



PHYSICAL DEVELOPMENT OF TRAINING GROUP SHORT-DISTANCE RUNNER TRAINERS

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ABSTRACT	KEYWORDS
<p>In this article, the experiences of the leading scientist (V.B.Papov) on the physical development of short-distance runners of the training group are studied. Model indicators for physical development and training of short-distance runners have been developed. Necessary recommendations on the admission of short-distance runners to training based on their anthropometric indicators are given. Pedagogical tests were organized and the results were discussed to determine the physical development of short-distance runners of the training group.</p>	<p>Training, frequency, preparation, technique, sports exercise, result, modeling, pedagogical experience, anthropometric, comparison, planning, dynamics.</p>

Introduction

Relevance of the topic

Today, a number of scientific research works are being carried out in leading countries of the world on the training of short-distance runners, among other types of athletics, and on their selection for short-distance running, orientation to a narrow specialty, planning and managing annual and multi-year preparatory training sessions organized with them. The fact that Uzbek athletes do not appear at the final stages indicates that training is not organized on a scientific basis. Although this is small, it is unlikely that in the system of training athletes will affect them in the rise of sports results. Therefore, in order for them to actively participate in competitions, it is assumed that the preparatory periods that are held with them, namely the 1st preparatory period, the 2nd preparatory period, are organized on a scientific basis for the preparatory periods for the main competitions. Only then can we produce athletes who will become highly qualified competitive in the same way as solving the tasks set before us. If we do a comparative analysis of these issues today, running the 100 meters in the world for 9.8-9.9 or 10.0 seconds, then our athletes have won the Republican championship in the Republican championship competitions, these results are on average 11.2-11.3 results. So it was determined during the pedagogical observation that today we have an average of 1.3-1.4 seconds of running the 100 meters on our own, with the result that it will be necessary to radically reform the system of training self-athletes and lead and control the training process on the basis of new technologies.

Results and Discussion

The success of short-distance running largely depends on the fact that the athlete's body works by suppressing all organs and systems. To do this, first of all, it is important that the activity of the cardiovascular, respiratory and central nervous system is good and that the body structure is mutated. In short distance running disciplines, the dimensions of height and body weight, the number of steps, the length of steps, the frequency of steps serve to achieve high sports results in athletes.

In the table below, the data provided by V.B.Papov shows the model characteristics of the training group for the physical development and training of short-distance runner trainers[1].

Model indicators of physical development and training of short-distance runners (1-table)

<i>Nº</i>	<i>Dimensions</i>	<i>In the 100-200 meter runners in Popov V.B.</i>	<i>In the 100-200 meter runners according to the study we conducted</i>
<i>N</i>	<i>Indicators of physical development</i>		
1.	Height (cm)	175-185	172-180
2.	Weight (kg)	65-75	70-72
3.	Weight-height index (g / cm)	371-405	365-400
4.	Result (s)	10,8; 22,2	11.4;23.3
5.	Thoracicaryngeal (cm)	87-88	85-86
6.	Body length (cm)	92-93	91-92
7.	Leg length (cm)	90-91	88-89
8.	Thigh length (cm)	36-37	35-36
9.	Calf length (cm)	39-40	37-39
10.	Wrist length (cm)	27-28	26-27
11.	OTS (cm ³)	4000-5000	3900-4800

As a result of the pedagogical experiment carried out to determine the physical development of the training group of short-distance runner educators, their general physical fitness was determined a comparative analysis with the data provided by V.B. Popov gave the following results, the study studied the model characteristics of the physical development and training of short-distance runners over many years, the average performance of more than 30 highly qualified short-distance runners in total. This led to the big difference was not visible when we compared it with the data given on V.B.Papov. According to the anthropometric indicators of short-distance runners given by V.B.Papov, by athletes 175-185 cm, while in our athletes this figure is 172-180 cm tied. And the weight of athletes is 1-2 average indicators than athletes in our study kg.ga it turned out to be a lot. Indicators on the weight-height index in the case of 371-405 g/cm according to the information given by V.B.Papov, we found that the weight-height index of the testers in the study was equal to 365-400 g/cm. The indicators obtained by athletes in terms of chest width (cm), torso length (cm), leg length (cm), thigh length (cm) calf thigh length (cm), wrist length (cm) and grass (cm³) It was observed to be lower than the data given on V.B.Papov. The training team again conducted a study in order to more accurately study the indicators of physical development of short-distance runner trainers, to determine their physical development by 30 m, 60 m, 80 m, 150 m, 300 m. distance runs from the bottom start and 30 m. in distance pre-start running exercises. With the data provided by V.B.Papov, the results shown by our athletes were given a comparative analysis, according to which they gave the following results[2].

