

VERBESSERUNG DER SCHNELLKRAFTFÄHIGKEIT JUNGER JUDOKAS AUF DER EBENE DES SELBSTÄNDIGEN TRAININGS

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Anmerkung: In dieser Forschungsarbeit wird der Prozess der Effizienzsteigerung der Schnellkraftfähigkeit junger Judokas durchgeführt, die sich in der vertieften Vorbereitungsphase befinden und die Entwicklungsstände durch speziell ausgewählte Übungen bestimmen.

Schlüsselwörter: Schnellkraft, körperliche Belastung, körperliche Qualität, Bewegung, Training, körperliche Leistungsfähigkeit.

IMPROVING THE QUICK-STRENGTH ABILITY OF YOUNG JUDOKES AT THE LEVEL OF IN-DEPENDENT TRAINING

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Abstract: In this research work, the process of increasing the efficiency of the quick-power ability of young judokas who are engaged in the in-depth preparation stage and determining the levels of development through specially selected exercises is carried out.

Keywords: Quick-strength, physical load, physical quality, exercise, training, physical performance.

INTRODUCTION

The reason for the early orientation of many young sports in training groups is the growth of sports results, as well as the improvement of training processes of young judokas, the advance of sports pedagogical science, the need for plans to increase the effectiveness of training tools in the control systems of training types in large and small cycles of training processes. At the initial stage of preparation, a clear implementation of the issues of the development of movement qualities and the assimilation of tools in the program in a qualitative sequence is required.

Among modern scientific research works, a large place is occupied by issues of the development of operational-strength quality of young (14-15 years old). The methodology for training young judokas with quick-force means is one of the necessary links of the training management system. This problem has been widely studied in the research of foreign scientists: A.A. Novikova, Zatsiorsky V.M., Matveev L.P., G.S. Tumanyana, Platonov V.N., Verkhoshansky Yu.V. Among local scientists, F.A.Kerimov, A.V.Goncharova's studies should be noted separately. It is worth noting that the level of development of issues related to the training of young athletes in each sport with fast-power tools is very diverse.

An analysis of the circumstances of most of the problems studied in the sport of judo indicates that its full scientific development is insufficient. The focus on the training processes of many athletes who have been operating with this main sport to this day was on the issues of special and technical training. The distribution of the means of training of judokas, the content of training, the level of training of young

judokas in the “specialized” training period, has not been fully studied enough of the operational-strength physical quality.

The development and justification of new approaches to increasing the physical fitness of young judokas, the use of deepened methods as a means of developing basic physical qualities is also relevant for the theory and practice of physical education. At this point, as can be seen from the information of literature on the industry, the effectiveness of solving these problems increases significantly if the duration of the training processes is developed taking into account the age-related interests of judokas. At this point, deep specialization and sports improvement make it possible to form an individual style of activity at the stages and ensure the immediate psychological readiness of the judoka for competitions.

Purpose of the study: Research of indicators of speed-strength levels of young judokas.

Objectives of the study:

Determination of operational-strength quality levels of young judokas during physical training.

Object of research: The training process of young judokas.

Subject of research: Research on the dynamics of the general physical fitness of young judokas.

