

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**GIVING THE RIGHT LOAD TO ATHLETES DURING TRAINING AND
CONNECTING FLEXIBILITY WITH REST****Ilyas Orolov***National University of Uzbekistan named after Mirzo Ulugbek**Tashkent, Uzbekistan**E-mail: Orolovilyosjon2@gmail.com***ABOUT ARTICLE**

Key words: Loading, sport, rest, heart, skill, fitness, organism, blood pressure, oxygen, physical training, physical training, physiological training, mental and moral training, running technique and tactics.

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Abstract: This article covers the incorrect loading by teachers and coaches during sports training and events, and the failure to properly organize the athlete's rest system after heavy loads. , and in this article, the fact that the rest system is insufficient in relation to the given loads during continuous training serves to prevent bad factors such as stress, various injuries, fatigue from sports and early withdrawal for athletes

INTRODUCTION

1. What should be the heart rate during physical training. Loading Athletes is a premier fitness facility dedicated to helping individuals of all levels achieve their goals. The health of the young athlete will be affected by not properly distributing the loads and not properly controlling the impact of the loads on the body of the young athlete. In addition, we will lose an athlete who could become a world or Olympic champion in the future. Below are tips on how to control loading and direct loading to develop the qualities you need in your athletes.

It is better for a qualified coach to determine the condition of each athlete before the beginning of the training process, and then to approach the process gradually, knowing whether the athlete is ready or not for the given physical loads, it is best to load the physical load based on his condition. It is a gray path, because the physical condition of an untrained athlete can cause many unpleasant situations as a result of forced acceptance of given physical loads. "Training load" is a broad term that describes the total volume, intensity, and type of physical activity an athlete performs during training and competition.

External load: physical work performed by the athlete. For example, the distance run, the number of jumps made, the balls thrown. It can also be duration, intensity or other available indicators. Movement perception in indoor load athletes. The most common forms of internal load measurement are perceived exertion (RPE) or heart rate response to a stimulus.

Heavy load: The load of training accumulated in the last week. In this case, strong fatigue is observed in athletes, "active" rest is advised.

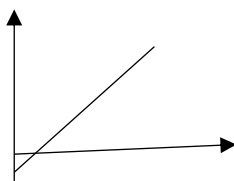
MATERIALS AND METHODS

"Active" is a type of recreation. It is considered a type of recreation that comes to sportsmen and ordinary people. What is active recreation during this vacation? Team games (football, volleyball, basketball) can be used for active recreation. In this, athletes engage in a sport other than their chosen one, and increase their passion for their sport after training and exhausting training. It ensures good rest of the body.

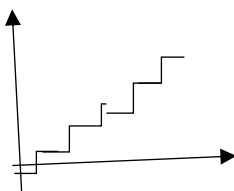
Continuous load: average training load accumulated over 4 weeks or less. In the course of such training, it is necessary to give the athletes a good rest and give the athlete a short and best choice. It is important to know the training process in order to give the right advice. It is necessary to know what system the training is based on.

There are 3 main methods of uploading.

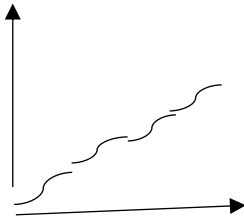
1. This is the maximum load. it is used in preparation before the training camp and the competition. Its duration is 18-20 days, it is considered a booster load and it is organized 6 months before the competition.



2. Staircase loading - in this case, one load is given until the athlete masters it. It may take 7-10 days. Then it will proceed to the next download. In this way, the amount of loading is increased.



3. **Wave load - each wave represents the size of the 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.**



Which of the above-mentioned methods is included in the training process, the way of rest is chosen based on this method.

What is load in training? In the simplest terms, Training Load is the total amount of exercise you perform, usually measured over the course of a week. This can be measured by considering a few things - duration and intensity. Measuring time is easy. But the intensity can vary depending on how fast you run or your heart rate.

