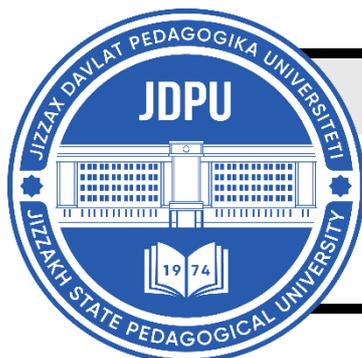


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**LEVEL OF ATHLETIC TRAINING, COMPONENTS, MOVEMENT
ERRORS, AND THEIR COMPOSITIONS****Akhmatjon Akbarov**

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Key words: level of sports training, components, errors, causes, motor activity, characteristics, training process, training theory, causes, speed-strength, spatial.

Received: 10.12.25**Accepted:** 11.12.25**Published:** 13.12.25

Abstract: The article is dedicated to the generalization and analysis of materials published in existing scientific-methodological and periodical publications on the formation and improvement of the athlete's fitness level at the level of their culture and stages of physical, technical-tactical, spiritual, psychological, and theoretical training, as well as its individual components, their composition and grouping, spatial, temporal, strength, and speed-strength characteristics of motor activity, the structure of athlete training theory, the structure and features of its constituent central and peripheral parts, individual errors arising in the process of physical and technical-tactical training and leading to serious injuries, the causes of these errors, and their composition.

Introduction. Yu.V. Verkhoshansky, based on the analysis of his scientific research, recognized that the training of an athlete is a multifaceted and multi-year process, aimed at the comprehensive development of the athlete's highly complex system of interactions, including the acquisition of the most comprehensive specialized (special) theoretical knowledge, practical skills, and abilities, as well as increasing the level of the body's ability to work in various conditions and mastering the most effective technique of performing sports exercises and the art of competitive matches, having a special specialized content and a specific organizational form, which transforms the athlete into an optimally effective personality with a high level of physical condition and health [8].

According to N. G. Ozolin, the modern system of sports training is a long-term, year-round, specially organized and managed process of upbringing, education, training, and training, carried out in accordance with the individual developmental characteristics of the athlete's body and with its active participation under the necessary conditions of pedagogical and medical-biological control and under the guidance of a coach, based on scientific, medical-biological, and material-technical support, effective use and thorough organization of recovery means [14].

The problem of improving the training system occupies a central and fundamental place in the systems of theory and practice of training in all sports. Without achieving the optimization of all parameters characterizing the readiness to achieve high sports achievements, it is impossible to achieve high results. The productive development of athlete training theory largely depends on and is determined by the strategic directions of its further improvement [16].

Analysis of the main directions for improving the long-term process of training highly skilled athletes has shown that the objectification and improvement of training process management technologies are significant reserves for increasing their effectiveness. In this case, a very precise differentiation of spatial, temporal, strength, and speed-strength characteristics of the athlete's motor activity is taken as the basic basis [17, 18].

Platonov V. N., studying the history of the development of the theory of athlete training, noted that scientific knowledge in various forms, considered as a basic basis, not only forms the empirical and theoretical basis of the theory, but also enters its structure as its main elements [15].

The central part of the theory of athlete training, in its essence, relies entirely on a vast source of knowledge in the field of physical culture and sports. This constitutes the central and peripheral parts of the theory of knowledge preparation. The central part consists of a set of concepts, laws, and principles, as well as a conceptual-terminological apparatus.

The periphery (periphery - outlying, remote areas, as well as local organizations, institutions) consists of ideas, facts, hypotheses, alternative approaches, exceptions, paradoxical phenomena accumulated in the field of sports theory and practice, as well as in mixed academic disciplines: biomechanics, physiology, biochemistry, anatomy, psychology, genetics, sports medicine, etc., as well as in private academic disciplines, approaches, and theories - Adaptation Theory, Systems Approach, Cybernetics, Functional Systems Theory, etc. [3].

Materials and methods. During the research, methods of summarizing and analyzing scientific and methodological literature and periodical publications, pedagogical observation, induction and deduction, and interpretation were employed.

Result and discussion. A number of well-known scientists have proposed the implementation of interesting, new, and problematic research and approaches to improving the sports system, both from a scientific and practical point of view.

Table 1 presents the types of sports training and its individual components, developed based on the data of N. G. Ozolin, E. R. Andris, L. P. Matveev, V. N. Platonov, and other authors. In particular, the author emphasizes that each sport has its own characteristics that determine the special (specialized) requirements for the athlete's training. Correspondingly, the set of components of the level of preparedness is determined, as well as the points of application (influence) of influences and loads that create the specific and general growth of the athlete's preparedness.

