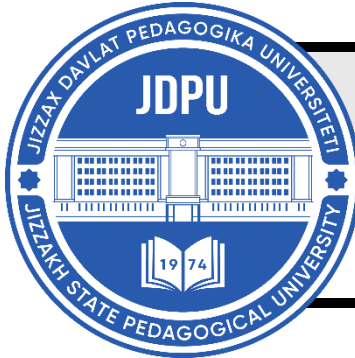


**MENTAL ENLIGHTENMENT SCIENTIFIC –
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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**GETTING YOUNG ATHLETES INTERESTED IN SPORTS AND
GIVING THEM THE RIGHT TRAINING**

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ABOUT ARTICLE

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Abstract: When working with young people in sports, conduct training based on age characteristics. Basically, training for young children is training through play. Loading and other exercises are also given as a game. The reason is that they require more active activities than their age. On the other hand, if young children are given the same workload as teenagers, they will get bored with the exercises. When working with young people, it is wrong to hit a child a lot. You should train with him as a friend. training should be light and interesting. when children are new to sports. it is advisable to carry out the training with easy and simple movements. coaches should give loads to athletes according to their age. the coach should also take into account their body composition and physical strength.

INTRODUCTION

School age has a good effect on training these physical qualities is time itself. Morphological and functional in students as they move from grade to grade there will be changes, his physical capabilities will increase. In physical education class, endurance, agility, taking exercises to develop and improve speed, strength and flexibility will go Missing the opportunity at this time is in some cases or sometimes in the future not provide an opportunity to replace him. Therefore, it is very important to the student will depend more. Physical education teacher, coach in his work accurate knowledge of individual characteristics, gender, age of students must have. They are to educate students' physical

qualities and actions helps to successfully solve the teaching task. This or that child development of genetic ability, individual characteristics, physical quality taking into account sensitive periods, according to the age of the teacher or coach the child using tools and methods to develop motor skills the preparation process can be properly organized. School students are right can be organized. About the age and gender characteristics of schoolchildren let's stop briefly. Children of junior school age. In children of small school age, growth, tissue structures formation continues. But compared to the period of preschool education the rate of height growth slows down a bit, but body weight increases. Every year, height increases by about 4 cm, body weight increases by 2 kg. Now the samethere is a difference between boys and girls in normalizing physical activity at this age should be approached. Because according to some indicators of development, it is a boy Body weight of boys at 7 years old compared to body weight of girls 0.2 kg more in total, and 0.4 kg less at the age of 10. Body at 10-11 years old 32 the proportions of the parts are almost the same, the circumference of the chest in girls 1-2 cm less than boys, the living capacity of the lungs is 100-200 cm less will be. This means that the load in endurance exercise is several times less must be. The resistance to static stress is fast in schoolchildren of junior grades increases and the growth is higher than that and compared to students of higher classes will be. However, children of elementary grades should give high level of effort can't hold again because they know the degree of muscle tension does not know how to differentiate. 8 to 11 years of the stomach muscle durability by about 77%, body writing 85%, wrist writing 41% increases. It is on a certain surface for training static endurance in children of this age (hangs and leans, balancing, standing on tiptoes) long enough you can use an exercise that can be held for a period of time. Strength endurance loads for training are used individually. In the development of strength, it should be taken into account that girls have a paw muscle strength decreases by about 5 kg at the age of 7-8, and 10 kg at the age of 10-11. Thus, boys in the number of repetitions of tension exercises in girls It's the same with children as it is with them, but it's more tense will be a little less. However, girls are physically fit if their order of movement is sufficient, they will not fall behind the children. The muscles of young schoolchildren are very low in protein and fat. therefore, the increase in total strength will not be as great as in muscle strength increases relatively quickly. The calf muscle of the leg is the most important in this, the strength of writing the wrist and bending the paw increases. Related to this, i.e The strength of the muscles in the groin area of children has not increased, and the quality of quickness and strength development exercises must be dynamic in nature. The most physical fitness of elementary school students Many important moments are the development of such quality and agility in them is considered

Officially, that is, from 7 to 11-12 years of age 33 there will be some changes in the development of coordination. At the age of 8-11, the mobility of the neuromuscular systems reaches a high level of development, the ability of analyzers to differentiate increases. Children are muscular with alertness or precision to an exercise aimed at improving perception they answer. They return the amplitude and rate of movement exactly the same, precisely controls the level of muscle tension and relaxation, and in them the time and space of perception takes shape. Pose in a static position or pose in elementary school age students the stagnation is gradually improving. So the torso in the sagittal plane and the average amplitude of the vibration has decreased almost like that of adults goes Opportunities to develop agility in schoolchildren of this age missed opportunities are very difficult in practice, and sometimes the next there will be no opportunity to replace him in classes.

