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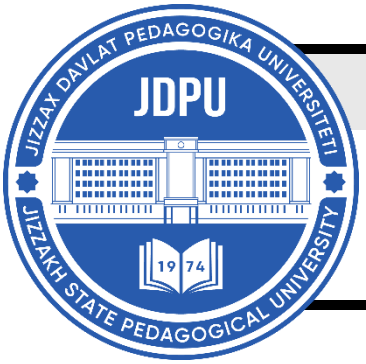

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DEVELOPMENT OF THE TRAINING PROCESS OF ATHLETES ON THE BASE OF INNOVATIVE APPROACHES

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ABOUT ARTICLE

Key words: athletics, sprinters, athletics equipment, young athletes, training process, individual capabilities, physical and moral education, speed, personal qualities.

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Abstract: In this article, the methods of developing speed of movement of track and field athletes and improving the training process, including the training of short-distance runners at the initial training stage of students studying in higher education institutions, maintaining balance in sharp movements, developing speed of movement in complex reactions in unexpected situations ways of conducting research based on scientific and practical experiences on the main stages of determining the dependence of anthropometric, morpho-functional and psychological conditions aimed at increasing the speed of learning and movement during the training are shown.

INTRODUCTION

Currently, one of the main directions of the state policy in the field of modern physical education and sports in our republic is the organization and holding of physical education, public sports activities, systematic sports competitions with students of higher educational institutions, selecting talented athletes from among young people and targeting them. preparation is important. "In order to form an all-round mature and physically healthy person with a high culture in the country, setting priorities aimed at gaining skills and knowledge of the population in the field of physical education and sports, introducing innovative forms and methods into the process of selecting (selection) talented athletes » duties are defined. In planning and organizing the annual training process of short-distance runners, taking into account the characteristics of the development of the physical qualities of athletes, the

correct selection of the tools and methods used will have a positive effect on the training system of athletes who can enter into strong competition at the international level. This determines the need to carry out new scientific research on the selection of reserve athletes and the organization of effective training processes with them in the stages of multi-year preparation. Creating a training process for short-distance running students based on a differentiated approach is one of the urgent problems, and its development serves to increase the effectiveness of training athletes in modern conditions. [1., 9; p. 61, 2; p. 50].

LITERATURE ANALYSIS

In order to bring the types of athletics into one classification and arrangement, it is appropriate to divide them into five sections - walking, running, jumping, throwing, and all-around. Currently, more than 60 types of athletics are recommended for men, and more than 50 types for women, both in open and closed fields. Of them, 24 types for men and 23 types for women are included in the program of the Olympic Games, and a total of 47 medals will be contested [3; p. 111]. Athletics is becoming one of the effective and versatile means of physical education and personal health in our country. Regular participation in athletics has an effective effect on many important systems of the body and serves to develop them at a high level. For these reasons, athletics has an important place in the physical education system of many countries. Track and field is included in the physical education programs of general education schools and higher educational institutions specialized in athletics. Physical culture teams regularly engage in athletics in sports sections and military units. Athletics is used as a means of active recreation and leisure in many public sports events in indoor and outdoor sports fields, which brings pleasure to people with a sedentary lifestyle [4; 25 p., 7; p. 56, 9; p. 61].

Running, like walking, is a natural means of human movement from place to place, and it differs from walking in the width, length, and flight phase of steps. Running is a widely used activity among people. This can also be observed in physical education and sports practice (football, basketball, handball, rugby, etc.). By running, the general physical fitness of all sports participants is increased. Running is not only a sport, but it is also important as a health tool. Also, running itself is divided into several types. Distances are divided into types based on the nature of the running action.

During running, all muscle groups in the human body work actively, cardiovascular, respiratory and other systems increase, metabolism increases several times. A person's willpower is strengthened by running. At the same time, the ability to properly distribute one's strength in distance sections, to pass obstacles and holes in front, and to run the distance to the finish line with endurance is formed.

Running is the main tool in all-round physical development of an athlete. [9; p. 61, 2; p. 50]. Flat running - running for a certain distance or time along the track without any obstacles or pits in front of the athlete, and the running is performed on stadium tracks or in natural conditions. In competitions held in the stadium at distances up to 400 meters, a separate lane is allocated for each runner, and no one is allowed to move in another lane. In the remaining distances, according to the rules of the competition, after a certain circle, it will be possible to run to the common lane [8; p. 24].

In a number of studies, more attention is paid to the development of physical education and sports, improvement of technical and tactical training of athletes, and a separate study of the training system of highly qualified sprinters. However, the methods of using special exercises for the development of speed of movement of the students of higher educational institutions in the initial training stage of short-distance runners have not been researched.

