



IMPROVING THE EFFECTIVENESS OF STUDENTS THROUGH SPORTS TRAINING

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Annotation: *The strategic task set during regular, continuous training is associated with the orientation of the athlete to high results. All exercises are included in the component of the exercises, depending on their direction. These preparations are: general physical; special physical; technical; tactical; integral (holistic game). Each type of preparation has its own leading tools, with which suitable tasks are solved*

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Sports in a broad sense include competition activities – special preparation for it, socio-economic, spiritual-moral, cultural-domestic, physical and psychofunctional, technical and tactical processes associated with this direction. The essence of the concept of "Sport" consists in the desire of a person to overcome obstacles and difficulties and further expand the limits of his capabilities.

Sport is a time – appropriate, super-mass social movement that "sharpens" the psyche, physically, spiritually and spiritually shapes a person who raises the mood, perfects his "inner" and "external" culture (morphology-qaddi-qamati and functional resource), endows humanity with infinite joy. Therefore, sport is a deeply meaningful, multifaceted social factor.

The term "Sport" comes from the English word in terms of its etymological point, which means the growth of tree shoots" by "each other.

Modern sport is composed of more than one species with its own evolutionary history, position and status, and specific competition rules.

Although in sports practice the term "sports training" is logically close to the term "sports training", they are fundamentally different from each other. The concept of "sports training" has a wide-ranging meaning and is a process aimed at preparing an athlete for a competition of a wide range of activities (sleep, training, nutrition, medical prevention, etc.). "Sports training", on the other hand, is a one-purpose process and means relatively narrower.



As a result of regular sports training, a person's movement activity is formed, new forms of movement are formed, vital necessary movement skills (running, jumping, walking, etc.), skills are improved, psychic qualities (thinking, mind, will, attention, emotion, etc.) are polished. Movement skills specific to a particular sport are perfected.

Sports training is a long-term pedagogical process that aims to train oneself in game skills, improve them, master individual group and team, technical and tactical actions.

There are styles of teaching sports techniques (movement skills) in full or in parts (elements). In some cases, such actions are taught in full, if there is no possibility to train movements in parts.

But, in order to train sports techniques in accordance with a specific structural structure (structure), it is of great effect to train it in parts as much as possible. In this, especially imitation (imitation), exercises that are performed without a ball (or a comfortable piece, a device instead of a ball) are very handy.

The technique of teaching sports techniques in parts does not lose its relevance not only in the process of initial training, but also in the highest stages of technical-tactical skill, it is very useful in discovering new technical methods or tactical combinations.

The principles of sports training are based on Universal-didactic principles in the process of training and training. But, the intense, heavy, and sustained exercises used during sports training require special attention to these principles. Because, this condition is aimed at the correct progress of the organism of those involved, carefully expanding their psychofunctional capabilities. The main goal of the high-performance orientation training and training process is to prepare athletes for the competition at the level of a high "sports uniform" and to create the opportunity to achieve a high Sports result in this competition. Therefore, the strategic task set during regular, continuous training is associated with the orientation of the athlete to high results. All exercises are included in the component of the exercises, depending on their direction. These preparations are: general physical; special physical; technical; tactical; integral (holistic game). Each type of preparation has its own leading tools, with which suitable tasks are solved. At the same time, exercises of one type of preparation will be closely connected with exercises of another type of preparation. For example, if the Fast-Power quality in the handler is not developed as much as necessary, he will not be able to perform the technique of issuing an attack blow. In this case,



it will be advisable to give exercises on the development of fast-strength quality. Because increasing the repetition size of an attack shot will not work in this case.

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