



Technology of Management of Special Physical Training of Athletes

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Annotation: Improving the effectiveness of the training process in athletics based on a more rational management of sports form through the use of modern control technologies is the goal of this study. As the main methods, an analysis of the results of the performance of athletes of various levels, an analysis of interviews with leading coaches was used.

Keywords: control technology, special physical readiness, model characteristics, control exercises.

Introduction. The training process in the system of training and control of athletes is closely related to the most efficient and comprehensive obtaining of information about functional, physical, technical-tactical, psychological readiness, which is the basis for creating effective plans for training activities [1, 2]. Often, only one approach to managing sports form is constantly used - varying the amount of load at different stages of training. In this regard, it seems necessary to consider in more detail the sports form control technologies that currently exist [3, 4].

The study of the special physical fitness of athletes allows using the developed normative and model characteristics of their fitness to create a rational system for managing the training of athletes [5].

The effectiveness of building a training session depends on the quantitative expression of the structure of preparedness of athletes [6, 7]. Consequently, the ability to control the training process of athletes at the stage of sports improvement requires the availability of operational information about the special physical fitness of athletes [8, 9].

The control of special physical readiness of athletes is carried out with the help of testing, which allows assessing the level of various aspects of special physical readiness (speed, power, and speed-strength) [11, 12, and 13].

Evaluation of special physical fitness is carried out using the developed battery of tests for each stage of the annual cycle. Testing of athletes should be carried out according to a single scheme for all, that is, testing should be carried out under the same conditions for all and with a single set of tests. This is necessary to obtain comparable estimates, that is, to obtain a real picture of testing [14].

Currently available data from a number of studies [15, 16] show that the training process requires not just the logical thinking of the coach, but first a deep scientific and methodological understanding of the changes taking place in the body of his wards, since the formation of the best parameters of sports form is very significant in time, and in addition, it is subject to constant exposure to endo- and exofactors [17, 18].

Thanks to the appearance in sports practice of various means of remote control of the training process, portable multifunctional devices (POLAR), diagnostic complexes (STABILAN) and high-tech tools for monitoring the functional indicators of the body of athletes (DartStudio, Qalisis), it became possible to maintain the athletic form of athletes at a fundamentally new level .

The use of modern methods of diagnostics and fitness control allows the coaching staff to more objectively approaches such important issues as the formation of national teams, changing the mode of

training activities, including or excluding certain exercises from the training plan. The ability to evaluate individual aspects of sports form, using short-term control methods that do not require significant time and effort, greatly facilitates training planning.

In view of the fact that the main elements of a sports form are the parameters of general and special physical fitness proper, the ability to monitor morph functional development, psychophysiological state, motor and technical-tactical fitness, as well as the availability of special computer programs for analyzing and processing data in the trainer's arsenal, makes it possible to adequately ensure the quality of training of their students.

However, in addition to the choice of technical means of control, the coaching staff faces the question of the structure and procedure for their use in the training process.

As a rule, in the cyclical disciplines of athletics, technologies for monitoring the cardiovascular and respiratory systems are mainly used, in technical disciplines, video analysis tools are used. One single technique or device cannot provide comprehensive data on the state of the body, in addition, a one-time cut of physical or technical fitness indicators, carried out in the form of operational control, although it is a necessary link in the training process, does not provide a complete picture of the athlete's physical fitness level, while the systematic conduct of scientific and methodological activities allows us to trace the dynamics of the development of a sports form throughout a career with high accuracy.

A significant number of authors indicate that the most optimal approach for assessing the sports form of athletes in a one-year training cycle is a comprehensive control covering all its components.

Comprehensive control of the physical condition in the long-term training process of training athletes includes:

- obtaining detailed information about the indicators, functional, technical, tactical, psychological training of athletes; physical fitness - continuous differentiated assessment of these data, analysis of the impact on the body of athletes of various external and internal influences;
- rational planning of the training process on an individual basis, taking into account the calendar of competitions;
- Formation of recommendations for adjusting the quantitative and qualitative aspects of training plans, based on objective data of a multidimensional nature.

Conclusions. The emergence of new technical means and methods that allow improving the quality of sports form management in athletics is a significant step forward, revealing new facets of the training process in the field of elite sports.