RESEARCH METHODOLOGY

In this study, the study of scientific and methodical literature, pedagogical observation, pedagogical tests, anthropometric measurements, films and photographs, functional methods of studying the cardiovascular (using the POLAR apparatus) and respiratory systems, pedagogical experiment, mathematical - statistical methods are used.

ANALYSIS AND RESULTS

The conclusions obtained during the study of the theoretical and practical situation confirm the need to introduce classification into the training process of short-distance running students. Currently, researchers have identified and studied many individual characteristics that affect the quality of the athletes' competitive performance, which can be successfully used by the coach. Solving these scientific and practical problems is important for improving sports performance in short distance running.

The possibilities and role of using a differentiated approach in the training process of students running short distances were studied. During the training, the issues of speed, speed-endurance, speed-strength training tools selection and determination, and the problem of a differentiated approach to training methods of participants in distances of 100, 200 and 400 meters were not paid enough attention.

Control criteria were developed to determine the physical fitness and leading movement skills of short-distance running students.

As a result of pedagogical tests conducted on the basis of these control standards, athletes were grouped into special groups in order to organize effective training based on indicators of quickness, quickness-endurance, quickness-strength qualities.

Speed - "A" group included spotters who showed good results in 30-meter running, 30-meter, 60-meter, and 100-meter low start tests.

Fast - Endurance - "V" group included athletes who showed good results in 150, 200, 300 and 600 meters running tests.

Speed and strength - "S" group included spotters who showed good results in standing long jump, standing long triple jump, forward shot and handstand tests.

At the beginning of the pedagogical research, a description of the indicators of physical fitness in the stratified groups of the experimental group of short-distance running students is given.

In the 30 m low start, the athletes of group "A" performed in 4.58±0.1 seconds, group "V" in 4.61±0.1 seconds and group "C" in 4.64±0.1 seconds. static difference was equal to P>0.05. In the control exercise, the athletes of group "A" performed 3.50 ± 0.2 seconds, group "V" 3.65 ± 0.1 seconds and group "C" 3.62 ± 0.1 seconds in the control exercise, all three groups the static difference between the indicators was equal to P>0.05.

Thus, the static reliability for 30 m sprint and 300 m sprint in groups "A" and "V" was P<0.05, and the static reliability between the three stratified groups for all the remaining 13 control exercises was showed no differences.

Pedagogical experience control during the study of the theoretical and practical state of the dynamics of physical fitness of athletes was carried out according to the results of testing during training, as well as during participation in competitions.

Based on the obtained results, the most important factors for differentiating the physical fitness of short-distance running students were determined.

Monitoring of individual indicators of speed, speed-power and speed-endurance qualities of short-distance runner students made it possible to quantitatively assess the magnitude of physical load and the direction of influence on the condition of short-distance runners, which allows to stratify the process of modeling micro-, meso- and macrocycles and helps to optimize.

Table 1

Structure of mesocycles in training of short-distance running students in differentiated groups

Parameters	MESOCYCLE TYPE		
	CONTROL-PREPARATION	BEFORE THE COMPETITION	COMPETITION PERIOD

Main tasks	determining the potential of the athlete based on the results achieved in the previous mesocycles, the specific features of the competition process, integral	to eliminate the shortcomings of the athlete identified during training, to achieve the final formation of the sports uniform due to the improvement of his	Conducting preparation in conditions close to competitions, effective organization of activities and direct participation in competitions
Characteristic	extensive use of special training exercises based on competition close to the competition	Several microcycles are used, alternating with other types of mesocycles, depending on the characteristics of the sport and the competition calendar, the athlete's	Loads will vary depending on the program and type of competition
Structure	developing 2 percussive restorers	zarbdor 2 pre-competition restorer-preserver	pre-competition recovery, participation in competitions
Training methods used	repeated-variable, interval, high-tempo competition, control, fartlek, game.	repeated, high-tempo, integral, competition, variable-fartlek, at the same pace	conduct competitive activities according to pre-planned tactics
Position in the macrocycle	in the second half of the training period and partly during the	during the competition	during the competition
Prediction of results	the level of special training develops and sports technique is improved	tactical and mental preparation increases (positive and negative influencing factors are identified)	the predicted sports result is achieved