For example:

- 1) **Sudden rise or fall of the cardiovascular system.**
- 2) **Dizziness, bleeding or bleeding.**
- 3) **Occurrence of various pains in the lumbar vertebrae.**
- 4) **Restriction of further physical activities**

Such bad factors can be noticed. It is clear to everyone that sports training is beneficial for the cardiovascular system. However, it is also inevitable that human health will be at risk as a result of excessive loading. A qualified coach should use various methods to determine the condition of athletes before training. Usually, if the heart rate during exercise exceeds the norm, the load is considered excessive, if it does not reach the norm, it is not enough.

2. Why the heart beats faster. The acceleration of the heartbeat depends on the amount and duration of the given load, and it occurs as a result of an increase in the load relative to the force. All organs and tissues of a living organism must be saturated with nutrients and oxygen. It is because of this need that the cardiovascular system works - after blood is pumped by the heart, the organs are saturated with oxygen and return to the lungs, where gas exchange takes place. At rest, the heart beats on average from 50 to 80-90 times per minute (in people who do sports).

As a result of physical activity, the oxygen demand of all organs increases dramatically. This is why heart rate increases after exercise. The heart receives a signal about the need to supply the body with a large amount of oxygen and begins to work at an accelerated rate to provide the required amount of oxygen.

3. Normal heartbeat. Heart rate varies with age and pace. Also, in a number of cases, the heart rate increases. Heart rate in children can vary from 130 to 100 beats per minute, and in adults from 60 to 100 beats per minute. Tachycardia occurs when the heart rate exceeds 100 beats per minute.



It is very important to measure the heart rate after physical activity in order to know whether the heart is working properly and whether it can carry enough loads. Ignoring this will lead to the deprivation of this opportunity for athletes who may become Olympic and world champions in the future. The values of the norm can change depending on the person's physical condition and age, so the "Haskell Fox" pulsatility formula is used to determine it. In this case, the age of a person is subtracted from the maximum heart rate (220). Depending on the result, the heart rate norm is considered for different types of loads or exercise zones.

4. Running. Light running perfectly strengthens the heart muscles. A normal heart rate for light running is considered to be 70-80% of the maximum heart rate: for example, if we calculate the heart rate of a 20-year-old person, the maximum heart rate is: $220 - 20 = 200$ (for 20-year-old guys). An acceptable indicator during running: $200 \times 0.7 = 140$. Maximum resolution in running: $200 \times 0.8 = 160$. So, a 20-year-old man's heart rate during light jogging is 140 to 160 beats per minute.

Athletes do not have the ideal heart rate for people who do sports professionally. But athletes have the highest heart rate during exercise. They have a normal heart rate during intensive training, which is considered to be 80-90% of the maximum value. And during an extremely large load, the athlete's heart rate can be 90-100% of the maximum level.

Sports doctors consider the heart rate more accurate before the start of the next exercise. There are complex calculation formulas to make accurate calculations. They take into account not only age, but also individual resting heart rate and percentages of training

intensity (80-90% in this case). But these calculations are a more complex system, and the results are not much different from those mentioned above.

There are 2 types of training methods for training athletes and giving them the necessary loads. 1. (UJT) and 2. (MJT). 1. general physical training and special physical training.

General physical training UJT general physical training is a vital process aimed at the development and improvement of the basic physical qualities necessary for an athlete for his movement skills. Its purpose is to create the general movement preparation of the athlete, and such preparation is used as its foundation when special training begins. For this purpose, a set of physical exercises that have a general effect on the body is used. This creates a basis for developing certain qualities in a special way. Forming adaptations to exercises of different adaptations trains the characteristics and accelerates the process of recovery of strength. Basic exercises selected from other types of sports are used as the main tool for UJT. Choosing a variety of exercises ensures the expansion of movement possibilities. It is necessary to take into account the laws of interaction of various qualities and skills. They can be factors that have a positive, negative and average moderate effect. As strength increases, speed increases, basketball players improve coordination and accuracy. The creative effect is to adapt the work of the athlete's muscles to the game mode, providing qualities close to the skills of the main game methods in terms of their structure. The exercises include exercises with and without objects, high and long jumps, throwing and throwing exercises, running over various distances and hurdles, cross-country, acrobatic exercises, and lifting heavy objects of various weights. is used. General physical training will achieve its goal only if the above exercises are performed continuously and continuously. These exercises are part of the training exercises performed by athletes at all stages of training 49 and in all periods. Such general preparatory exercises do not lose their importance even after the athlete has achieved high sports skills. In it, the importance of these exercises has increased as a means of coordinating, ensuring the comprehensive growth of the athlete's skills, making it possible for him to move from one movement to another, and as a means of improving the health of the athletes in general. goes In addition to the correct selection of exercises, it is important to correctly determine the size of the physical load and the correct distribution of loads during training sessions.