MATERIALS AND METHODS

The difference between flexibility and other physical qualities is that in school before starting to teach, that is, the strength of the characteristics of age begins to deteriorate. This is explained by the fact that the tissues of the uncle are bone begins to rotate, and the mobility of the associated compounds decreases therefore, special attention is paid to students of junior school age should focus. Joint mobility in boys and girls 15-20% less on average. This is a high download for boys requires an increase in speed and volume. It can be concluded that: This period is a very good time to develop agility and flexibility is considered Children of secondary school age (grades 5-9). There is a big difference in the level of physical fitness of boys and girls in grades 5-6 not observed. Between 11-12-year-old boys and girls at school the difference is less in speed-strength training. of the muscle from the age of 13 weight increases significantly. The total weight of the body, its part begins to grow, it is about 33% by the age of 15. 12-14 years old in teenagers, the strength of the muscles that bend the body, bend the thigh and the face of the foot 34 also grows. However, this reduces the contractility of the muscle to some extent, but increases their durability. Thus, the force is transverse to the muscle grows due to the increase in blood vessels. The number of muscle fibers increases, especially muscle tissue in such a section or place, they are stretched across will be tested. This increases the rate of muscle contraction. Body in girls growth of weight and muscle strength is two times less than that of boys will be. It can be concluded from this, that is, from the morphofunctional point of view by boys and girls and positive enough to do strength training affects. However, it is necessary to take into account this, that is, the girl children lag behind children twice in the growth of strength, that is, hanging on them and exercises related to overcoming body weight in leanings is often

difficult to do. Endurance indices of boys and girls in middle age (general, speed, strength) and differ from each other, in boys they continue to improve is enough. And in girls, the transition from middle school to high school age is different the growth of indicators sharply decreases, stops, or worsens goes, that is, it is separate for static strength endurance in different muscle groups will be noticeable. For example, when static strength increases to 10-11 years, decreases sharply and does not change from about 13-14 years old. Again sharply increased goes and sharply from the age of 15-16 to the level of the same 7-year-old girl decreases. Such fluctuations are the inactive development of body weight during puberty depends on each other and this type of resilience at school and at home, of course is that he does not study. Abdominal press muscle and thigh in girls static endurance of the flexors, bending the body while lying on the back, the leg the number of which is estimated to be raised up to 90 degrees, up to 11-12 years old growth, and then these indicators gradually decrease to the seven-year-old level. However in girls, the endurance of the back muscle increases evenly until the age of 17. At this age, it is positive for the development of movement coordination and agility the impact will continue. Adolescents find agility more difficult is ready to develop the manifestation: the norm and rhythm of movement, space, try to increase the feeling of the muscle temporarily parameters the formation of an action analyzer when reaching the age of 13-15 to get a reference for evaluation almost finished. But orientation in space increases the role of vision. Muscle The ability to accurately restore tension continues to develop until the age and reaches almost or sufficient maximum, 15-year-old pupils the ability to maintain a constant speed in complex coordination exercises it gets better. Focus to improve movement coordination it should be focused on moving quickly without tensing the muscles. Therefore at this age you need to learn to relax the muscles. Sex at the level of development of speed skills up to 12-13 years old there will not be many differences. Later, boys overtook girls begin to leave, especially visible in full-motion indicators, 13-14 and with age, the speed of angular movement in the joints increases. claws, the speed of movement of the wrist, foot, palm, face and calf grows more in the camp. 14 with age, to the maximum frequency of movement performed without stretching is achieved. With goal-oriented exposure or various sports exercise has a positive effect on agility skills: quick response to impact and develops the ability, improves the speed of one contraction. If at a young age special attention is focused on flexibility, then medium and at school age, the task of keeping it at the achieved level is set and special improves with exercise, flexibility decreases in the opposite position possible Girls are more flexible than boys will tend to, and therefore their evaluation standards will be higher. Older children (high school, vocational college students). For the purposeful preparation of students of lyceum,

