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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PROBLEMS IN THE ORGANIZATION OF THE TRAINING
PROCESS, THE USE OF TOOLS AND THE PLANNING OF TRAINING OF LONG
JUMPERS IN THE INITIAL TRAINING STAGE****Farrux Karimov**

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Key words: Athletics, long jump, physical training, technique, tactics, weekly microcycle, physical loading, recovery measures, physical development, movement ability, training tools.

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Abstract: Today, world sports practice depends on training and improving the jumping technique of long jumpers, maintaining their technical readiness through step-by-step training of young long jumpers. This means taking into account the technical training of athletes when planning training loads, the method of organizing training, the general and special physical fitness of athletes, the proportions of their loads, the exercises used for technical training, training cycles (micro- meso- and macrocycles) volume of training loads, competition preparation and solutions of similar factors are explained. In addition, a number of proposals and recommendations for their elimination are widely covered, which negatively affect the results of young long-distance athletes.

Relevance of the issue. Drawing up a scientifically based sports training plan by world scientists is the most important factor that creates the basis for the high efficiency of athletics training and the growth of sports results, like all sports. In recent years, due to the significant increase in the volume and intensity of training and competition loads, the loads of functional systems, which are clearly expressed in the level of movement opportunities of long jumper athletes during training, are also increasing sharply.

Analysis of literature related to the topic. Research conducted today shows that physical training is one of the main components of the process of training sports reserves. In order to achieve high sports results, it is necessary to have a high level of physical fitness, which is primarily determined by the strength indicators of the muscular system and the level of development of aerobic capacity in long jumpers.

When planning the training process, it is necessary to take into account the adaptive reactions of the body of girls, which are somewhat different than boys. Especially in 10-12-year-old long jumpers, it is important to control various loads in terms of magnitude and direction during puberty and the formation process of functional systems.

Some experts, taking into account modern trends, put forward the proposal to increase the volume of loads aimed at quickness, strength, agility, flexibility, endurance in the physical training system of young long jumper boys and girls by relying on their physical abilities. In our opinion, this approach is one of the promising directions for 10-12-year-old long jumpers. Scientific research aimed at carrying out activities with 10-12-year-old long jumpers at different stages of the annual training cycle should be carried out in this direction, because the relevance of this work is clear and obvious.

The purpose of the study. The purpose of the study is to analyze the planning of the annual training of long jumpers in the initial training stage and to study the planning problems.

Research methods and organization. In order to solve the tasks set before the research, pedagogical analyzes were carried out on the planning of the training process in the annual cycle.

Discussion of research results. The Program for sports schools developed by the Athletics Federation of Uzbekistan does not have a separately planned amount of annual hours for 10-12-year-old long jumpers. Therefore, they follow the rules of the program developed for coaches working with 10-12-year-old long jumpers. Table 1 presents the distribution and content of annual hours by types of training for 10-12-year-old long jumpers.

Table 1.

Annual (52-week) training plan for the preliminary stage of long jump in athletics

№	Preparatory departments	The first year of teaching	More than one year of teaching
1.	Theoretical training	6	8
2.	General physical fitness	78	100
3.	Special physical training	94	116
4.	Technical training	108	158
5.	Psychological preparation	10	12

6.	Control tests	2	6
7.	Arbitration and guidance practice	-	-
8.	Participation in competitions	Mass sports events according to the calendar plan	
9.	Recovery measures	14	16
Total		312	416

The main training methods: game, uniform, variable, rotational, repetitive.

Training tools: active and sports games, gymnastics exercises, cross-country running, special running exercises, self-care, training competitions.

At this stage, long jumpers should learn tactical training methods and a group of basic techniques. However, one should not try to stabilize the movement technique of the exerciser.

Long jumpers usually learn the competition methods well after being directly shown and explained by the trainer. Therefore, the trainer must have mastered a large number of methods.

It is suggested to show the children the methods or explain their implementation in order to better strengthen the passed technical movement. During the training of methods in the initial training stage, the method of showing the methods as a whole should be used more. When explaining new techniques, it is important that children understand and understand the parts of the technique. This period is very favorable for training quickness and speed of movement. During this period, attention should be paid to training agility, because agility creates a basis for successfully mastering complex technical and tactical actions. The growth of body dimensions and weight of long jumpers develops before the growth of strength. To develop strength, it is necessary to choose exercises that are stress-free and long-lasting. This period is the most favorable for training flexibility, because by the age of 13, flexibility and mobility in the joints decrease somewhat. To train flexibility, general developmental and special exercises performed with a partner, with and without shells, are used.

Table 2.

