

SELECTION AND PREPARATION OF ATHLETES FOR SPORTS

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ABSTRACT	KEYWORDS
This article talks about achieving the best results in sports through proper selection and orientation to the most suitable sports in terms of body structure and composition as the first stage of training athletes.	physical education classes, morphological, biomechanical, psychological indicators, pedagogical, sociological, biological methods.

Achieving a good result in a short period of time in sports requires a lot of effort and hard work. The training process means that the athlete will get results through hard work and patience. In today's society, the effective use of human abilities is becoming more and more powerful. Targeted long-term training and education of athletes with high performance is a complex process. One of the main factors in this process is the selection of talented children and teenagers and their orientation to sports .

suitable sports based on the physiological condition of athletes are still one of the issues that are still waiting to be solved. Based on the child's capabilities, the coach sets a number of tasks before him. Selection and orientation to sports is carried out by special coaches. Despite the many problems in this direction, it is predicted that good indicators will be observed in the future as a result of the correct orientation of athletes to the most suitable sports . Sports schools are the most important stage in the selection of children for sports.

Can become a professional composer, artist, athlete . There are standards for each direction in society. Here, the system of selecting athletes is a whole tool in which they always aim to achieve a high result. The scientific system is also used in this work. The task of selecting talent is more complex. Because there are few such talents in nature. They can perform several tasks at the same time. For example: if the fastest running young children are selected from a number of young generations, and if we give them a task with more physical qualities, one or two of them will be able to perform our tasks.

The number of athletes participating in the Olympic Games in the whole world is one in a million. It is known that students are very interested in physical education classes in schools. In the evaluation of students, individual research and general research of athletes are taken into account. Even these indicators and the results of athletes cannot solve the problems of training athletes. Morphological, biomechanical function, pedagogical and psychological indicators are considered separately when choosing a sport.

VP Filin's pedagogical, sociological, psychological and methodical-biological research, which includes organizational and methodological indicators in his system, will focus the new generation on

a certain specific direction. The main task of choosing an athlete is multi-faceted research and focused on a specific sport.

Much of the research on sport selection is analytical and theoretical. Athlete selection is a multi-step multi-year process that includes several stages. The search for all-round athletes is to organize the sport of his choice, to achieve high results. Another type of sportsmanship is its expansion, the wide organization of multifaceted sports, the importance of personal and sports qualities when considering a type of sport.

, a selection system is characterized based on general conditions for a particular sport or another group. In many cases, sports activities also depend on genetic factors. Therefore, the analysis of the athlete is primarily focused on results. Hereditary factors play a role in evaluating a young athlete whose body is engaged in high performance sports. The basis of a number of methodological researches, the methods of high resolution of the problem of selecting athletes have been developed.

Pedagogical method - high evaluation of physical qualities in the development of qualities, technical training of athletes for sports, results of morpho-functional physical development in a natural biological method are considered mainly in medical biological examinations. The physical development of athletes is monitored.

Using the psychological method, the method of mental training of athletes is used. This, in turn, is considered to be the task of individual and collective tasks in athletics, as well as the task of psychological assessment of athletes before the competition.

Sociological training in physical training for athletes to achieve high results, while taking into account the interest of many students in a sociological way, cannot be clearly stated in the age of a young child. The development of young athletes is not the same.

divided into several groups: temporary, gradual transition. The results of the training process of the young generation will be aimed at growth and improvement of physical qualities. The problem of choosing a sport is a long-term task. Therefore, VP Filin divides the selection process for sports schools into three steps.

Step 1 task. The activity of talented teenagers expands during the initial organization and monitoring of training for sports, training of talented teenagers. Compared to height, body weight, and body measurements, most sports target children during training.

The main feature of the selection and observation of the coach is observed in the physical education classes of the physical education teacher. Selection of athletes in the process of passing physical standards in these inter-city and inter-school competitions, preparing students for children's and teenagers' school through physical education classes. A special selection tool helps young students choose which sport to play and is organized through these classes.

Sports practice informs that at the first stage the child's special abilities are not visible. Morphological, biomechanical, functional and psychological mental activities help the child choose a sport in a special direction.

In the individual biological development of the practice, the person engaged in physical education begins with these defining tasks. