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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PREPARING ATHLETES FOR COMPETITION IN TAEKWONDO.
DEVELOPMENT OF TECHNICAL AND TACTICAL ACTIONS****Azizbek Butayorov**

Student

National University of Uzbekistan

Tashkent, Uzbekistan

E- mail: azizbekbutayorov04@icloud.com**ABOUT ARTICLE**

Key words: Supercompensation, loading, maximal, submaximal, minimal, microcycle, mesocycle, macrocycle, linear loading, staircase loading, wave loading, tactics, technique, movements, sport, competition, video analysis, operative tactics, use of loops, integrated approach, thinking, regulation, perception, skill, offensive tactics, automated actions.

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Abstract: This article is dedicated to the that every sport has technical and tactical training. And we can say with confidence that without technical and tactical actions, it is impossible to prepare athletes for competition. It is impossible to send athletes to the competition without technical movements. In this article, the tactical preparation of taekwondo sports, the correct loading of athletes and the problems of athletes during the competition process, and what to pay attention to during the preparation of athletes for the competition, the adaptation of the athlete to the area where the competition should be held, protection from various psychological attacks and problems of this category are discussed. In addition, several pieces of information have been given about a comprehensive approach to problems, correct diagnosis of problems, and proper training and loading. I must mention one more thing, these problems are encountered by almost every athlete and the solution to this problem is detailed in the following article.

INTRODUCTION

Let's start with information on proper loading for athletes. Because it is very important to give athletes the right load.

Loading is an additional activity of the body from the medical condition, that is, it is an additional movement from the daily ration activity. The load that falls on the athlete due to additional movement during training is called the training load.

The basis of the load is exercises. Cargo has two sides, internal and external. The outer part of the cargo includes:

- External indicators of loading
- Quantitative dimensions of cargo
- Continuity of work
- Appearance of the athlete
- Symptoms of post-exercise fatigue

The interior of the cargo includes:

- mainly internal organs.

1. Pulse
2. Breathing rhythm
3. Blood pressure

Depending on the quality and appearance of the body mentioned above, the load can be given to athletes in a normal state. In addition, there is the size (quantity) and intensity of the load. Load quantities include: time, number, distance and weight. The intensity of the load includes: the rhythm (tempo), speed of the training. according to the loading task:

- Grower, (developing)
- Stabilizing

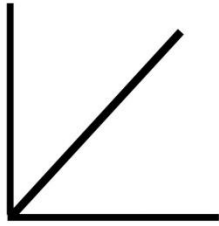
According to the size: it is divided into maximal, submaximal and minimal types.

The minimum load is mainly given to beginner athletes and is the smallest load, and it is also used for athletes who have taken a long break from sports. In these two cases, the entrance and before the competition, i.e. 7-6 days before.

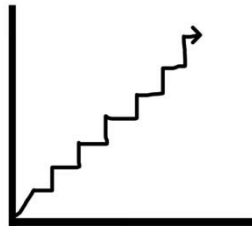
Submaximal load is a continuous training method, that is, a type of training performed in a standard form. This is an average load

The maximum load is the highest, that is, the load at the peak of training. The duration of this load should be 18-20 days. If this period is exceeded, the athlete begins to develop symptoms of fatigue.

There are straight-line, stair-step and wave-like forms of the load.



The first load is the maximum load. It is used in preparation before the training camp and the competition. Its duration is 18-20 days, it is considered a booster load and it is



organized 6 months before the competition..

Staircase load - in which one load is given until the athlete masters it. It may take 7-10 days. Then it moves on to the next load. Thus, the amount of cargo in



creases.

Wave load refers to the size of each wave load. In this case, the load is slightly lighter and heavier again. This system does not tire the athlete, but it takes a lot of time.

A microcycle is a one-week training plan created by a trainer. For example, one week working on speed, another week on strength, then endurance, etc.

METHODS AND MATERIALS

A mesocycle is a one-month training plan that includes four to five microcycles. The duration of this training includes a maximum of four years.

A macrocycle is an annual training plan. Here it is mainly done during preparation for big competitions. In addition to information about afterload, it can be said that proper rest of the athlete after load is also considered a form of preparation. Full recovery of the body is considered "Super compensation". If the athlete participates in the training process without full recovery, this will affect the quality of the training. For this reason, we need to give the athlete a little time to properly rest and recover. Naturally, we have a question, "How long exactly?" it is necessary to approach this question. We need to look at the above physical qualities of the athlete for his recovery.

Now let's give information about technical and tactical actions.

Let's first talk about what tactics are. A tactic is a set of methods designed to win over an opponent. In short, it can be called the art of competition and debate. Tactics are directly related to technique. That is, the art of using technology is a tactic.

Theoretical knowledge is very important in teaching tactics to an athlete. Because the athlete must know what he is doing, and first of all, it is necessary to explain in detail to the athlete what tactics are, how they are used and why they are needed. If the tactics are strong, the chances of winning will be very high. Therefore, it is necessary to train the athlete intelligently, prepare tactics perfectly. For this, it is necessary to correctly direct the movements of the athlete, which are best mastered, that is, automatic in tactics. Now the question is open: "How do I direct these actions?" Tactics are based on data. We can get data from the opponent's fights and we need to analyze the video of the fight. Video analysis is the most necessary material for creating tactics. That is, we will not be mistaken if we say that it is the main foundation of tactics. Therefore, in the video, first of all, we will pay attention to the physical qualities of the opponent, and then we will pay attention to his tactics. We will focus on his strengths, his perfect shot, his speed and how he defeats his opponents. The main task is to look for his weak points and pay attention to every detail in the battle. Some opponents will have better physical qualities. Especially strength and endurance. Athletes with such tactics are very strong and always win. Athletes of this type put psychological pressure on their opponent and always attack unexpectedly. A sudden attack

disrupts the athlete's tactics and leaves the athlete unsure of what to do. It's a great tactic, isn't it? But there is a counter-tactic to this type of tactic. That is, if this tactic is applied to the athlete, the athlete will get angry and his actions will start to be unclear. There is also a second way. For this, the athlete must develop a counter attack very well. During the fight, it is necessary to stop the opponent's attack aggressively, that is, with extreme determination, and to counterattack with strong pressure and extreme accuracy. The use of these tactics requires a very deep study of information about the opponent.

Another problem is that the athlete will not have information about his opponent. Such opponents are always a big problem. At this time, that is, during the battle, operational tactics are drawn up. This tactic is more effective if it is created jointly by the athlete and the coach. That is, this tactic is called objective and subjective. This tactic is structured as follows: First of all, the athlete studies the capabilities of the opponent for a certain period of time. During the study of these opportunities, the athlete uses various hooks (movements and strikes that indicate the attack and blows of the opponent, distracting the opponent) and tactics against it are selected. If the tactics are intelligently designed, the athlete's victory rate is 80 percent. The main basis of tactical action is making the right decision.

RESULTS AND DISCUSSIONS

There are situations when everything is enough for an athlete. The tactics are chosen correctly, the athlete has desire and courage. But the result in the fight will not be what you expected, and the athlete will show signs of fatigue. Such situations are often observed in international competitions. What do you think is the reason for this? Certainly not less rest. This is because the athlete's body has not adapted to the environment of that area. How to understand this? That is, the change of time relative to his country, the change of day and night, and the change of weather have a negative effect on the athlete. For example, the brain signals the body to sleep at night. This condition is always observed at the same time. At this time, in some countries, it is the same half of the day. It follows that during the competition, the brain sends a signal to the body about sleep, and the mind begins to slow down. At the same time, the body comes to a state of laziness and the athlete forgets the tactics that he wants to use, and at the same time, the athlete's movements become very slow. What should be done to prevent this from happening? First of all, the coach should thoroughly study the rules of the competition and adjust the training times to the competition process. Such a process should be started at least a week in advance, and if possible, go to the place of the competition a few days before and conduct the training process.

In order to use the tactics specified by the coach, the athlete must automate the methods used in the tactics. It is necessary to train tactical skills and other skills necessary

for automating these methods. At this point, the question may arise, "What are other abilities?".

- Perception
- Memory
- Imagination
- Understanding
- Evaluating
- Making the right decision

In order to automate tactical skills, the above skills must be well developed, and at the same time, knowledge and experience.

In order to win a fight, an athlete must always make a decision moments before his opponent. For this, a person must first have a well-developed thinking. To develop human thinking, the following exercises should be repeated more often.

- Live analysis and video analysis of competitions.
- Finding answers to riddles with unknown answers or partially approximate information. (This is the best and most effective method)

We have another problem that is common in athletes all over the world. This problem has a strong impact on the athlete's psychology. This problem is called competitive pressure. That is, after hearing correct and incorrect information about rival athletes during the competition, a feeling of fear arises from this information. What to do in such cases? First of all, the athlete should not be alone. But you can't always be with the athlete. The solution is to take the athlete to more competitions and friendlies. Only then it is possible to protect the athlete's psychology from the influence of external factors, strengthen the athlete's psychology and will. At the same time, you need to prepare for the competition in the right sequence. One of the positive aspects of this is that there are no negative changes in the athlete's body.

CONCLUSION

If we conclude from this, we will not be able to achieve the desired result because we cannot give the athlete the necessary load. It is because of that incorrect loading that we make our athletes bored and tired out of training and are the main reason we lose athletes. If we follow the instructions above, it will be appropriate. Allowing the athlete proper loading and recovery time should be part of the training plan. In addition, how an athlete learns tactics depends primarily on the coach and his ability to apply it. If the coach conducts the training process correctly, teaches tactical movements correctly, the athlete will achieve the desired result. For this, first of all, it is necessary to form the mindset of the athlete well, and

we have already mentioned the effective ways of forming the mindset. In addition, the coach should have a comprehensive approach to the problems that arise in athletes. Because the coach must always be aware of the athlete's physical and internal experiences and diagnose the athlete correctly. If the coach finds a solution to these problems, he can achieve the desired result without any problems, and the right tactics will ensure the athlete's victory.

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