vocational college assessment and consideration of the physical and mental development of adolescents and girls is important is important. General mental health of lyceum and vocational college students based on the positive laws of general age in physical formation and taking into account the unique individual characteristics of each employee need to get Thus, at the age of 15-16, sexual maturity is completed, until later the weight of the muscle increases, muscle strength, endurance increases, pelvic bones growth, hardening of the surface of the feet, growth of the bones of the paws, chest stops, movement coordination improves. In adolescents, height chest girth grows, legs become long. Pulmonary vitality in adolescents slightly more than girls in terms of capacity, pawl and steel dynamometer will pass. They have ligaments, hamstrings, and upper muscles of the shoulder girdle gets stronger. Here is the weight of the muscle in relation to the weight of the body it is shown that it has grown more. Although at the age of 15 skeletal muscles and ligaments reach a high level, their development is in older adolescents. (for vocational college students) will continue again. Long tubular bones Joint ends and spine continue to grow until 23-24 years of age. Makes As long as the spine is not ossified, to him Avoid overloading, especially when lifting heavy loads.

But the activity of the cardiovascular and respiratory systems improves. Your heart minute volume increases, heart rate decreases at rest, the blood pressure becomes stable, the vital part of the lungs increases. Short distance running speed in teenagers from 15 to 18 years continues to improve or increase, but more slowly toward normal it will be relatively earlier. The frequency of movement, at the same time, the majority of movement can be increased with special help of speed. At this age later muscle the differentiation of the development of the ability to freely relax is improved goes Muscle sensation or sensation improves. But physical work ability indicators decrease. Girls of this age continue to grow and develop, but earlier somewhat different from periods. The height of the trunk slows down and that's it growth in height and width is clearly visible. About 65% of 16-year-old girls are obese the growth of the length is completed. Bones become thicker and more durable will be. At the same time, the column of the spine is strengthened and somewhat will have the ability to hold the load, that is, the process of turning into bone is still complete will be incomplete. Muscles have better elasticity, nerve control, ability to reduce life and relaxation will be high enough. So so the musculoskeletal system can hold more tension and has the ability to work for a sufficiently long time. Intrauterine for girls causing great pressure and trembling or shaking of the internal organs provoking exercises are contraindicated. These are heavy lifting and carries, high jumps, etc., but the abdominal press with moderate load to strengthen muscles, back, pelvic muscles it is necessary to give the exercise to be done.

Manifestations of analyzers improve, central nervous system system development is completed.

RESULTS AND DISCUSSIONS

Nervous processes with great mobility difference, acceleration over braking is still the same as braking how many times the takeover continues. This causes an increase in the size of the heart. At the same time the artery increase in blood pressure, adaptation of the circulatory system expands somewhat within its capabilities. The living capacity of the lungs and in the lungs the possibility of respiratory reserve reaches the level of adults. This is the job of girls at this level ability increases, ability to perform long-lasting work increases. Big on that and an increase in resistance to work at an average speed is noted, in physical load the oxygen regime becomes more economical. The maximum capacity of girls reaches its peak at the age of 16. By this period, the organism's ability to work on debt significantly increases, i.e., anaerobic suitability increases. With re-voltage is achieved by breathing when working.

	Movement quality	Age period
1	Aerobic capacity (general endurance)	From 10 to 12 years old, 17-18 years old
2	Special endurance (sprinter)	from 14 to 16 years
3	Anaerobic capacity (medium and long distance runners special durability)	13 to 15 years old From 17 to 19 years old
4	Speed: rate of movement indicators; being one person speed of movement; movement reaction	From 9 to 12 years and from 14 to 16 years under the age of From 9 to 13 years old From 9 to 12 years old
5	Speed-strength quality	9 to 10 years From 14 to 17 years old
6	General strength	from 14 to 17 years
7	Flexibility	from 7 to 10 years
8	Agility	from 7 to 10 years 16 to 17 years old

It has been proven in many studies that the physical quality of the child is growing or its rapid development coincides with such periods that the person's development depends on biological and physiological characteristics. As practice shows, all the physical qualities of a child can develop during adolescence, but forcing them to develop at such a young age is appropriate when the specific quality is rapidly developing.