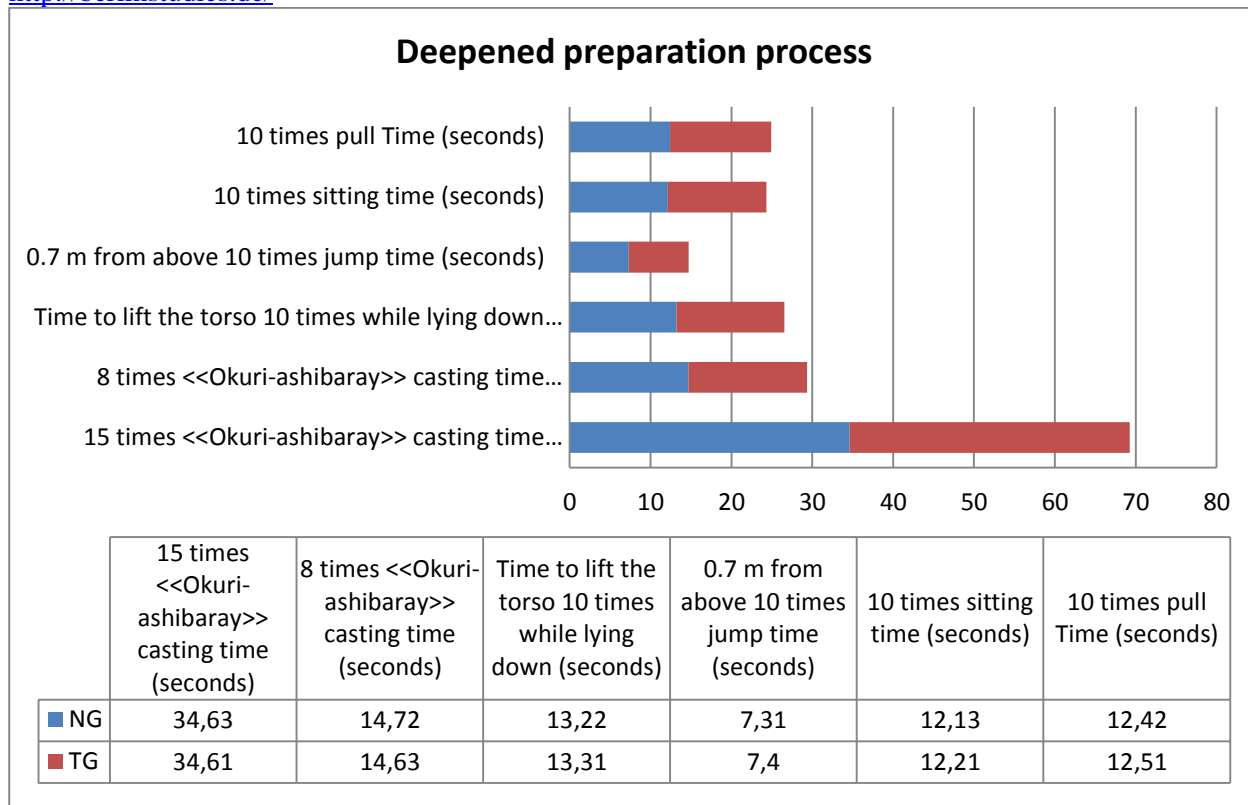
Research methods: Analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, mathematical and statistical analysis.

Organization of research: During the training processes of young wrestlers engaged in children's and Youth Sports School of Tashkent City. Our experiments were attended by young judokas engaged in a training group (n=88).

Results and discussion of the conducted study: In the course of this study, we will determine to what extent the physical performance in young judokas is in them during the deep training processes. The pedagogical experiment was carried out in order to determine the effectiveness of special tools developed to determine the level of training of 14-15-year-old judokas in the process of training.

From among judokas aged 14-15, with the same level of physical fitness, experience and control groups were identified. The experiment was conducted on the basis of the methodology of using tools aimed at improving the physical fitness of 14-15-year-old judokas with different physical training, who train in the group, as well as facilitating the submission of special control tests. The most important condition for conducting experimental research was the comparison of the initial and final results of the experimental and control groups.

In the course of the Study, preliminary norms were adopted from special control tests in experimental and control groups of judokas aged 14-15 years. Until pedagogical experience, young judokas in the experimental and control group practically did not notice a big difference in the results obtained by the selected control standards.



1-fig

14-15 determination of operational-strength ability levels through deep training processes of senior judokas.

The complex manifestation of special physical capabilities of athletes was determined by the following tests: - time to perform 8 “Okuri-ashi-baray” throws and time to perform throws with 15 “Okuri-ashi-baray”. They note the time of sports and the pedagogical assessment of the representing throws.

Statistical characteristics (arithmetic mean value - standard deviation - σ and coefficient of variation - V), an increase in the duration of the experiment (%) in each exercise, determined on the basis of the results shown by young judokas, tested on selected exercises in the experimental and control groups, critical values (tst) of the Student distribution of the difference in the change of the Assessment of the effectiveness of pedagogical experience the following tests were selected to assess the level of speed-strength capabilities of judokas (see Figure 1).

In the 14-year-old judoists in the experimental group, the results on average when lifting the torso 10 times while lying down are from 13.22 ± 0.6 C to 13.31 ± 0.61 C / $R < 0.05$; from 0.7 m to 10 times the jump time from above 7.31 ± 0.41 C to 7.40 ± 0.32 m / $R < 0.05$; S / $R < 0.01$ results were recorded.

The complex manifestation of the special physical capabilities of athletes was assessed by the following tests: the time to perform 8 “okuri-ashi-baray” throws and the time to perform throws with 15 “okuri-ashi-baray”.

