

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**CONTENT OF THE TRAINING PROCESS METHODOLOGY FOR
STUDENT HURDLERS****Larisa Vladimirovna Smurygina***Execute Acting Professor of the Department of Theory and Methodology of Athletics**Uzbek State University of Physical Culture and Sports**Uzbekistan, Chirchik**E-mail: larisa.sm@inbox.ru***ABOUT ARTICLE****Key words:** hurdles, preparation, methodology, training process, physical activity, competitive activity**Abstract:** The work reveals the main directions of the training and competitive process of hurdlers. The methodology, means and methods of training hurdlers of various levels of preparedness are revealed**Received:** 16.03.25**Accepted:** 18.03.25**Published:** 20.03.25**Relevance.**

The Government of the Republic of Uzbekistan is currently showing exceptional concern for the comprehensive spiritual and physical development of the younger generation, the builders of a new democratic society.

This study guide to a certain extent serves to implement the tasks of improving the quality of training of athletes set in the Decree of President Sh.M. Mirziyoyev dated October 30, 2020 "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports", in the Decree of President Sh.M. Mirziyoyev dated 24.01.2020 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan", as well as in the Decree of the President of the Republic of Uzbekistan "On measures to radically improve the public administration system in the field of physical culture and sports" (signed by the President of the Republic of Uzbekistan Sh. M. Mirziyoyev, March 5, 2018, No. UP-5368).

In recent years, the republic has been implementing consistent measures to popularize physical culture and sports, promote a healthy lifestyle among the population, create the

necessary conditions for the physical rehabilitation of persons with disabilities and ensure a worthy performance of the country in the international arena.

Over the years of independence, athletes of Uzbekistan have won medals of various denominations at prestigious international competitions - the Olympic and Asian Games, World and Asian Championships, World Cups and others. They contributed to the glorification of our country on various continents of the world, where the anthem was played and the State Flag of the Republic of Uzbekistan was raised in recognition of their success(10,11).

Track and field athletes of Uzbekistan have also made a certain contribution to the prestigious medals won for our country by athletes of various sports. Every year, winning medals at various international competitions is becoming more and more difficult. But this complex problem must be solved by joint efforts. Coaches and hurdler athletes from Uzbekistan are constantly looking for ways to solve this problem.

The increasing role of sports in the context of building an independent Republic of Uzbekistan poses the task of finding new, more rational ways of its development, improving the system of training highly qualified specialists and athletes, capable of ensuring faster growth rates of sports and technical results among Uzbek athletes compared to foreign athletes.

In order to achieve high results, hurdler runners must have a high level of physical development, among which speed, speed endurance, as well as strength and technical training occupy an important place. At the same time, it is important that the hurdler runs the sections between the barriers throughout the entire distance without reducing the running speed. An important reserve for improving results in hurdling is further improvement in technique.

A generalized model of many sports can be the 100- and 400-meter hurdles - after all, it places high demands on the complex and simultaneous manifestation of all physical qualities and technical and tactical skills.

A study of the competitive activities of female runners in the 100- and 400-meter hurdles, an analysis of the achievements of the strongest female athletes of the Republic of Uzbekistan will reveal the most important factors that determine the levels of individual results in competitions. On this basis, it is necessary to determine the model characteristics of training and competitive activities of female hurdlers (4).

The goal is to experimentally substantiate the technical and physical training of hurdlers of various qualifications.

To solve the goal of our work, the following tasks were set:

1. Analysis of the means and methods of training hurdlers in the annual cycle according to scientific, methodological and specialized literature

2. To analyze the level of technical and physical training of hurdlers of various qualifications in the annual cycle

3. Based on the obtained research results, develop optimal volumes of training loads for hurdlers of various qualifications.

Steeplechase first appeared in Great Britain in the 19th century and became widely used in the physical training system of English youth. Women's hurdling was born, so to speak, in agony. Numerous experiments were conducted with the length of the distance, the height of the hurdles and the distance between the hurdles.

