriate tests, studying of ability, the methods and assessing their abilities and apply them in the process of sports training; creative study of colleagues in the field and advanced foreign experience; be able to apply in practice and continuously improve their knowledge, skills and abilities through independent reading of new scientific and methodological literature in the field. The creative activity of the trainer is the creative, sincere solution of pedagogical, methodological, technological approaches, as the ability to overcome the existing difficulties and problems in order to achieve a clearly defined goal.

Use of information and communication technologies in sports training: there is a wide range of repetitions, variability, flexibility, regularity, periodicity of algorithm elements in the implementation of the procedure, it is based on the ability to replicate it in a different condition - in the presence of other coaches and athletes, to transfer and put into practice. Based on the goals and objectives of the application of ICT and innovative technologies in the educational process, strategic and tactical directions in sports competitions are identified and diagnostic goals are set, opportunities for planning and designing the competition process. The effectiveness of ICT and innovative pedagogical technologies must be acceptable in terms of results and expenditures, operating under certain conditions. (*Optimality is the ability to achieve high results with as little effort as possible; optimal technology represents an opportunity-level advantage in the current environment.*)

The theoretical activity of the coach is the ability of the athlete to understand his actions and their basis, to understand and analyze mistakes and shortcomings from the outside, reflection-to study independently and make corrections. (*Reflection from Latin "reflexio" - in Uzbek it means back, reflection. Theoretical form of the athlete's personal actions during the previous training session or competition and their activity aimed at thinking about the rules of law. The tendency of an athlete to think about his mental state, to imagine, to think, to analyze it*). The reflective activity of a coach and an athlete is the ability to understand and analyze the essence and tasks of thinking, values, interests, thinking, perception, decision-making, emotional impact, behavior and motivating factors from the outside. Reflective processes: reflexive analysis of consciousness leading to the interpretation of the essence of objects and their construction; reflection on understanding the meaning of interpersonal communication; understanding oneself and others; self-assessment and others; commentary on the activities of oneself and others.

The coach's reflective approach to preparing athletes for competitions is to take training sessions on video cameras and look at them from the outside in the analysis of their thoughts, actions and situations, identify and analyze the achievements and shortcomings of their theoretical and practical activities and correct them in future trainings. Reflection is the ability of an athlete to think, know and understand his or her mental state, to think and analyze it, as well as to determine that others understand his or her personal qualities, sense of feeling, and cognitive perceptions and analysis. The trainer is a manager who performs the function of management, direction in the reflexive communication with the athlete during the training session, the athlete is an active performer from the passive participant - an independent, creative thinker. The professional, methodical activity of the coach and the intensive approach to its improvement is his strategic, tactical, pedagogical, methodical, technological skills and techniques, as well as the rapid implementation of professional activity due to motivation. Coach - to gain the confidence of athletes and sports teams; it is a technological skill to develop the ability to think independently, to speak, to find a way to the heart, to engage in communicative communication. Motivational ability is an important indicator of the combination of the athlete's motives and his ability to creative, scientific activity. (*Motive is a set of positive reasons that motivate an athlete to tend to perform activities related to meeting specific needs*). The coach's extensive approach is the targeted use of newly modernized tools, sports equipment, technology in the training and competitions to improve the pedagogical, psychological, methodological and

technological activities of athletes. Components and tasks of professional, methodical activity of the trainer: laws with evidence, explicit abstraction, study of methods of independent knowledge of truth on the basis of theoretical knowledge, and targeted selection and application of imitators in professional training and advanced technologies, as well as complex, science-intensive technological processes. (*Imitation - Latin imitatio - imitation, similar. imitator - a resemblance to something*). Synergetic approach - the use of synergetic ideas in modeling and diagnosing the development of the learning process; didactic directions of adaptation of training sessions to synergetic ideas; management of the learning process based on the ideas of synergetics. (Synergetics - the Greek word "senergos" - a scientific expression of such concepts as "cooperation", "commonwealth" in Uzbek;) Relaxation is the activity of the coach to restore the emotional activity, physical strength and ability to work of athletes. Relaxation provides a positive environment in training sessions and self-training. Psychological condition of the athlete before the start of the competition: optimal combat readiness; joy before start; excitement before start; apathy at the start; psychosomatic disruption (inability to control one's abilities during the competition); fatigue (pain) syndrome at the finish, the coach's reassuring encouragement in protection from external and internal influences, increases the athlete's motivation to win. In the process of relaxation, athletes feel the support of the coach, enjoy his love and sympathy, create a positive environment in the elimination of psychological stress, physical fatigue in athletes. During periods of muscle relaxation (i.e., muscle relaxation), the athlete's confidence and sensitivity to information is high. For effective muscle relaxation, the trainer must teach the athlete to use the methods and tools that help to relax the muscles in their theoretical and practical activities. The professional and methodical activity of the coach and the intensive approach to its improvement is the dynamic implementation of his pedagogical, methodological skills and techniques, as well as professional activity due to motivation. (*Motive is the tendency of an athlete to a set of reasons that motivate him to perform certain positive actions related to certain needs*). Motivational ability is the sum of a person's motives and an individual's competence for creative, scientific work. Innovative approach to the process of training and competitions from new modernized tools, sports equipment, technologies to improve the pedagogical, psychological, methodological and technological activities of athletes guarantees effectiveness. Components of the professional, methodical activity of the trainer, tasks, study of laws with facts, explicit abstraction, knowledge with truth, methods of independent knowledge and advanced technologies of professional training, as well as complex, science-intensive technological processes that require the selection and application of imitators. (Imitation - Latin imitatio - imitation, resemblance; imitator - resemblance to something). Communication is the technological skill of the coach in gaining the confidence of the athlete, the ability to persuade, to develop the ability to think independently, to speak, to find a way to the heart, to communicate.

Conclusion: Innovative processes in the field of sports, the creative mastery of the requirements of the modernized state by the coach, integrated and innovative approach to the preparation of athletes for competitions, the ability to organize the quality and effectiveness of training at the level of world standards, guaranteed athletes to be active participants in the training and competition process, creative thinkers and achieve high results.

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