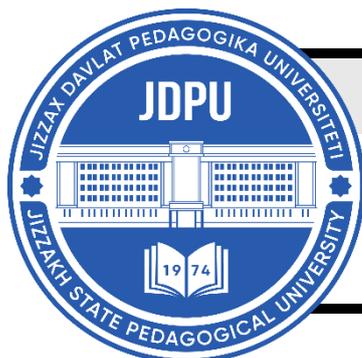


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**ERRORS AND SHORTCOMINGS IN THE PROCESS OF
PREPARING ATHLETES FOR THE COMPETITION IN TAEKWONDO****Murodjon Otaqulov**

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ABOUT ARTICLE

Key words: physical training, loading, technique, tactics, mental preparation, competition process, young coaches, athletes, types of loading, recovery.

Received: 01.05.24**Accepted:** 03.05.24**Published:** 05.05.24

Abstract: This article contains information that helps to eliminate the mistakes and shortcomings that are made among athletes during the preparation for the competition, as well as methods that help to increase their enthusiasm for the chosen sport. Nowadays, the results among many coaches are very unsatisfactory. After this result, the interest in sports among young people and coaches is also decreasing. Therefore, first of all, the competition or, if not, the training process should be conducted with a careful approach. It is necessary to take into account the athlete's interest in this sport and his physiology to this sport. At the same time, coaches play a very important role in the theoretical development of athletes. Small mistakes that we don't pay attention to can teach us during the competition. We need to pay attention to the athletes' technique, tactics, mental state, theoretically acquired knowledge and physical fitness while preparing the athletes for the competition. At the same time, it is necessary to pay attention to the extent to which he mastered the exercises and methods we gave him for body building. Today, some trainers do not pay attention to these aspects and do not achieve the intended result. You can read about them in this article and put them into practice.

INTRODUCTION

Today, people are increasingly interested in sports. The reason for this is the conditions created for young people in our country. Both young people and their parents are very satisfied with such conditions.

In order to demonstrate such conditions, our athletes have been taking pride in place in many competitions. This makes a great contribution to the development of our country. At the same time, they show how sports have developed in our country.

For example of this is Ulugbek Rashitov the Olympic champion in the sport of taekwondo. His victory in the Olympiad greatly contributed to the development of taekwondo sport in Uzbekistan Under its foundation loads a lot of complex and works a lot. Preparation for the competition is one of the most important. Most coaches ignore this factor. This leads to the result of the competition. It is necessary to prepare before the competition. It depends on the student. Proper preparation for the competition process will give us the desired result. So nowadays, many coaches are preparing their students for the competition in the same old way, that is, in the standard way. It has a huge impact. The movement of the athlete to the sport is waning. Why? Because after the expected result is not achieved, the interest in him fades, and he leaves the sport. Our biggest problem is that we do not have enough sports events that require new technologies. Today, it is difficult to achieve any result without technology.

MATERIALS AND METHODS

In the process of preparing an athlete for the competition first all, he has not be given theoretical skills. Because the coach should make him understand what kind of exercises are waiting for him and what are the benefits for him if he does these exercises. Then the interest of the athlete will be aroused, and this will greatly benefit the coach in the training process. Then, the athlete will theoretically receive the first stage of spiritual growth. But nowadays, theoretical knowledge is seen as a redundant or unnecessary factor.

In the process of theoretical knowledge, it is necessary to determine how each should shot be kicked, and in what position a certain shot should be kicked. Theoretically, if we train the athlete well, he will perform the exercises we give him as we expect. Theoretical knowledge helps the athlete to focus. In the sport of Taekwondo, focusing on one thing is a big problem. Because if he thinks about the opponent, he misses the shot, or if he doesn't, he doesn't realize that he has come to the edge of the court and it is possible to give unnecessary points Theoretical preparation should be given before each exercise.

Examples.

1. Today in practice, it is the defense against the blow.

2. How can we defend against this attack today?
3. Today we will try to change the situation as soon as possible.
4. Today we will try to divide our attention into three parts.

