



## Methodology for Training Lessons in Light and Athletics in a Higher Educational Institution

*Danieva Yarkin Chorievna*

*Docent, Dean of the Faculty of Sports Activities and Management Termez State University*

**Annotation:** This article discusses the features of the training process of student athletes during their studies at the university. A method of training sessions is recommended, aimed at finding the most effective options for combining loads with different intensities.

**Keywords:** training sessions, visual method, track and field exercises, modes of movement, dynamic activity.

**Introduction.** In the system of physical education, athletics, as one of the most popular sports, occupies one of the leading places [1,2]. This sport has a great educational value: in the process of training, students acquire new knowledge, skills, develop strength, endurance, speed, coordination of movements, cultivate courage and perseverance [3, 4, 5].

Achieving high sports results in athletics is largely due to the rational technical training of athletes [6, 7]. In the process of training sessions in athletics, it is necessary to solve several problems:

- general pedagogical tasks are aimed at the formation of moral consciousness and behavior, strong-willed qualities, diligence, self-education, aesthetic and emotional development of the individual;
- Health-improving tasks are aimed at strengthening health, preventing injuries, promoting proper physical development.
- applied tasks are aimed at the formation of the necessary ideas, knowledge, motor skills;
- specific educational tasks are aimed at the formation of knowledge, skills and abilities to control relatively simple movements necessary for students to master the basics of the technique of the track and field sport being studied [8, 9].

With the growth of the physical and motor abilities of the students involved, the method of a holistic exercise can be used to improve individual elements, create the necessary rhythm [10, 11].

For junior students, with a relatively small understanding of their feelings, the visual method is suitable. The application of this method requires the teacher to be able to exemplify the details of the technique and lead-up exercises.

For senior students, due to the ability to concentrate their attention for a long time, the explanation method is preferable. All the teaching methods under consideration are closely related to each other, but at certain stages one of them becomes predominant [12, 13, 14].

To facilitate learning, a complex exercise, a holistic action, is divided into phases, highlighting the main phase in the chain of movements, to which all the others obey. The main phase in walking, running and jumping is the repulsion phase, in throwing - the final effort and release of the projectile. With the training of these basic movements, the mastery of the technique of track and field athletics usually begins. After that, one should proceed to the study of the auxiliary phases and details of the technique, gradually complicating the exercise itself and the condition of execution [15, 16].

When teaching each exercise in various types of athletics, the attention of those involved should be paid to certain aspects of the movement in a certain sequence. First, master the correct starting position, establish which parts of the body are involved in the performance of movements, clarify the direction of movements. After that, it is necessary to achieve consistency in movements along the optimal amplitude at low speed. Then you can gradually increase the speed of movements and perform them with increasing strength [17, 18].

For the purpose of initial training, a frontal method should be used, less often a group method. The individual method is applied at the stage of improvement.

The typical scheme of the teaching methodology is as follows: when teaching the technique of athletics exercises, you can use the general pedagogical provisions in the standard scheme.

Task 1. Create a correct idea of the rational technique of this athletics exercise.

1. A story about the technique of the exercise, with an explanation of the main patterns and conditions for its implementation.
2. Demonstration of technique (showing or illustrating technique with the help of visual aids) in accordance with the rules of the competition.
3. Testing elements or exercises in general in light conditions.

Task 2. To teach the technique of the main link of the exercise, its phases and the technique of the exercise as a whole, taking into account the individual characteristics of those involved.

1. Performing special lead-up exercises to master the basic elements of the technique of the studied type.
2. Performing special preparatory exercises for the development of physical qualities, in relation to a specific type of athletics.
3. Familiarization with the peculiarities of the exercise by each student in order to determine the main shortcomings and ways to eliminate them.

Task 3. Improving the technique of the chosen type of athletics.

1. Performing the studied exercise in accordance with the rules of the competition.
2. Performing special-leading exercises for the development of physical qualities and technique of movements.
3. Performing the main exercise in difficult conditions.

Mastering athletics exercises should begin with the most accessible types, such as walking and running, which contribute to the development of the physical qualities of the athlete and the necessary skills, on the basis of which more complex types of athletics can be learned. It is advisable to start the study with mastering the correct technique of a running step in running for medium and long distances. Then you should move on to the study of sprinting, taking into account the peculiarities of running from the start, at the turn, at the finish line. Then you can study the technique of relay running, running with barriers and obstacles.

Teaching students the technique of track and field jumps must begin with a high jump, which makes it possible to better master the push in combination with the speed of the run. Then they begin to study the long jump from a running start with active repulsion. More technically complex types of jumps - triple run jump and pole vault require a higher level of special training of students.

Teaching the throwing technique should begin with throwing exercises of a general nature using projectiles of various weights.