Movement qualities in an athlete are not formed uniformly and at the same time. Growth at different ages is not the same. Qualities such as strength, speed, endurance reach their highest level at different ages. The growth of movement qualities depends on the functional state of a number of body systems. For example, endurance depends to a large

extent on the activity of the cardiovascular and respiratory systems, on the efficient use of their energy. In such conditions, a characteristic feature of the game is that the player chooses his place in relation to the approaching object and reacts to it, i.e. reacts to the object in the approaching movement, the direction of the ball. changes the start speed repeatedly, moves towards the opponent and back; replacing one method with another, and, finally, execution of sports technique methods and implementation of tactical combinations associated with moving from one place to another with maximum speed - all these are characteristic features of game activity. A complex of special sprinter exercises is based on the method of developing the speed of transition from place to place. However, in experimental training with sprinting equipment, simply doing it for a full year's training cycle will eventually cause the athletes to lose interest in it, resulting in sub-maximal speeds. 50 results will be achieved. Therefore, basketball players should have a special motivational formula that shows the qualities of speed. In addition to many factors, the speed of movement depends on the level of technical skill. Accurate execution of methods with maximum speed, as well as execution of movements from place to place with maximum speed, is a very difficult skill, because in such situations, it is very difficult to perform sensor correction, that is, adaptive movements during the execution of actions.

Due to the high speed of movement from place to place and the resulting lack of improvement in method acquisition, either accuracy deteriorates or, if not, speed decreases. A basketball player can't allow either one or the other. Therefore, in the first stages of training, it is not appropriate to use a mixed combination of exercises that combine speed and technique exercises (that is, the addition of movements that improve the technique when the speed of the exercise is directly accelerated) and these exercises are used to develop the skills of basketball players. It is justified to use such exercises only after the athlete has mastered the methods perfectly. Therefore, it is better to separate the qualities of speed and game technique from each other, and after improving them separately, it is better to combine them. In the process of searching for special tools for speed development, it becomes clear that these exercises have a positive effect on the development of agility and dexterity. Agility is a quality that is of great importance in all sports, and it is especially important in sports that differ in their complex techniques and constantly changing conditions. Until now, the main measure of dexterity is the coordination complexity of the movement, the accuracy of execution and the time of execution. Movement dexterity is a movement that is very fine in terms of its accuracy in space, it is a movement that is coordinated in its space and, at the same time, needs to be performed in a specific, sometimes very short time. This is, on the one hand, and on the other hand, agility is also

seen as the ability to change the pace of movement according to changing situational conditions.

RESULTS AND DISCUSSIONS

There are three different levels of dexterity. The first level is characterized by precision in space and coordination of movements. The second level is characterized by accuracy in space and coordinated execution of actions in a very short period of time. The third, i.e. high level of dexterity, is distinguished by the manifestation of quickness and agility in the specific conditions of basketball, in this regard, it is necessary to conduct parallel work on the development of these qualities. Any exercise that includes elements of novelty is used to develop dexterity as a skill of acquiring new movements. In order to develop the ability to rationally reorganize movement activities in a short period of time as a skill, exercises are used that require immediate reaction to suddenly changing situations.