In the theory and practice of physical education and sports training with great importance to the tasks or tasks of training considered, they allow to direct the development of physical quality. Conducting traditional classes is an educational process is recognized

as the most important form of organization, it is educational have a direction, their time and place, in the program, plan and schedule in advance It is determined where the starting person is the answer to the results of educational work teacher, armed with the knowledge system, pedagogical skills and qualifications, becomes a specialist. At the initial stage of learning, there were many mixed classes, and later the lessons will have the same material. The characteristic is that the preparation at the initial stage, it is more focused on mastering new educational material class is presented, and then it's all more blended classes and training classes. One of the methodical foundations of the effective organization of lessons is optimal motor density is to achieve. Currently, the main standards are the size of the physical load of the lesson indicators of general and motor density that allow for evaluation is considered The first of these indicators is pedagogically justified lesson time or is characterized by proper use, the second - by physical exercises is the productivity of engagement. This is an exercise during the entire duration of the lesson reflected in the ratio of time spent directly on execution. that is why motor intensity depends on the content of the lesson, the level of training of the participants, from their current or originating situation, other factors and the course of the lesson depends on the properties that affect the parameters of rest and loading. Thus, motor density indicators are determined in percent, but in this case The intensity of the exercise is not taken into account, it is the nature and size of the physiological shock is determined by According to experts, exercise at an average speed motor density was 50-70%. Functional work skills of physical education classes training is organized based on pedagogical and methodical objective laws will be done.

They have a comprehensive influence on load management and exercise selection practical direction of education, health improvement directions are relevant will be. Among the methodical principles that determine the educational and educational direction conscious activity, comprehensibility in teaching, individuality of participants It is distinguished by its own characteristics. Physical education classes The specific features of the structure include continuity in the physical load system, rest the influence of the learning intervals, the developing-educational-trainer gradual dynamic increase, cycle of training and school critical periods and sensitive development of students' organism (puberty) specific age of the participants specific exercise system is required. The indicated pedagogical laws determined and completed in the lesson in accordance with the following requirements:

1. It is necessary to imagine that the lesson is fully completed, logically will be related to pre- and post-training sessions.

2. What is the impact of each lesson on students in the physical education plan if there is, it must be comprehensive in such a physical development plan. In class complex tasks are solved: educational, training and health improvement.

3. In each lesson, acquire physical knowledge, teach movement, physical education of quality, acquisition of skills and qualifications in independent training work is carried out comprehensively.

4. In the application of various teaching and educational activities, the level of independent education, action, in increasing the mental perception and activity of children mastering, emphasizing the following method in the manifestation of creative activity need

5. From the first moment to the end of teaching and educating students must be carried out during all lessons: one-sided practice solving the educational task in the main part of the lesson cannot be considered correct. Because the educational load is spent in the preparatory and final part of the lesson the teacher occupies the position of officialdom by spending ineffectively.

6. Students' activities during the lesson for all 40-45 minutes in order to provide, it is necessary to use it more appropriately during the lesson. Students should be involved in educational activities. Everyone is on the same level, but that's it at the same time, individual characteristics should be taken into account.

7. It is necessary to set a very specific task for the lesson, because they are exactly this activity can be solved by itself. Solve the general task of the educational process is achieved by performing a separate system of tasks.

8. Sequence in organic conditions when teaching the task in achieving the goal and a systematic approach to planning the entire educational process is possible.

Exercise is more structured determined by the specific changes in the working abilities of those involved. Pre-work shifts in the dynamics of work ability, performance versus high work ability. It is characterized by phases of stagnation and decline in work ability. These shifts are movement In the process of making, the character of the organism's movement function is reflected and therefore in the activities that want physical exercise such or manifesting differently, it acquires the force of biological laws. In class it is necessary to ensure gradual activation of the organism's function in accordance with the principles of load management. To solve the most important educational task use of increased work capacity and adequate training achieving results, normalizing the functional activity of the body, and it is necessary to create a favorable ground for transfer to the next activity (in the final part). The total duration of the preparatory part is 25-30% of the total time of the lesson consists, the continuation of the training depends on the type of educational material, surrounding it