Training group physical development and training indicators for short-distance runner trainers (2-table)

<i>№</i>	<i>Distance and tours</i>	<i>Per V.B.Popov</i>	<i>According to the study we conducted</i>
1	30 m run from the bottom Start (s)	4,0-3,9	4,1-4,0
2	60 m run from the bottom Start (s)	7,0-6,7	7,1-6,9
3	30 m pre-start running (s)	3,0-2,8	3,1-2,3
4	100 m run from the bottom Start (s)	-	11,4-11,2
5	150 m rushing from the bottom Start (s)	16,8-16,2	-
6	300 m dash (s)	36-34,5	37,5-36,0
7	Standing long jump (m)	2,80-3,00	2.75-2.90
8	Standing triple jump (m)	8,60-9,00	8,60-9,00
9	Standing and jumping ten points (m)	30,0-34,0	30,0-33,0

The difference in standing-up long jump (m), standing-up triple jump (m), and standing-up ten-lap jumping exercises, given the leg strength determination, looked different. For example in a standing long jump exercise in the information given by V.B.Papov 2.80-3.00 m. if equal, then in our short-distance runners this figure is 2.75-2.90 m. was found to be equal. The standing triple jump was almost identical to the results shown by our athletes, i.e. 8.60-9.00 m and 8.60-9.00 m respectively tied.

So, when the training group compares model indicators for the physical development and training of short-distance runner trainers, we can observe that there are differences in each indicator.

The model indicators studied during the study are considered desirable during the training and competition activities of athletes. Because the result of any sport will also be closely related to the physical development and physical fitness of athletes[3].

The training group focused on determining the physical fitness of short-distance runner educators by us on the basis of the following pedagogical tests before the study. 30 m in the control test. running out of the lower star in distance, 60 m. based on the distance running out of the lower start and the 100 m distance running, we focused on determining the speed strength qualities of short-distance runners what is the degree of development at this distance. 150 m., 200 m. and by running distances, we found fast strength endurance. Control criteria were used for short-distance runners' explosive power from position to long jump, triple and five-lap jumps. Achieving high sports results in short-distance running disciplines is largely due to general and special speed and strength endurance to speed, plus running techniques. Of course, for this, the system for training short-distance runners indicates the need for the correct distribution of load ratios to the correct planning of training. In particular, the training group practically demonstrates that it is necessary to qualify short-distance athletes from within the trainers and prepare them purposefully[4].

The physical development of training group short-distance runner trainers was studied from the literature of foreign scientists, and the state of practice was systematically observed. The dynamics of sports results as sports skills grow in training group short-distance runners are directly related to the level of development of physical qualities. The body size of short-distance runners, the degree of development of the body weight organism should be mutonosib with each other.

Conclusion

The training group provides the basis for such a conclusion by studying the opinions and opinions of leading scientists on the physical development of short-distance runner educators. It is implied that the dimensions of height and body weight, number of steps, length of steps, frequency of steps are important for athletes in achieving high sports results in short distance runners. The physical development of short-distance runners was the basis for coming to the following summary when compared with their training performance. The physical development of the short masoga runner at the same time as its physical fitness is also important. An increase in the explosive strength of short-distance runners at the start time is achieved by using the exercises of jumping from position to length, triple and five-lap jumps developed from the explosive strength detection surface. Achieving high sports results in short-distance running disciplines is largely due to general and special speed and strength endurance to speed, plus running techniques. Training group studies to determine physical development indicators of short-distance runner trainers have shown how significant leg strength is in short-distance runners, according to which it is possible to achieve faster-to-start techniques and explosive strength development by standing, triple jump where standing, five-to-five jump exercises where standing. According to the anthropometric indicators of short-distance runners given by V.B.Papov, special attention to height, weight, body structure in the admission of athletes to training served to cultivate results in the future. In short-distance running disciplines, achieving high sports results is largely due to general and special speed and strength endurance, as well as directly depends on the running technique, in which the frequency and length of steps are considered an important factor.

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