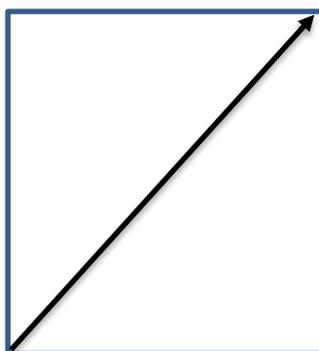
It is necessary to conduct the exercise in this way. Then the training process of athletes will be accelerated.

Physical preparation After that, it is necessary to work on the athlete's physical preparation, that is, his physical condition. If the athlete does not train for twenty one days, he will leave the sports condition. It will take thirty days to restore it. Therefore, it is necessary to raise the physical condition to a high level. In the process of preparing for the competition, the coach should determine the level of his student's physical qualities. We need to find out whether his physical condition is suitable for the type of exercise we are doing or not, and in this way we should exercise him physically. Downloads are simply adding more downloads to a normal workflow. The downloads help us a lot in increasing the will of the athlete. Downloads are the main tool of coaches because through downloads they can train their athletes well. The download process is divided into three types.

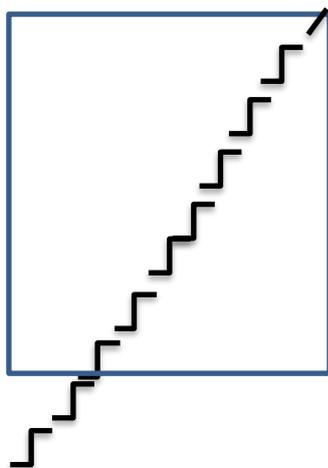
1. Linear loads.
2. Staircase loads.
3. Wave loads.

Loads that we normally give to straight line loads.

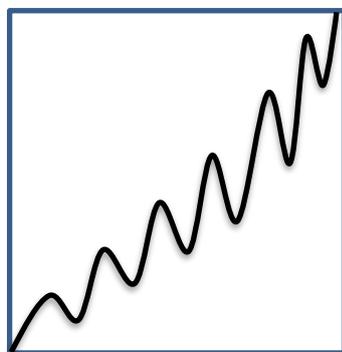
That is, it is constantly growing, we must constantly increase the type of downloads we give, only then the type of linear downloads will show its effect. Linear downloads are increasing day by day and are maxed out. The role of the coach is also very high. These types of downloads are given four months before the competition, or if I do not know, during the training sessions. A lot of strength is required from the athlete during linear loads. Not all athletes can withstand this type of loading. These types of uploads lead to results faster. Even then, if the athlete is example in theory what type of load, how long, and how useful this load is for him before the exercise, then his enthusiasm for accepting these loads will increase.



Giving stair-type loads often gives very good results to young and new athletes and contributes to gaining good experience for the competition. This type of downloads cannot be moved to other downloads before the first download is completed, then this type will not be effective. Because the result in the given download is achieved and transferred to the next downloads. Staircase downloads take a long time. Staircase loadings are carried out by other trainer in turn. This method helps a lot not only in loading, but also in the process of learning techniques and tactics. We should pay attention to the passion and ability of the athlete while applying this method. Because these masses are unlikely to give us advice. Then we can carry ladder-like loads without much effort.



WAVE-like loadings. For these types of loadings, we need to increase the size of the loads for each wave increase. On the other hand, when the tide goes down, the volume of loads is reduced, but it should not exceed the first wave, that is, the starting point of the rise. Only then will this type of work show its results. If we go down from the starting point of each increase, the loads will not show any effect. The volume of downloads will be increased to a certain point, and from that point we will slow down a little, that is, we will carry out the recovery process.



1 2 3 4 5 6 7 8 9-days

The recovery process is more important when there is less time before the competition. Because the athlete should not feel any pain in his body or organism before the competition.

Then we will achieve the desired result during the competition. Currently, the factors of recovery and mental preparation is not paid attention to at all. So these masses also have a great impact on the result. Therefore, we should focus on recovery.

TECHNIQUE it will be easier for athletes to achieve the desired result if they train in an orderly manner while preparing for the competition. However, the coaches chaotically conduct training and do not achieve results. Theoretical training, physical training, now it is time for technical training. Techniques are special exercises and movements in a certain chosen sport. In the sport of taekwondo, the technique are divided into two.