The history of women's hurdling dates back to 1921, with a distance of 60 yards (54.84 centimeters) with 4 hurdles 61 cm high. Since 1926, the IAAF in Paris introduced a distance of 80 meters with hurdles 76.2 cm high, the distance to the first hurdle 12 m, and the distance between the hurdles 8 m. The first world record - 12.8 sec was set by Eva von Bredow (Germany). In 1932, the 80-meter hurdles competition was held for the first time at the Olympic Games. The first Olympic champion was M. Didrikson (USA) with a record of 11.7 sec. The last time the 80-meter hurdles were included in the program was at the 1968 Olympic Games. This distance was won by Vera Korsakova with a new world record of 10.2 sec.

Currently, the world record in the women's 100 m hurdles belongs to the athlete from Nigeria Tobi Emuzan. The record was set on July 24, 2022 and is 12.12 sec in the city of Eugene in the USA.

Currently, hurdles are classified as a speed-strength athletics event. In hurdling, the technique of overcoming barriers and running between them, as well as the unique mode of hurdling, play a significant role. With relatively equal "running" training, the winners are those athletes who overcome barriers faster and more technically.

The repeated support and unsupported positions in the cycle gave reason to call hurdling a cyclic exercise. A cycle in running should be understood as the entire set of movements of the body parts and the body as a whole, starting from any position and ending with a return to the initial position.

Modern technology can be called such that allows the hurdler to use his high speed in running between barriers and when crossing them. Even small errors in overcoming barriers in total lead to a loss of significant time. Therefore, the hurdler should try to minimize the loss of time due to honed movements.

Organization of the study. Organization of the study included three stages.

At the first stage, scientific, methodological and specialized literature was analyzed. More than 40 literary sources were analyzed. The location of the study and the group of subjects were determined.

At the second stage, material was collected: generalization of the best practices in building a training process in annual cycles of long-term training of young hurdlers, on the basis of which the parameters of the volumes of training loads for hurdlers of various qualifications were identified.

The third stage of the study consisted in substantiating the structure of training loads at the stages of the annual cycle for hurdlers based on the pedagogical testing.

In our research, we confirm that during the period of highest competitive readiness, the main focus of hurdler runners should be on participation in the main competitions of the season and control and training starts. Competitive preparation in training sessions is aimed mainly at improving the technical skills of athletes in hurdling.

The training of hurdlers consists of several stages that solve the problems of technical and physical improvement, taking into account the anatomical and physiological characteristics of the athletes, their age and training.

The fact is that each of the components that make up the hurdling situation, and everything as a whole, causes a certain motor reaction in the students, manifested in one form or another of movement. Thus, by increasing the running speed, the inclination of the body increases, the frequency of steps increases, and in some cases their length increases.

The authors have determined that «It has been established that the construction of the pedagogical process in accordance with the objective content of the goal of sports improvement, which is determined not only by the prospect of achieving a certain level in hurdles, but also by planning the levels of a complex of factors, leads to increase in the reliability of the training process management and to increase in its effectiveness» (H Asanova, L.V. Smurygina, 2014).

It has been revealed that the level of development of specific perceptions determines specialized skills that ensure the effectiveness of competitive activity of athletes. Specialized skills based on sensory perceptions; spatial-temporal anticipations are prerequisites for improving competitive activity in a particular sport. Specialized skills and specific qualities are developed unevenly even among highly qualified athletes. Each has their own strengths and weaknesses in training, and the former can compensate for the presence of the latter.

Depending on the specifics of determining the sports result in competitions, technique as a system of movements can be aimed at: 1) achieving the maximum (for a given level of

training), metrically measured result; 2) achieving a certain form and structure of movements, the criteria for which are the complexity and aesthetics of actions; 3) achieving the final effect.

Analysis of the volume of sprint running on segments up to 150 m showed that this type of running in the preparatory period is also somewhat greater than in the competitive period. In our studies, we present the volume of this type of running in the competitive period until the athletes achieve their best result in the season (for masters of sports up to August inclusive).

