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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**TECHNOLOGY OF CONTROLLING THE PHYSICAL TRAINING OF  
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**Key words:** physical training, technical-tactical training, optimization method, relative growth, statistical characteristics.

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**Abstract:** The results of the research conducted by us are theoretically and methodologically based on the theoretical foundations of the training processes of judo girls, based on the opinions of scientists and practicing coaches. quantitative and qualitative methods of analysis of experimental work were used.

**INTRODUCTION**

**Relevance of the topic.** At the global level, attention is being paid to the development of women's sports and its popularization. is to be embodied. The role and effectiveness of martial arts training is important in equipping them with good qualities. Therefore, based on the indicators of physical quality of women, it is necessary to optimize the training processes aimed at teaching the technical and tactical movements of attack and defense in the competition [1].

The problem of improving the effectiveness of the training management system of judokas requires that training tools and methods fully correspond to the goals determined at all stages of the multi-year process of judo training. This problem is the focus of scientific research conducted in our country and abroad. One of the ways to solve it is the scientific modeling of various factors that determine success in judo together with the judoka's organism [3].

In this case, it is appropriate to consider long-term training as a general (holistic) process of training a judoka from the level of a novice to a high level of skill and to implement it in optimal ways subject to certain laws.

Based on these ideas, they developed a hierarchical system of training management in martial arts[2].

It quantitatively describes almost all aspects of an athlete's training and includes three stages:  
the first - competition activity (or competition model);  
the second is the basic aspects of judoka's training (or model of judo skills);  
the third is the system of the judoka's organism (or the model of potential possibilities)

There is no doubt that the steps in such a hierarchy are connected to each other for the training of highly qualified judokas.

Solving the tasks ahead, focusing on the training of adolescents, requires additional research.

The practice of sports martial arts has shown that premature orientation to success in competitions leads to an unreasonable increase in results and limits the period of active participation of a judoka. Pedagogical observations also show that most of the wrestlers whose training was accelerated in order to achieve the maximum result reached their limit prematurely, and then had to end their judo career early.

In the course of many years of scientific research, scientists compare the scales of the three-stage model and, taking into account the specific training of young people, place the stages in the following sequence:

the first is a model of potential judoka opportunities;  
the second is a skill model;  
the third is the competition model.

Let's consider these concepts. The model of the potential judoka's capabilities is determined by the judoka's seniority, physical development characteristics, that is, the age level of the biological development of the teenager, as well as the functional readiness of the judoka's organism.

Indicators that determine (measure or evaluate) the level of development of basic qualities and mastery of technical-tactical actions are typical for the skill model.

The competition model reflects the characteristics of competition activities during the competition.

Thus, if it is based on the goals set forward in the judo training system, then it is possible to observe how changes occur in the hierarchy of levels. They are as follows: if the model of potential opportunities before judo practice (in adolescence) is on the first place, then the model of judo activity is on the first place when training highly skilled judo players.

The purpose of the study is to develop proposals and recommendations for improving the physical training of judoka girls based on management technologies in training processes.

**Tasks of the research:**

expanding opportunities for attacking judoka girls in favorable dynamic situations in order to improve their actions in competition processes;

improving the management technology of judoka girls in expanding their opportunities to use effective technical movements during competitions;

to expand the opportunities of judoka girls based on the implementation of effective technical methods in teaching offensive movements in competitions;

The object of the research is the training process of judoka girls practicing in the Sports School.

The subject of the study is the standards of technical movements of judoka girls in the sports school and the volume and intensity of training exercises aimed at teaching.

## **RESEARCH METHODS**

Analysis and generalization of scientific and methodical literature, pedagogical experience, mathematical statistics analysis methods were used in the research.

In the first stage of training of judoka girls, determining the effectiveness of quick power is directly related to the level of development of physical qualities. Therefore, one of the important conditions for the training of qualified sports reserves is that judoka girls who have just started to practice in national teams gradually develop general and special physical qualities consistently [1,3]. In this regard, it is worth noting that the effective development of physical qualities is determined by the content and essence of the selected exercises and other means (physical qualities, etc.).

At the beginning of the experiment, both groups of skilled judoka girls were studied. At the end of the experiment, the change in the level of development of the quick-power ability of the experienced and control group was analyzed with the results of performing the specified test exercises of the qualified judo girls in the corresponding groups.

When the coach is developing the upcoming competition plan, he should have information about the opponent in order to determine the most effective tactical actions for his student to win over the opponent. helps identify other aspects.

During the competition, the ability of judokas to manage the competition comes from the ability to observe and analyze various technical and tactical situations, as well as to make the necessary decisions in the form of specific instructions.

Sports wrestling is one of those types of sports activities in which success depends, if not mainly, on the knowledge of various technical movements, the ability to choose and implement the best tactical and strategic ways to effectively solve the sports goals. [2,3].

In this case, a trainer-pedagogue and an athlete learning the secrets of judo usually use technical-tactical training on a systematic basis in order to effectively plan technical-tactical training and control and analyze the dynamics of growth of sports skills, as well as make effective changes to sports training. there is a need to evaluate.

According to many judo experts, technical-tactical training remains a problematic issue to this day, therefore, the number of judokas who use technical movements in large numbers is decreasing [1,4].

The technical-tactical training evaluation system and the development of the methods of their application in the performance of the above-mentioned tasks allow to level the limits of the levels of technical-technical training of athletes and to introduce important analyzes into the pedagogical process of sports training.