1. Leg movement technique
2. Hand movement technique

Leg movement techniques are divided into four.

1. Rebounding blows
2. Side kicks
3. Round shots

The hand technique is divided into two.

1. Hand strikes (ju-mong)
2. Protection methods (blocks)
3. Situations (stands and steps)

learning techniques, the level of achieving results increases by using the step-by-step method. Because this technique is a very effective way to learn new exercises. But nowadays, the coaches do not use the ladder method to the result, but rather the linear method which gives too much power to the athlete. Because there are many techniques in the athlete's brain, it is difficult to remember which technique to use during the competition and to improve! For this not to happen, the athlete needs a technique against them, observing the movements of athletes of their body weight. Then we will take another big step towards the result.

TACTICS - action to win. A tactic is a tactic of using a set of techniques at any time in any way. Technique and tactics always go together, but tactics will not be effective if the technique is does not mastered perfectly. Tactics are based on the rules of the competition, the environment of the competition, and the situation of the opponents. The opposite is happening here. First, the tactics is formed and the competition is lost. Tactics should be non-standard, so that the opponent will shout from us. We need to use unlearned tactics. It is necessary to work on several tactics during training and use them depending on the situation during the competition. As we said, the more the number of tactics, the more

excited our student will be. The competition sometimes does not know what tactics to use and it causes defeat.

We know that a person gets very excited, confused, and depressed before any important day. This medical condition causes such a mental condition in a person. It is the same in sports. Before any competition, the athlete experiences serious stress. An athlete who overcomes this pressure can achieve results in the competition. That is why coaches should train their students in therapy while preparing for the competition, and 80% of today's coaches have no mental state. In some sense, they know that even the day before the competition or during the competition, they prepare their students by telling them not to be afraid, that they will win, and believe in themselves. This does not motivate the athlete. The process of mental preparation should be the same as the preparation for the competition. Because all results depend on it. Right above, we said that physical condition is important, technique is important, and tactics are important, but if the athlete has fear or excitement, how does he create what we have listed?

No, he does not do any of them, because the athlete forgets everything after a mental shock. This deprives us of the result.

Mental preparation should be high. How can we give spiritual training to our students? For this, we need to implement a hundred measures during the competition during training. For this purpose, it is necessary to organize internal competitions or friendly matches between athletes during training. Then you can say. That I will take more to competitions at a lower level. This is the right way, but it also takes an expensive way. Because it is possible to take our athletes to these events during training, rather than spending money on those competitions. That is, we must maintain the state of the competition during our training. Therefore, we must find a way for our students to feel such situations.

During mental training, we must find such a word for our athletes. If we show him this song or something during this competition, he should forget everything and start working stronger, and more actively in the competition.

Then we are children who have forced the process of spiritual preparation. And our coaches are not paying attention to mental preparation at all.

As I said, before the competition or during the competition, you do this, don't be afraid, you will win. This does not help the athlete in any way to raise his morale. A person has a concept called a personal mantra, which helps us train an athlete. So, we can help our athletes gather strength during competition or training with just one word. It means that you have your country behind you, your parents are waiting for you to win, etc. There should be no barriers between the coach and the athlete to develop a personal mantra. This means

that the athlete should be able to talk to his coach about his problems or what is bothering him.

I did some research in preparation for the competition. I was able to train athletes in one month using the ladder method and one month using the wave method. First of all, I had to use the wave method. Athletes learned new tactics every day, both the techniques and tactics they learned well, but he repeated it.

Because new tactics are being learned every day. Then I was teaching other children the stair type method. They got a little bored, but the process of learning one trick only took a week, and they learned four tricks and the necessary techniques in a month.

This process continued in this way. After a month, we compared them, organized a general competition in training and divided them into two teams. Then our athletes who used the ladder method showed better results than these athletes, and the ladder method was much more useful for us.

