

STRUCTURE OF ATHLETICS COACHES

Boboqulova Mehrigul Mardon kizi

Navoi State Pedagogical Institute

"Physical Culture" faculty women's direction 2 Course student

Annotation: Training process management system to successfully solve many issues related to the improvement of special physical training and achieve high sports results.

Keywords: increase running speed, speed, endurance, strength, jumpiness.

Introduction: In the process of sports training, the athlete's body will be under the influence of several limited training programs, consisting of the tasks of increasing the speed of running, speed, endurance, strength, jumpiness, development of speed-strength capabilities, evolution of the coordination structure of movements.

Each training program is carried out with appropriate consistency for a specified period of time and through the selection of specific exercises that are repeated in a certain number of training classes.

These programs are used in a certain harmony, duration, tactile distribution, enter into different relationships. In some cases, one program contributes to the realization of the other, in other cases it prevents it. The effectiveness of each of them depends on the correct application method. Depending on the nature of the training programs, the correlation between the internal programs of the body's adaptation will be positive, negative or neutral.

The effectiveness of the training process largely depends on the correct harmonization of individual programs during annual training, that is, on the scientifically based planning of the content of separate mash-ghulot classes, weekly cycles, stages, periods of annual training.

The planning of sports training in the annual cycle-the direction of the modern structure of the diet depends on the main laws of the optimal alignment, distribution and duration of application of training programs, which differ in their direction. This takes into account the Morpho-physiological and psychic adaptation of athletes to a specific exercise program.

In the theory and physical education, therefore, in sports physiology, the human organism is examined as a sum of systems with its own special characteristics and laws of living activity. However, we can subtract the laws that define the functioning of the organism in a holistic way and that make the life of the systems that make it up and functionally related to each other a condition.

One of such amazing properties of the body is the ability to adapt. Adaptation-adaptation-is considered to be the universal ability of a person to get used to various internal and external triggers. It is the most universal and most important law of life, an integral part of it, since adaptation reflects the essence of life processes. The systems of the organism seek to enter into equilibrium with the conditions that surround it by means of adaptation.

Each adaptation process goes with specific goal-oriented adaptive reconstructions. It is always accompanied by biochemical changes in the corresponding organs, tissues, brain. All this allows the human body to immediately trigger protective adaptation reactions in response to external triggers, resulting in balance.

Considered one of the forms of life, adaptation is very diverse and specific. The body selects such a control tactic in accordance with the conditions of influence of the external environment that it provides a New necessary state even in the slightest change in important systems. Therefore, the principle of adaptation is fundamental in the theory and of physical education, as well as in sports physiology.

Accordingly, most issues directly or indirectly related to the process of sports improvement cannot be solved without a proper understanding of the biological essence of a person and his interaction with the environment.

An important tool for the emergence and strengthening of adaptive changes in the human body is considered physical education. With the help of various training tools and methods, a person is able to achieve development and development by directing adaptation processes that characterize his high working capacity.

The modern concept, formed in biology, makes it possible to check adaptation from 2 different – static and dynamic points of view. The static aspect of adaptation reflects the nature of the biotist, its stability to environmental conditions – the degree of adaptability. The dynamic concept of adaptation reflects the adaptation of the biotist to changing conditions in the environment, that is, the changes of the bioti-Zim over time that ensure the life activity of certain conditions.

Adaptation as a generalbiological process represents two contradictory states of an organism, complex interrelationships between its changes directed towards getting used to new living conditions and the desire for immutability (homeostasis) of the internal environment of an organism. Adaptation, what is homeostasis?

Adaptation (adaptation) is one of the most basic Hoss of living organisms, ensuring its survival and self-development in the conditions of continuous influence of external factors.Or, adaptation is the ability of an organism to change its activity in accordance with the nature and strength of external influences.

A distinctive biological feature of an organism is its ability to be trained, that is, able to adapt and improve under the influence of regular activity.

Homeostasis refers to the vital signs of the internal environment (body temperature, oxygen content in the blood, the body's power balance, etc.k.) within biologically possible limits, it means that it seeks to maintain an equilibrium state.

Homeostasis as a stable, uneven state of the body is formed at the expense of compensatory changes in the indicator of the components of the system.

Thus, adaptation and homeostasis are a pan-biological process, representing the complex interpenetration of two contradictory states of the organism: its orientation towards getting used to new living conditions, as well as the desire for the immutability of the internal environment of the organism.

Regular changes in load size, participation of athletes in competitions and interruption of special training activities for a certain period of time create the need for their organism to go through stages of change (sometimes several times throughout the year), which characterize the states of adaptation, initiation into adaptation and exit from it.

The symptoms of adaptation observed in a person are as many-ki appear not due to any external influences and changes, but under the influence of relatively stable conditions of life. one of the founders of adaptation theory is G.Sele had argued that adaptation, or in a broader sense, the ability to adapt to the changing conditions of the external environment, was an extremely important feature of all living organisms.

Adaptation of the athlete's organism in its essence means increasing the efficiency of activity, despite the changing conditions of the external environment.G.Sele notes that the body adapts to the effects of loads-shi goes through three stages:

1. The peculiarity of the anxiety stage is that at this time there has not yet been an adaptation to the load. In this case, the body's protective forces are triggered. During training, this condition is observed when intense activity begins. In this case, the speed and depth of breathing increases, the heart rate and blood pressure rise, and the excretion of glucose, adrenaline and norepinephrine into the blood intensifies. As a result of such changes, short-term adaptation to the load occurs.
2. Resistance stage. Adaptation appears due to the launch of protective mechanisms and changes in the functioning of individual organs and systems. Heart contractions, increased breathing rate, as well as the release of hormones into the blood are carried out in accordance with the given load.

In repeated repetitions of loads, adaptation processes occur in the organs: in a calm state, the rate of heart contractions decreases, the individual short-stroke strength of the heart increases, the amount of small blood vessels acting on the muscles increases, the activity of the adrenal glands improves, etc.k. A stable device to the loadings-a state of edema occurs.

3. If the duration of stress exposure outweighs the body's protective capabilities, then the stage of extreme exhaustion (tension) begins. In this, the proportionality in the activities of individual organs and systems is disturbed, the level of general tolerance to loads decreases, the activity of individual organs, above all, the adrenal glands, is derailed. At this stage, the delicate mechanisms of coordination of movements are disrupted, there is no desire to perform intense work, relations with team members change for the negative.

The tension phase can begin not only due to an increase in the volume of loads during training, but also as a result of the occurrence of stress situations at work, study, marriage, since in order to adapt to each of them, the athlete spends energy from the "total reserve". The more energy the athlete spends for various stress situations that are not related to training, the less energy he receives in it so that he can withstand loads during training. Therefore, the magnitude of the need to strictly follow the agenda and organize a good rest during intense training is indisputable. If the athlete does not achieve the goal that he set for himself in competitions and, especially if this happens in several competitions in a row, stress tension is exacerbated (state of distress).

References:

1. F. Khojaev, H. Meliev, D . Yunusova. "History of physical education". Tashkent 27.09.2010. 203 PP.
2. T. S. Usmankhojaev. M. V. Aliev. X. X. Sadiev. "Children and adolescents theory and methodologies of sports training". Tashkent 2006.101 PP.
3. M. Tojiev. S. Khusankhojaeva. "Theory of physical education and methodology". Tashkent
4. Normurodov A.N. athletics Tashkent: 2002-196 b