Returning to the analysis of hurdle work, it should be noted that in the competitive period, the volume of hurdle running with normal placement is only 29.8 km, of which 14.2 km falls on the volume of running on segments up to 4 hurdles (150 m). As a rule, hurdlers overcome these segments at maximum speed. From which we can conclude that 14.2 km of hurdle sprint is clearly not enough to ensure any positive shifts in improving the rhythm of running and the technique of overcoming hurdles.

Table 1

Indicators of special physical fitness of female hurdlers

Control standards	Asanova Natalia	Kibalnikova Valentina	Davlyatyarova Laylo
60m (sec)	7.52	7.80	7.91
150m (sec)	19,51	19.84	20.61
Long jump from the spot (m)	2.60	2.60	2.50
Triple from a place (m)	7.77	7.90	7.54
10th with 6-8 steps of a run-up (m)	34.30	31.70	30.20
Forward shot (m)	11.30	11.36	11.30
Backward shot (m)	11.55	11.93	11.55
100m with hurdles	13,47	13,50	15,42

A comparison of the average running speeds at 100 and 400 m hurdles distances when achieving the master of sports standards shows that they are almost identical. The speed indicators at these distances also differ slightly when achieving results corresponding to world records. The analysis shows that an improvement in the 100 m hurdles result by 0.1 sec makes it possible to improve the result in the 400 m hurdles by 0.18 sec, while an improvement in the result by 0.1 sec in the 400 m hurdles result in an increase in the result in the 400 m hurdles of only 0.06 sec. This to a certain extent indicates which aspect of training in the process of athletic improvement of 400 m female hurdlers needs to be given more attention.

Table 2.

Dynamics of the results of general physical fitness of hurdlers

Контрольные тесты	Groups of hurdler subjects					
	girls			young men		
	1 testing	2 testing	growth	1 testing	2 testing	growth
Triple jump from the spot, cm	605,4	627,3	21,9	637,2	681,4	44,2
Standing long jump, cm	195,4	207,3	11,9	215,7	230,5	14,8
30m run from the start, sec	5,0	4,7	0,3	4,6	4,5	0,1
30m running, sec	4,5	4,3	0,2	4,1	3,9	0,2
60m run from the start, sec	9,3	9,0	0,3	8,9	8,6	0,3
High jump with a running start, cm	103,2	110,4	7,2	115,7	123,1	7,4
Long jump with a running start, cm	425,2	470,1	44,9	480,5	515,3	34,8

The analysis of the dynamics of the results of the students under study showed that the growth of the result in hurdles is closely related to both a similar level and growth of results in the 30 m running and the standing long jump. It was also determined that the result in hurdles depends on the level of general and special physical fitness.

A study of the patterns of speed manifestation by track and field hurdlers at various distances /test indicators/ to derive a formula, using which it is possible to predict or plan with high accuracy the actual result in hurdling for female athletes of any qualification, knowing the results in the 100 m hurdles and 400 m (flat run).

Conclusions:

1. Analysis of special physical fitness of female hurdlers is one of the elements of sports training management, increasing the effectiveness of the training process at all stages of preparation. Constant balancing of the training program with the condition and capabilities of a female athlete is the most important task of training process management.

2. Our studies have shown that the parameters of special physical fitness of female hurdlers change significantly with the growth of the qualifications of female athletes.

3. The results of the study showed that running, jumping, and technical training of female athletes of mass categories is carried out without proper analysis of the structure of the competitive exercise. This does not ensure the formation of a stable and effective motor skill, leads to the emergence and consolidation of ineffective movements, which hinders the growth of sports movements.

4. The use of the work materials allows coaches to take into account the individual capabilities of female athletes in the implementation of the ability to demonstrate speed-strength qualities at various stages of the training cycle. The controlled individual indicators were compared with the model characteristics and showed that they do not correspond to the achieved and planned results at the competitive stage of preparation.

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