depends on the situation and others. In practice, for example, in school approximately 7-10 to 15 minutes to the preparatory part of the physical education lesson is separated. From 2 hours to 40 minutes to practice in a sports training class is separated. The main part of the lesson represents the material, it is the main part of the lesson makes up its content and the time spent on it in training is total the dominant part of the volume is separated. The main part has more of a purpose the plan and curriculum of this important lesson, solves health, educational and educational tasks. Continue the main part on the one hand, depending on the working ability of those involved, on the other on the other hand, it is determined by the time allocated for training. Time of school lessons the limit is 40-45 minutes, which is rarely 2/3 of the allotted time and lasts 25-30 minutes. Sports-training lesson 1.5 lasts until hours. In the main part of the lesson, the most popular form of organizing the walking posture of the participants is group and individual forms. is considered The final part of the training. The purpose of the final part of the lesson is to gradually reduce the functional activity of the participants' body and make it is to make it relatively peaceful. Until recently, it was considered that sports training, mainly defined in the microcycle of sports training, presented in separate training sessions or a set of sessions is the level of microstructures. At the same time, some training within the limits of training, the structure is more diverse and sufficient as a response to the reaction to act, sometimes not only logically in the process of increasing the education and training of the uncompleted cumulation, and performed in a negative impact on the total efficiency. That's why most researchers consider the educational and training tasks of young athletes in -tv, xv distinguish the main quality of the educational microstructure: complex It is advisable to organize them separately, and to bring them together provides effective organization of a training lesson. So, what does the task of training imagine? It's a sport is the initial element of the training structure. Training of athletes the task of training in the software-methodical provision system recently recognized or recognized based on terminology.

The modern theoretical conception of the content of the task of training is sufficiently contradictory as the initial element of the structure of training. In this Most researchers use methods of exercise with loading and relaxation As components, it acquires pedagogical content, when training in programming the effectiveness of training when combined in the task its success depends on the pedagogical goal. Exercise components of factors affecting the training task training in a hurry to bring together clearly a targeted solution to the pedagogical task of demonstrating the need for effectiveness In order to achieve this, it is necessary to define the exercise as a technological form of organization Purpose: Training

in the systems that control the organism task to achieve functional programming of efficiency:

- movement training:
- education of physical quality;
- physical, taking into account the nature of the effect of the exercise on comparison or comparison related to training and improving technical skills dependent;
- the task of training: the technological form of training:
 - download parameters;
- effectiveness of training;

The characteristic features of the educational task are its standardization is considered Standardization refers to the achievement of a planned goal; she is determines the conditions, they help or hinder the achievement of the goal in advance does, and also gives clear instructions regarding the execution of the action. Currently, there is a consensus among experts of various sports there is no connection with exchange, for example, the basketball coach is young a jumper for basketball players to develop quickness-power skills can use the exercises successfully. Practitioners to solve find a means of directed methods, more than that they are one or another sport its uniqueness is considered enough. He wanted more general knowledge it will be extremely limited compared to the type of sport. Of the above The first reason is that there is no general regulation of classification systems and development not released. Knowledge of the most general feature of the action task, as well as such changes in their ability level and physical education and adding to increase the efficiency of the work of sports specialists it will be very useful to go. It should be noted that the task of action most important in the classification system, especially practical if it has the appearance of importance, replaced in the methodical regulation and practical knowledge it is necessary to have a support in the system, and he is a physical education coach v basic ideas in achieving the target task of training specialists provides.

CONCLUSION

According to the experience of many leaders and foreign coaches, different sports according to those who work with sports reserves, i.e the structural element and the main organizational form of sports training is called training task. As far as we can tell, a number of coaches are guided by certain tactics in their training sessions. has a task (action, game, meaning, etc.). However most experts rely on their personal experience. In recent years the accumulated experience in training. German track and field athletes is noteworthy planning and implementation of the training program there based on the use of standard cards. Card sets a set of training tasks included in the form is presented. one card showing goals, tasks,

methodical and pedagogical recommendation, standardization makes In almost all complexes, equipment and training tasks are used additional information is given about inter-exercise organic changes. German Physiological exercise in the development of training tasks they come from the direction. This is especially the case today athletics-athletes, wrestlers, jumpers, hurdlers reflected in training programs for runners. Place in the program recommends aerobics of a complementary nature, a block of developmental tasks. The quality of indicators of control of functional shifts during the performance of the task The amount of ChSS is charged. However, the structure of training components All recommendations based on the opinion will find their character in practice in the program could not, most of them aim to organize the training for a long time in an annual cycle did But the technology of organizing sports training on a block-module basis free in principle, redundant, poorly educated or washed away Targeting cannot be done in principle, that is, it is difficult to prepare the design of cycles is clearly shown. Reality and clear, transparent giver, including imagining parametric computing about the purpose of foretelling 46 only as far as operationally possible and primarily athletes interrelationship with training tasks and alternative and staged goals will be in the form of a training task.

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