Tasks and volume of training loads in the cycle of pre-competition preparation of sports training in the primary training group

№	Preparatory Departments	Months												Total
		9	10	11	12	1	2	3	4	5	6	7	8	
1.	Theoretical preparation		1		1	1		1				1	1	6
2.	General physical fitness	7	8	7	6	6	6	6	7	8	6	6	5	78
3.	Special physical training	5	6	8	10	11	10	7	6	4	6	10	11	94

4.	Technical training	12	12	7	8	5	6	10	1	12	12	7	6	108
5.	Psychological preparation			1	1	1	1	1	1	1	1	1	1	10
6.	Control tests	1											1	2
7.	Arbitration and guidance practice													
8.	Participation in competitions	Mass sports events according to the calendar plan												
9.	Recovery activities	1	1	1	2	2	1	1	1	1	1	1	1	16
Monthly charge		26	28	24	28	26	24	26	26	26	26	26	26	312

At this stage, when organizing the training process, it is necessary to take into account recovery measures. These include post-workout water treatments, exercise, swimming, bathing, and outdoor exercise.

Table 3.

Table of the distribution of training hours for the second year of long jumpers of the primary training group

№	Preparatory Departments	Months												Total
		9	10	11	12	1	2	3	4	5	6	7	8	
1.	Theoretical preparation	1		1		1		1		1		1		6
2.	General physical fitness	21	21	23	23	20	23	23	18	18	16	20	22	248
3.	Special physical training	3	3	3	3	3	3	3	3	3	3	3	3	36
4.	Technical and tactical training	8	8	8	8	8	8	8	8	8	8	8	8	96
5.	Sports and action games	6	6	8	8	8	8	8	8	8	6	6	8	88
6.	Psychological preparation		1	1	1		1	1	1	1	1			8
7.	Control tests		1	1	1		1	1	1	1	1			8
8.	Arbitration and guidance practice													
9.	Participation in competitions	Mass sports events according to the calendar plan												
10.	Recovery activities	1	1	1	1	1	1	1	1	1	1	2	2	16
Monthly load		34	35	38	37	33	37	38	32	33	30	34	35	416

Theoretical, general and special physical, technical and tactical training, sports and action games, psychological training, control tests, refereeing and coaching practice, competitions participation and recovery activities are provided, through which this stage of preparation is organized.

It should also be noted that the formation of movement skills, paying special attention to the training of young long jumpers in terms of speed, strength, agility, flexibility, and endurance, largely depends on certain kinematic and dynamic characteristics of movements by long jumpers. We relied on previous studies that showed that it was determined by what was achieved. In athletics, like a number of sports, the formation of movement skills and the mastering of complex elements of technique directly affect the level of development of movement skills of long jumpers, in particular, indicators of speed, strength, agility, flexibility, and endurance. There are many studies that have confirmed the correlation. The speed of movement of young long jumpers also increases due to the development of indicators of speed, strength, agility, flexibility, and endurance.

When planning the training of long jumpers in athletics, it is necessary to take into account the principle of rational individualization of physical training tools and methods. This principle provides for the division of training loads both by age and by level of training when planning the training of long jumpers. When planning the training of young long jumpers, it is necessary to pay special attention to the fact that the training loads are maximally close to the training model chosen by the coach and, on the other hand, correspond to the level of training of long jumpers. Unfortunately, this principle is not taken into account in the training of young long jumpers. The coach plans the load magnitude and direction for the young long jumpers according to the recommended loads.

When planning preparation, it is necessary to take into account the hormonal reconstructions in the body of young long jumpers, which are observed with the strengthening of reproductive functions, the formation of morphofunctional systems and movement tasks at the age of 10-12 years. By this time, young athletes notice an increase in the frequency of heart contractions, a decrease in the systolic and minute volume of blood, which is significantly reflected in their aerobic capacity.

It should also be noted that at the age of 10-12, even if it is still difficult for young long jumpers to perform training methods quickly and accurately, the amount of attention increases, the skills of concentration and distribution of attention are developed. Therefore, the comprehensive development of physical abilities of young long jumpers is one of the most important tasks performed at this age.

Conclusions. It is necessary to thoroughly and comprehensively study the planning of the training of 10-12-year-old long jumpers, to develop and scientifically substantiate a program for sports school participants. Increasing the volume of annual loads aimed at speed, strength, agility, flexibility, and endurance of young long jumpers at the initial training stage. In order to

properly control the training level of 10-12-year-old long jumpers, a complex aimed at pedagogical testing can be planned based on the results of various types of training.

program development. Wide use of means of promotion of athletics long jump among young people due to the increase in popularity, attracting 10-12-year-old long jumpers to participate in the clubs of general education schools and sports schools.

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