Flexibility is a morpho-functional characteristic of an athlete's musculoskeletal system, and it is a quality that determines the level of mobility of the athlete's limbs. Two types of flexibility are distinguished, namely: active flexibility (in which it is manifested due to the strength of the athlete's own muscles) and passive flexibility (this is due to the influence of external forces on the moving part of the body - manifested under the influence of male strength, strength when partners are resisting, etc.). Passive flexibility is always greater than active flexibility, and in most cases, its increase creates opportunities for increasing the amplitude of active movements. Flexibility depends on the morphological features of the athlete's vascular and neuromuscular apparatus. The most important of these features are: elasticity of muscles, tendons, ankles and vascular bags; muscle forces performed to move parts of the body in a given direction; the shape of the veins, the level of their compatibility with each other, and the part of the bones where the veins are connected are measured, etc. Flexibility increases due to strengthening of muscles and improvement of ligaments

Special physical training MJT means the process of developing the athlete's physical qualities and functional capabilities in a single-purpose manner, which is carried out in accordance with the specific characteristics of the chosen sport and does not ensure the achievement of high sports results. MJT helps to master the techniques of game methods, increase the effectiveness of tactical actions, acquire a sports uniform, as well as improve mental preparation. The main goal of MJT is to maximize the development of strength, speed and other physical qualities in interaction with each other and as a whole. To solve this task, special preparatory exercises are used. These exercises are mainly composed of exercises related to the coordination of movements with great tension, which also regulate the pace and rhythm of movement.

Exercises of a technical-tactical nature and action sports games are more suitable for such a task. The border between UJT and MJT is quite conditional, and their effect on the body largely depends on the method used rather than the exercise used. MJT is based on the participants' JJT. It can be entered only after the athlete has achieved a certain level of general development to perform the task. This statement applies equally to the one-year training cycle and to some stages of multi-year training. In today's basketball game, the presence of special endurance qualities is becoming more and more important when the body's performance is at a high level or when it appears in different modes of muscle activity. At the same time, basketball requires the athlete to develop a number of other qualities. These qualities include speed, endurance, sudden bursts of power, agility, and dexterity, which should be taken into account when choosing training equipment. Specific endurance is a physical quality created mainly by the mixed character of energy supply (aerobic-anaerobic energies).

The improvement of this quality requires a long time - large 54 and exercises of a variable nature with extreme intensity up to 150 minutes. When running cross-country on uneven terrains where it is difficult to walk and run, when training by changing the speed sometimes slow and sometimes fast running, when various games are played with such great intensity must work in the following modes. Anaerobic endurance can be increased by maximal effort exercises - for example, running up hills and hills as much as possible, starting with heavier loads and trying to increase speed, using many jumping jacks. can reach Special speed. The success of Taekwondo sports movements is related to the rapid execution of simple and complex movement reactions, the speed of moving from one place to another, imagining the appearance of the movement model situation, through individual movements related to the speed of reaction to it. is determined.

The development of speed requires an increase in the operativeness of the centralized management of actions and the improvement of the corresponding execution mechanisms in a functional order. Special forces training. The ability to exert power, which is directly reflected in the magnitude of work (movement), is provided by the mobilization of the mental qualities of a person, through the overall reaction of the body, which is related to the function of the motor system, muscles and other physiological systems. Lifting heavy objects, strength training, and low repetitions of the same exercise will activate many of the muscle fibers in the body that provide speed. . At the same time, exercises performed by lifting light objects and a large number of repetitions of these exercises activate muscle activity. Explosive force is a sudden force that appears during sports activities, when muscles work in isometric and dynamic modes. In this case, the impact of external forces and obstacles

of different sizes are overcome, the power of the explosion is especially evident. Manifestation of explosive force largely depends on the condition of the muscles before performing a certain exercise. The power of speed is manifested in the conditions of quickly overcoming obstacles with little external resistance, and the power of speed is provided by the use of maximum power - enthusiasm. The same maximum force determines the starting force and the increasing force of the muscles. Tools and methods of MJT. Exercises are MJT tools. These exercises, firstly, correspond to competition exercises according to the working mode of the body, secondly, they have a stimulating effect on the body, increase the functional capabilities that previously existed in the body, and thirdly, they create the necessary energy base for improving technical and tactical skills. Provides

After this physical training and proper lifting. The athlete has a high probability of a very good change and a faster result.

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