The more deeply and broadly the trainer's student has knowledge about such (in general, about everything) that constitutes the level of training, the more accurately, successfully the training program is developed and implemented.

When determining the components of the level of preparedness, it is necessary to distinguish two groups: one of which is largely genetically determined, and the other is related to the level of training.

Table 1.

The level of sports training and some of its constituent components (according to the authors' data)

Types of preparation	Komponents			
	1	2	3	4
Types of preparation	Ideological and political upbringing	Quality of morality. Loyalty to one's work. Patriotizm, honesty, justice, kindness, goodwill, etc.	Behavior and communication, in everyday life and in the community, culture of work leisure	Literature, art, music education

Theoretical training	Scientific worldview	Anatomy, physiology, biology, biomechanics, hygiene, self-monitoring, etc.	Knowledge of the general foundations of the sports training system	Theoretical and methodological knowledge in the field of sports specialization
Technical training of competitive exercises Movement skills	Stability of movements	Absence of excessive tension (stress) in movements	Correctness and biomechanical appropriateness of individual movements, elements, connections, methods, combinations	Muscle tension and relaxation in individual movements
Structure of movements, the ability to construct and coordinate them	Ability to memorize tasks and construct various movements from habitual ones	Skills of planning (coordinating) complex technical movements (techniques)	Skills of coordinating movements in complex conditions (ability to maneuver, shoot, etc.)	Ability to reconstruct and improve movement skills and abilities
A thirst for knowledge	Level of physical readiness for learning	Psychological readiness for learning	Memory, its types and characteristics of acquisition	Movement and verbal description of the studied object

Adaptive capability	Permissible Load Levels in Different Workloads	Recovery Time After Different Loads Growth	Percentage in Physical Qualities Development Growth	Percentage of Load Increase in Medium and Large Training Cycles
Level of physical fitness	General physical fitness	Initial special training ("special foundation")	Special physical training	Level of physical fitness in individual exercises
Level of general physical preparedness	General development of muscles and the ability to demonstrate strength	Ability to perform movements quickly	Endurance in various tasks	Mobility of joints in performing various movements
Level of general functional preparedness	General health status according to anthropomorphological, physiological, and medical indicators.	General tolerance of increased load according to physiological and medical indicators.	Recovery after the general load (according to medical tests).	Reaction to performing GFD exercises according to biochemical indicators.
Level of special (specialized) physical training	Development of the ability to demonstrate muscles and strength in	Speed of movement in the chosen sport	Endurance in the chosen sport	Mobility in the joints when performing movements in the chosen sport

	the chosen sport			
Level of special (specialized) functional preparedness	Level of preparedness of "leading" organs and systems in competitive exercises according to physiological, biochemical, morphological , and medical indicators	Recovery and adaptation reactions after competitive exercises according to physiological, biochemical, and medical indicators	Reaction to the performance of special (specialized) exercises and tests according to physiological, biochemical, morphological, and medical indicators	Recovery of functions of individual organs and systems according to physiological, morphological, and medical indicators after performing special (specialized) exercises and tests
Initial special (specialized) training level ("special foundation")	Ability to perform competitive exercises at moderate and medium intensity for a long time	Ability to perform competitive exercises (techniques) in various modes and methods for a long time	Components of the training level during long-term work at moderate and medium intensity and their ratio	Ability to demonstrate willpower in overcoming difficulties of long-term work
Special (Specialized) Muscle Strength	Strength of Main Muscle Groups When Performing Competitive Exercises	Absolute Strength and Strength of Individual Muscle Groups When	Muscle Strength in Various Operating Modes: Dynamic, Isometric,	Position and Preparedness of Individual Muscle Groups (Volume, Height, Tissue

		Performing the Main Movements of Competitive Exercises (Methods)	Isotopic, Ballistic, and Mixed	Structure, Excitability, Elasticity, etc.)
Specialized speed of movements	Speed of "leading" movements in competitive exercises	Movement speed, decision-making, execution, modification, inhibition reaction	Speed and acceleration of movements (methods) in various modes of muscle work: dynamic, isotopic, ballistic	Ratio of fast and moderate muscle fibers. Muscle elasticity and flexibility
Specialized endurance	Endurance in performing competitive exercises	Endurance in performing competitive exercises (methods) in various modes	Physiological and biochemical "upper limits" and indicators of recovery work in the functions of "leading" organs and systems	The ratio of fast and moderate muscle fibers. Muscle elasticity and flexibility
Level of tactical preparedness	Summary assessment of all components of the tactics of competitive	Memorization and execution of tactical options	Ability to choose and execute tactical solutions in various situations	Tactical thinking (imagination) and reaction speed