During the pedagogical experiment, the results of the tests obtained at the beginning and end of the pedagogical experiment were determined in the young judokas of the experimental and control group. Their analysis showed that almost

every judoka had an increase in the level of physical fitness, but the percentage of growth was not the same, since the initial level of readiness to bear such training loads in judokas is different.

During the pedagogical experiment, we conducted a comparative analysis of operational-strength parameters through the deep training of experimental groups. As a result of the pedagogical experiment conducted among young judokas of the experimental groups, statistically significant growth differences were revealed.

1-table

Determination of the dynamics of the speed-strength ability of 14-15-year-old judokas through deep training processes (t, r-relative changes)

N	Control tests	14-15 year-old judokas	Increase, at %	t	r
1.	10 times pull Time (seconds)	NG	4,59	1,94	>0,05
		TG	10,55	4,02	<0,001
2.	10 times sitting time (seconds)	NG	4,53	1,93	>0,05
		TG	9,83	3,75	<0,001
3.	0.7 m from above 10 times jump time (seconds)	NG	4,10	1,62	>0,1
		TG	8,51	3,08	<0,01
4.	Time to lift the torso 10 times in a lying position (seconds)	NG	4,84	1,94	>0,05
		TG	10,97	4,19	<0,001
5.	8 times" Okuri-ashi-baray " throw time (seconds)	NG	5,50	2,25	<0,05
		TG	10,94	4,21	<0,001
6.	15 times" Okuri-ashi-baray " throw time (seconds)	NG	5,17	2,10	<0,05
		TG	9,19	3,32	<0,01

During the experiment, the time of 10 pull-ups improved by -10.5%, approximately the same change was observed in the 10 – time sit-up (9.8%) test. Small changes occurred in the following indicators;

10 times 0.7 m. time to jump to height-(8.51%), time to throw 15 times with “okuri-ashi – baray”-(9.19%), time to throw 8 times with the “okuri-ashi – baray” method and its pedagogical assessment – (10.94%); time to lie down and lift the torso 10 times - (10.9%). These results show how much the level of physical fitness of the judokas of the experimental group has grown (improved) from a pedagogical point of view.

The dynamics of relative change in the physical indicators (t) of the test lists of the control and experimental group during the pedagogical experiment is highlighted in Table 1.

The figure shows the values of the Student's t for the specified degree of freedom, as well as the results of their intergroup comparison. 15 times casting method “Okuri-ashi-baray” in the experimental group at the time $t=3,32$, $P<0,01$; in the control group $t=2,1$, $P<0,05$; 8 times casting method “Okuri-ashi-baray” in the Experimental Group $t=4,21$, $P<0,001$; in the control group $t=2,25$, $P<0,05$; in the time “raising the torso in the lying position 10 times” in the Experimental Group $t=4,19$, $P<0,001$; $T=1.94$ in the control group, $p>0.05$; $t=3.08$ in the experimental group at the time “0.7 m coming out on the Tump up”, $p<0.01$; $t=1.62$ in the control group, $p>0.1$;

In the experimental group at the time” 10 times sitting “ $t=3.75$, $P<0.001$; in the control group $t=1.93$, $P>0.05$; the time” 10 times pulling in the tourniquet " was the Experimental Group $t=4.02$, $P<0.001$; in the control group $T=1.94$, $P>0.05$. It can be seen that the indicators of the experimental group have grown significantly compared to the control group.

CONCLUSION

During the pedagogical experiment, indicators of the operational-strength ability of 14-15-year-old judokas during the deepening preparatory processes were determined. In the experimental and control groups, the average indicators of the results before and after the study were compared, and the degree of reliability was studied. The effectiveness of the model “educational program of the course of activity for the development of physical fitness of schoolchildren in the process of extracurricular activities”, developed for schoolchildren aged 13-15, was determined.

During the experimental period, an increase in the parameters studied in the control group was determined. However, there were no significant statistical differences between the young judokas of the control group compared to the judokas of the experimental group. ($P> 0.05$)

Based on the results of the above research, the use of the sport of judo and its elements closely contributes to the complex development of physical fitness and the relative formation of physical quality levels, while in the development of physical fitness, the core of each physical quality relies on a specific set of exercises

The results of the study showed that the combination of using special physical exercises during deep training processes helps to increase the effectiveness of the operational-strength quality indicators of young judokas and is an effective means of increasing the level of their technical and tactical training as well.

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