At the initial stage of training, the tasks of mastering the basics of rational sports equipment are solved. At the same time, students have a general idea of the technique of the studied type of track and field exercises; the ability to perform a motor action in an elementary form is formed.

At the stage of improvement, sports equipment is brought to a relatively high level. At the same time, a motor action is thoroughly mastered in terms of its spatial; temporal and dynamic characteristics. Students learn to deeply understand and analyze the patterns of sports equipment.

To increase the effectiveness of the learning process, you can use techniques that facilitate the conditions for performing the studied movements (reducing running distances, reducing the height of obstacles, reducing the weight of projectiles). However, it should be borne in mind that the use of facilitated conditions should be temporary, because otherwise the students may not have the correct movement skills.

**Conclusions.** The most important condition for the successful mastery of technique when performing track and field exercises is the ability of students to see their mistakes, analyze and find the reasons for their occurrence. The student himself should be able to assess the correctness of the exercise, this increases his activity in the learning process. But still, the main condition is the pedagogical skill of the teacher, his ability to correctly build a teaching methodology and, as early as possible, to detect errors and identify the causes of their occurrence.

## References

1. Даниева, Я. Ч., Салимов, У. Ш., & Бердиева, Х. К. (2015). Спортивные мероприятия-воспитывающий фактор человека нового общества. In *Университетский спорт: здоровье и процветание нации* (pp. 271-273).
2. Даниева Я.Ч. Проблемы оптимизации двигательной активности у студентов-девушек // *Наука, образование и культура*, 2020. № 4 (48).
3. Chorievna, D. Y., & Or'olovich, B. C. (2021). Opportunities to use national and movement games in physical education and athletics. *Web of Scientist: International Scientific Research Journal*, 2(05), 909-913.
4. Chorievna, D. Y. (2021). Conditions for preparing future physical education teachers for professional activities on the basis of sports coaching. *Web of Scientist: International Scientific Research Journal*, 2(05), 897-900.
5. Chorievna, D. Y., & Khudaymuratovich, D. S. (2021). Improving the physical fitness of young players through action games. *Web of Scientist: International Scientific Research Journal*, 2(05), 893-896.
6. Chorievna, D. Y. (2022). Efficiency of Using Exercises Used in Leading Countries for Short-Distance Running Youth Rapid Force. *European journal of innovation in nonformal education*, 2(4), 246-250.
7. Chorievna, D. Y., & Mamarajaboglu, S. D. (2022). To Develop Students' Jumping and Landing Skills in Volleyball. *European journal of innovation in nonformal education*, 2(4), 180-182.
8. Chorievna, D. Y. (2022). The Educational and Pedagogical Significance of Movement Games in Athletics. *European journal of innovation in nonformal education*, 2(4), 183-185.
9. Beknazarovich, D. T. (2022). Application of stretching to stimulate the health of older preschool children. *Academicia Globe: Inderscience Research*, 3(04), 533-536.
10. Beknazarovich, D. T. (2022). Formation of Physical Culture in Children of Preschool Age. *European journal of innovation in nonformal education*, 2(4), 186-189.
11. Dusuyarov Turaboy Beknazarovich, & Pirnazarov Shuhratjon Musurmonovich. (2021). Methods of increasing the physical ability of military services and forming physical training. *Galaxy International Interdisciplinary Research Journal*, 9(11), 700-702.

12. Dusuyarov T.B., & Musurmonovich, S. P. (2021). The importance of swimming in the proper formation of the spinal cord in preschool children. *Web of Scientist: International Scientific Research Journal*, 2(05), 914-917.
13. Dusuyarov To`raboy Beknazarovich. (2021). Ways to properly grow the body structure of 5-6-years old children through water activities. *Web of Scientist: International Scientific Research Journal*, 2(05), 905-908.
14. Дусуяров Турабой Бекмазарович (2020). Перспективы развития спортивных тренировочных процессов в лёгкой атлетике. *Достижения науки и образования*, (9 (63)), 41-43.
15. Дусуяров Турабой Бекмазарович (2020). Улучшение скоростных качеств за счёт бега у учеников начальных классов. *Проблемы науки*, (10 (58)), 95-97.
16. Musayevich, U. D. (2021). Effectiveness of Using New Pedagogical Technologies to Increase General and Special Physical Training of Young Players. *European Journal of Life Safety and Stability* (2660-9630), 11, 110-111.
17. Uralovna, H. N., & Musayevich, U. D. (2019). The importance of rhythmic gymnastics in developing pupils' physical capabilities. *European Journal of Research and Reflection in Educational Sciences* Vol, 7(12).
18. Umbarov, D. M., & Xaqnazarov, Q. Q. S. (2020). Theoretical foundations of the introduction of pedagogical technologies in physical education lessons. *Интернаука*, (8-2), 62-64.