T/r	Sportchilar.	1-week	3-week	4-week	5-week
1.	Stairs busy in the way	Front leg kicks	Defense and attack	Front leg kicks	Defense and attack
2.	Training in a straight line method	Round shots	Front leg kicks	Circumstances	Explosive blows

In conclusion, if we train the athletes, that is, our students, with a certain plan, we can achieve the desired result. Focusing on the services listed above will do us a lot of good and will take us much further towards victory. If we can train our students during the competition, this is our main job. Because we are the ones who took him out of his world, and now he hears us and starts to do the exodus that we taught him in class.

He starts doing what his coach tells us. Our boy has taken a big step towards the result. So, if we correct everything, even the seemingly small mistakes, this will be our main achievement.

Now, during the competition, we need to choose the right weight category for our athletes. Because our student wants to participate in the competition, his weight is 68 kg, but he wants to participate in the competition in the weight category of 59 kg. This caused a lot of difficulty for the athlete. Because he can't do what he's been trained to do during the workout after dropping the weight. Because then the issue of power is very low. Because the weighing in competitions is done one day before the competition. This means that an athlete who has lost weight must regain the weight he lost within a day. Only then will he win in the same way as he worked in training? A true athlete should also carry weight, but he should adjust to this weight long before the competition. Then, during the preparation for

the competition, he will train for this weight, and he will reach the competition without any loss of strength at this weighting.

Or the coach should choose the right weight level for his students. A coach knows how. The first thing a coach needs to know is how quickly his student's body structure can recover from weight loss. It is necessary to compare the student against the athletes of the chosen weight. Then we can predict the result of our student in the chosen weight category. It is very important to us that our students do not lose weight. Because the athlete who is not losing weight has a lot of strength. Speed and endurance are the only features that have not been lost. To prepare for the competition in this way, we need to set an example for our students. What does it mean? Who won first place in the next prestigious competition in the weight class that our student is participating in? Let's say that the world championship is held, this competition is held once in 4 years, everyone releases videos of this competition, and sports accordingly prepare seriously, and there are a lot of things to do. Because each country trains its athletes with different techniques. This will help us learn more techniques and tactics, and if we can apply this to our athletes, it means a great result.

RESULT AND DISCUSSION

If we do all the exercises and training methods listed above in order, our results and preparation for the competition will be much easier and more effective. With the preparatory process in this direction, we witnessed very good results in large-scale competitions held on the scale of the republic. First of all, it will be enough if the training is conducted in an orderly and cheerful manner. This is generally supported by all athletes. PH doctor L. Polatov guided us in this process and shared his knowledge with us. This allowed us to test this innovative research on young athletes. We observed the training process of the team of the article company and saw how they conducted the training. All the methods and techniques mentioned above are supported and very well done. It takes a little patience and time to see the result. In the process of training, young athletes can improve a lot. Today, they have shown results in national and international competitions. To compare them, we took young athletes who have been active for many years under a controlled arm. He achieved a very satisfactory result in the national competitions. For this, it is up to the coach to train the coach. No matter how much he trains the child, the child will become more involved in this sport. They also bring us the result. I can't tell you to start the exercise in this way so that the results are what we expect. This was our training process and we achieved the project with training in this direction. Someone may have a better way of training, but in our opinion, these methods are quite outdated. Because in these methods, the athlete is tortured and the child leaves the sport. This concludes the result. Coaches now only give loads and do

not know how to give recovery. The coach knows the techniques, in what way and at what time, he cannot impose them on his student. He does not pay attention to the spiritual preparation of his students. There are so many shortcomings that hinder us. For this, such errors and shortcomings are mentioned in this article.

CONCLUSION

In conclusion, I can say that many coaches do not carry machines with this system. Because they do not pay attention to such small, small mistakes, and the result is bad. In J. Cleary's book "Atomic Habits" it is mentioned about the Great Britain cycling team, which achieved a great result by paying attention to such small mistakes, and it was mentioned that they achieved a great result by eliminating these small mistakes and shortcomings. In this way, the small and invisible mistakes brought to us lead to a big mistake, that is, a bad result. It is difficult for us to appreciate our work and the work of our students, affecting the result. In this article, we have focused on such small processes. The trainer who supervises the training process is experienced. Because it gives the desired effect. But the busyness is also very fast. Everyone can do it. It is not possible to conduct it effectively.

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