The planning of the training process was carried out in accordance with the determined individual characteristics of sprinters. 100, 200-400 meter runners in differentiated groups are expected to use different volumes of speed-strength exercises during the one-year training cycle. In addition, different amounts of running were conducted in differentiated groups, the difference of which was the priority (more) use of some tools aimed at developing quickness and quickness-endurance. 2 years after the beginning of the pedagogical experiments, it is possible to judge that our hypothesis that it is possible to determine the sprinter's specialty related to running and that it is possible to realize the athlete's potential as a result of sports with the help of the optimal differentiated training methodology. ldi

Below are the indicators of physical fitness of short-distance running students of the experimental and control groups at the end of the pedagogical research. After the research, the results of the 30-meter low start run by 8.85%, the 30-meter standing run by 8.83%, and

the 60-meter low start run by 12.2% in the boys of the experimental group, which determine the quality of speed-endurance. 150-meter run by 8.9%, 300-meter run by 5.39% and 600-meter run by 4.13%, speed-power control exercises standing long jump by 18.8%, standing triple jump by 5.36%, forward core throw increased by 12.4% and lift by 24.9%.

In the experimental group, the results of running from a low start of 30 meters increased by 14.9%, running up to 30 meters by 14.4%, and running from a low start of 60 meters by 14.8%. sprint by 6.2% and 600m by 2.4%, sprint-strength control exercises standing long jump by 5.4%, standing triple jump by 9.19%, shot put by 10.8% and deadlift by 65% grew to In the control group, these indicators did not increase significantly.

Changes in the physical fitness indicators of this experimental group of short-distance running students motivated the athletes to increase their sports skills and served as an influencing factor for their successful participation in sports competitions compared to the control group.

In the course of pedagogical research, the levels of all tested indicators have changed in the experimental group, which is the result of the natural development of the trainees on the one hand, and the use of a goal-oriented differentiated approach on the other hand.

Table 2 presents a comparative analysis of the average indicators of the competitive performance of the students of the experimental and control groups who run short distances at the end of the pedagogical studies. According to the determined results, it is demonstrably shown that the sports results of the experimental group of short-distance running students increased more in the competition distances.

Table 2

Comparative analysis of the average performance of young athletes of the experimental and control groups at competition distances during pedagogical research ($\bar{x}$±б)

Distances	Research stages	EG (n=8)	CG (n=8)	t	P
100 m, s	At the	12,9±0,4	12,8±0,2	0,35	P>0,05
	At the end of	11,7±0,2	12,6±0,2	2,32	P<0,05
	growth %	9.3%	1.56%		
200, s	At the	26,2±0,9	26,1±0,4	0,46	P>0,05
	At the end of	23,9±0,5	25,5±0,3	4,26	P<0,001
	growth %	8.77%	2.29%		
400, s	At the	56,25±2,1	56,54±1,5	0,67	P>0,05
	At the end of	52,34±0,9	55,46±1,1	3,41	P<0,01
	growth %	6.95%	1.9%		

At the end of the research, boys in the 100-meter running exercise performed 11.7 ± 0.2 seconds in the experimental group, and 12.6 ± 0.2 seconds in the control group. Statistically reliable difference was determined at the level of significance P<0.05.

In the 200-meter running exercise, the athletes of the experimental group showed a result of 23.9±0.5 seconds, and those of the control group showed a result of 25.5±0.3 seconds, and a statistically reliable difference was determined at the level of significance P<0.001.

In the 400-meter running exercise, the athletes of the experimental group showed a result of 52.34±0.9 seconds, those of the control group showed a result of 55.46±1.1 seconds, and a statistically reliable difference was determined at the level of significance P<0.01.

At the end of the research, the athletes of the experimental group performed 13.9 ± 0.2 seconds in the girls' 100-meter run, while those in the control group performed 14.95 ± 0.5 seconds. Statistically reliable difference was determined at the level of significance P<0.05.

CONCLUSION

Thus, as a result of the comparative analysis of the obtained data, we can conclude that at the end of the pedagogical experiment, we can see that at the end of the pedagogical experiment, the athletes of the experimental group achieved better results in performing exercises compared to the indicators of the control group.

From the research, the physical fitness of short-distance running students was increased due to the use of the method of repeated training in complicated conditions while maintaining optimal speed with a large frequency aimed at developing qualities below the required level in groups classified by their physical qualities. According to the results of pedagogical research, the quality of speed of male students in the experimental group increased by 8.98%, the quality of speed-endurance by 6.14%, and the quality of speed-strength by 27.1%, and the quality of speed of female students by 14.7%, speed- endurance quality increased by 4.74% and speed-power quality by 7.8%. In the control group, where the described approach was not used, sports results and physical fitness test indicators improved very little.

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