



EXERCISES TO DEVELOP ATHLETIC QUALITIES OF THE ATHLETE

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Tayanch soʻzlar: sportchi, mashqlar, yuklar, yengil atletika.

Ключевые слова: легкоатлет, упражнения, нагрузки, легкая атлетика.

Key words: athlete, exercise, exercise, athletics.

An important indicator of physical fitness is the level of development strength (ability to resist or overcome external resistance due to muscle efforts). The primary role of force is determined by the fact that thanks to it, the necessary muscle mass, which is functional provides not only body movement, but and energy production. The process of individual development - the formation of strength occurs unevenly: the muscles responsible for motor skills and posture develop faster, small ones develop more slowly muscle groups. The main factor in the manifestation of strength is muscle tension. At the same time, not the least role in The weight of a person's body plays a role in this. Any human movement is associated with the manifestation of various physical qualities. Power loads have a positive effect on endurance, agility, and speed. Therefore, it is impossible to develop strength without simultaneous development of almost all physical qualities of a person [3, P. 99].

Modern athletics is a form sports, including exercises such as walking, running, jumping, throwing and all-around, composed of the listed exercises. Among the many types of physical exercises that contribute to the harmonious physical development of athletes, a significant role is given to athletics. This is because the major athletics movements accompany a person in the process of life from childhood and are among the most common in everyday life and physical education activities. It is known that "good athletics training allows you to achieve significant success in other sports.» Regular performance of



athletics exercises has a positive effect on the development of all organs and systems of the human body (according to the optimal methodology for their implementation). Many scientists believe that with the help of athletics exercises, provided they are systematically performed, solve the problem of harmonious physical development of athletes of all groups [5, P. 74]. Athletics has great value as an applied form, with its help the basic physical qualities: strength, speed, endurance, dexterity and flexibility, which are widely manifested in everyday life and professional activities. During athletics exercises, skills and abilities to coordinate movements, rapid movement in space and optimal performance of various types of physical exercises. People involved in athletics gain knowledge of physical techniques exercises, basics of organizing classes, regime of personal hygiene, nutrition, work and recreation.

Physical exercises in athletics are divided into several groups. One of them is general developmental exercises. General developmental exercises are exercises from other types of sports that are used for general physical development. At the same time, long-distance runners pay less attention to exercises with burdens. However, some exercises are mandatory for all athletes to develop general endurance and improved health. Any exercises which include elements of competitive exercises can be considered as specially preparatory.

Identify certain benefits required for improvement mastery of performing competitive exercises in general:

1. They are easier when mastering the technique of movements.
2. Can be widely used in different fulfillment conditions.
3. Selectively influence individual muscle groups.
4. You can combine special exercises with competitive exercises using immediate positive consequences.

Methodological principles of implementation of special exercises help develop physical qualities with maximum effect.

Principle I – as the number of repetitions of any exercise increases, the duration of their execution increases, overall endurance increases, and with increasing the duration of execution, endurance is formed.

Principle II – when overcoming muscle obstacles, muscle strength is formed

Principle III - performing any exercises with the greatest range of motion develops flexibility and accompanying lightness.

Principle IV – Exercising involving a large number of muscle groups.

Principle V - constant control of muscle sensations, comparing them with results achieved, contributes to mastering control in relaxation muscles that are not involved in work [1, P. 132].



Performing track and field exercises occurs in mixed dynamic modes.

To solve specific speed and strength training tasks The following exercises are used:

- overcoming your own body weight;
- various additional weights in running, jumping and throwing;
- application of the influence of the external environment;
- overcoming external supports in the fastest possible movements.

Time of manifestation and amount of effort determines the direction and ultimately as a re-sult, the effectiveness of special forms competitive exercise.

Special exercises for development strength qualities of throwers are divided according to the following signs of them predominant impact on individual motor units:

- I. general impact.
- II. local impact.
 - II. (A). for developing the muscles of the arms and shoulders;
 - II. (b). for the development of trunk muscles;
 - II. (c). for the development of leg muscles and area pelvis
- III. to simulate thrower's hands

Special exercises of group I act simultaneously on a large part of the motor units. Specially preparatory exercises group II selective acts constitute the main part of the throwers' strength training. Group III exercises include all variety of movements that are individual elements of a competitive exercise. They increase speed-strength training of athletes various specializations, ages, especially women, due to selective actions on speed and strength qualities [4, p. 51]. The first group (I) includes yourself with weights from 60 to 80%, lifted three to five times in one approach. The second group (II) of exercises is performed with a barbell weight of 30-50%. These exercises that go up from eight to twelve times in one approach, give the ability to increase muscle power under conditions of relatively little external resistance.

In the basic strength training of athletes, the following options for power loads are effective: The first option of exercises is 80% of the maximum result –three lifts, 70% – four lifts and 60% – five lifts in one approach. Second training option – 50% – six lifts, 40% – eight lifts and 30% – 10 lifts in one approach[2, p. 627]. The third option combines the load to the same extent as the first (I) and second (II) options.

Conclusion. So, to summarize, we can say that training athletes using different types of strength exercises leads to noticeable changes in the level of



development and allows you to achieve great success in competitions at any level.

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РЕЗЮМЕ

Maqolada yengil atletikachilarining kuch mashqlari uchun turli xil variantlardan foydalangan holda mashg'ulotlarida kuch yuklarini dozalash parametrlari keltirilgan. Sportchining jismoniy sifatlarini rivojlantirishga qaratilgan maxsus mashqlar ko'rib chiqiladi.

РЕЗЮМЕ

В статье представлены параметры дозирования силовых нагрузок в тренировке спортсменов по легкой атлетике с использованием различных вариантов силовой подготовки. Рассмотрены специальные упражнения направленные на развитие физических качеств легко-атлета.

SUMMARY

The article presents the parameters of the dispensing power loads in the training of athletes in athletics using a variety of options for strength training. Considered special exercises aimed at de-veloping physical qualities of the athlete.