At present, assessment of judoka's training is carried out mainly in the process of competition or according to the results of control competitions. In this case, the place taken in the competition or the results of the control competition are often taken into account as an assessment of the judoka's training.

After obtaining the above-mentioned results, the trainer-pedagogue and the athlete intuitively model the features of the upcoming competition and predict the results of future competitions with certain athletes at a certain level and begin to make some changes to the pedagogical process of sports training.

In this, mainly, the stated information is analyzed, certain quantitative indicators are not given their values.

As an example, we refer to such information: a trainer-pedagogue gives information to his student after evaluating the competition activity of potential opponents using his methods.

As long as there are such data or models about the existing level of preparation, it is necessary to take some countermeasures to overcome the strong aspects of the opponent, to try to win the competition by using its weak points. However, technical-tactical training quantitative indicators of technical-tactical training levels greatly reduce the effectiveness of quantitative evaluations of pedagogical corrections, which help to control the training program of judokas at different levels.

The implementation of a systematic approach to the practice of sports training creates conditions for the development and application of a system of quantitative assessments of technical and tactical training indicators at various stages of the training of athletes in judo.

Individual indicators of technical-tactical training are described by many experts. All these data require the development of a system of technical-tactical training indicators, without which it is impossible to effectively control various stages of sports training, develop methods for predicting sports success. It is not possible to set the target tasks of output, software preparation.

The indicator of technical-tactical training is a quantitative expression of the characteristics of technical-tactical training, which is part of the general evaluation of athletes' training [7].

In this case, the performance of the strongest athletes, Olympic Games, and world champions is included in the exemplary champion model.

It is possible to evaluate the level of tactical and technical preparation of an athlete or a team, as well as the quality and dynamics of the pedagogical process of sports training, taking the quantitative expressions of some indicators as the main ones.

The level of technical-tactical preparation means a relative description based on the comparison of the sum of technical-tactical preparation indicators with the corresponding sum of basic indicators [6].

In modern sports fighting, continuous offensive movements in the technical and tactical reserve of a judoka are highly valued. This requires judokas to be able to quickly make tactical decisions using a certain reserve of technical-tactical movements in competition activities.

In the conditions of the competition activity, the requirements for a systematic approach to obtaining reliable information about the technical and tactical preparation of the judoka, as well as the level of quick control have increased. One of the main directions of the work is the development of an effective method of recording indicators of judokas, which provides a quick opportunity to use reliable indicators based on the analysis of technical and tactical movements, and also individualizes the technical and tactical preparation of judokas at different stages, training it will be possible to analyze different levels of the process.

In order to successfully implement the set tasks and to prepare judokas for big competitions from a technical and tactical point of view, it is necessary to constantly study the features of the competition. While studying the main factors that describe success in competitions, we found out that there are a number of shortcomings in the traditional analysis of performance, the main of which is the relentless approach to obtaining reliable information about the performance of judokas and the lack of control, and the use of quantitative information to receive a quick win in these competitions. told the way of possibilities.

In order to determine the above-mentioned ideas, it is necessary to conduct a pedagogical control of judoka's competitive activities and to analyze the training process in order to find out the characteristics of the training equipment used in this line.

Table 1

## A program of exercises used in the training process from the first to the third level

		Activity																					
Series	1- series						2- series						3- series										
2-4 from the minute yondoshular orasidagi dam olish intervali	Approach 1							Approach 1							Approach 1								
	Approach 2 uv							Approach 2 uv							Approach 2 uv								
	Approach 3							Approach 3							Approach 3								
	Approach 4							Approach 4							Approach 4								
	Approach 5							Approach 5							Approach 5								
	Approach 6							Approach 6							Approach 6								
	Approach 6							Approach 6							Approach 6								
% of max	70-80							70-80							80-90								
	70-80							70-80							80-90								
	70-80							70-80							80-90								
	70-80							70-80							80-90								
	70-80							70-80							80-90								
	70-80							70-80							80-90								
	70-80							70-80							80-90								
Do the exercise soni	8-10							8-10							6-8								
	8-10							8-10							6-8								
	8-10							8-10							6-8								
	8-10							8-10							6-8								
	8-10							8-10							6-8								
	8-10							8-10							6-8								
	8-10							8-10							6-8								
Do the exercise sur' ati	slowly							medium							slowly								
	slowly							medium							slowly								
	slowly							medium							slowly								
	slowly							medium							slowly								
	slowly							medium							slowly								
	slowly							medium							slowly								
	slowly							medium							slowly								
<b>Rest interval between series from 6-8 minutes</b>												<b>Rest interval between series from 6-8 minutes</b>											

## CONCLUSION

Scientific research carried out by us, although a lot of scientific research has been carried out on the sport of judo, in rare cases, information about women and girls practicing judo has not been sufficiently studied. showed. This problem is the focus of scientific research conducted in our country and abroad. One of the ways to solve it is to scientifically study the various factors that determine success in judo along with the organism of female judo athletes. Based on the work of a number of authors, the intensity of training loads at the stage of pedagogical experiment was analyzed based on their recommendations. It turned out that these indicators have a slight advantage in the pedagogical research group. However, this advantage does not give a reason to conclude that the judokas involved in the research have a higher level of general training, even if it is low. Perhaps, it became known that this situation is within the scope of special attention of judokas belonging to the pedagogical research group, and it has positively increased their mental and emotional state.

It is known that the stimulation of girls has a progressive effect on the psyche and ultimately activates functional processes.

The difficulty is that girls who come to SMs are almost undeveloped in terms of flexibility. Therefore, trainers should plan according to the flexibility of the girls in the initial training.

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