	exercises (techniques)			
Level of psychological preparedness	Level of preparedness for "competition field," "competition carpet" conditions	Psychological stability (strength) in competitive exercises (methods) performed in simple and even more difficult and complex conditions	Motivational strength in striving for goals	Reaction to positive and negative influences, failures and defeats in competitions
Willpower Qualities	Demonstratin g willpower for victory, overcoming record "highest limits," the ability to reveal potential strength	The ability to concentrate, display courage, bravery, composure, and composure in performing sports exercises (methods)	Reaction to extreme conditions, courage, instantaneous execution of actions (instantaneous movements) and others	Diligence in overcoming difficulties, striving for a goal
Specialized Mobility in Joints	Amplitude of Movements in Competitive Exercises (Methods)	Amplitude of Movements in Competitive Exercises (Methods) "Reserve"	Amplitude of Movements in Specialized Exercises Degree of muscle tension	Elasticity of muscles and ligaments in competitive exercises (methods)

			of antagonist muscles.	
Level of Integral Preparedness	Sports Results in Competitive Exercises, Methods, and Matches	Summary Assessment of All Components Components of Integral Preparedness	Stability and Stability of Performing Competitive Exercises (Methods) in Simple, Difficult, Complex, and Facilitated	Conditions Accuracy of Ideomotor Performance of Competitive Exercises (Methods, Combinations)

Along with the stability and variability of the execution of movements mastered by the athlete (simultaneously), their reliability is also very important and necessary (and not without it). It is determined by the athlete's mental (psychological) stability, special (specialized) endurance, high coordination, and other abilities. The reliability of an athlete's actions in competitions, despite the influence of internal and external obstacles that arise during the execution of movements (Table 2), as well as the reason for insufficient mobility that causes them, arising from the coincidence of external and internal random factors, coordination uncertainty, and the transfer of inadequate skills and abilities, constitutes a complex result of improving skills, abilities, and abilities, which guarantees high efficiency [10].

As in any activity and work carried out, it is natural that various levels of errors and shortcomings are encountered in the current theory-system of athlete training in the field of physical culture and sports. The data on errors and their composition, which are relatively significantly more likely to occur during the training process for performing technical techniques, which are one of the important components of comprehensive thorough training of athletes, and which are more common in practice, are presented in Table 2.

Table 2.

Errors arising during technical training and their composition.

TECHNICAL TRAVEL ERRORS DUE TO INSUFFICIENT MOBILITY				
ta'lim defektlari sababli	psixogen sabablar	sharoitlar g'ayri-oddiyligi sababli	tasodifiy sabablar	jismoniy sifatlar darajasi etarli emasligi

due to learning defects	psychogenic causes	due to unusual conditions	accidental causes	insufficient level of physical qualities
CREATED BY THE COMPATIBILITY OF EXTERNAL AND INTERNAL RANDOM FACTORS				
spontaneous	characteristics of external natural and physical conditions	unsatisfactory control	incorrect training of the technique of performing the exercise	was caused by external random factors
COORDINATION UNCERTAINTY				
characteristics of partner or opponent	psychological effects of external conditions	methodological errors	characteristics of activity promotion	distrust, anxiety, fear
TRANSFER OF INADEQUATE SKILLS AND ABILITIES				
physique features	unsystematic, unknown-origin	psychological-motor instruction defect	qualification deficit (poverty)	emotional strain and mental fatigue

Conclusion. Generalization and analysis of materials published in existing scientific and methodological publications and periodicals made it possible to determine that the central part of the theory of athlete training, in its essence, relies entirely on a vast source of knowledge in the field of physical culture and sports, which constitutes the central and peripheral parts of the theory of athlete training.

The central part consists of a set of concepts, laws, and principles, as well as a conceptual-terminological apparatus. The peripheral part consists of ideas, facts, hypotheses, alternative approaches, exceptions, paradoxical phenomena, accumulated in the field of sports theory and practice and in mixed educational disciplines: biomechanics, physiology, biochemistry, anatomy, psychology, genetics, sports medicine, etc., as well as in private educational disciplines, approaches and theories - adaptation theory, systems approach, cybernetics, functional systems theory, etc.

Types of sports training: the level of athlete's culture, theoretical training, technical training of competitive exercises, the structure of movements, the ability to construct and coordinate them, thirst for knowledge, adaptive capabilities, the level of physical training, the level of general physical and functional training, the level of special (specialized) physical and functional training, the level of initial special (specialized) training, special (specialized) muscle strength, special (specialized) speed of movements, special (specialized) endurance, the level of tactical and psychological training, volitional qualities, the level of special (specialized) flexibility in joints and integral training, as well as some of their constituent components are systematized.

When determining the components of the level of preparedness, it is necessary to distinguish the following two groups: one of them is largely genetically determined, and the other is related to the level of training.

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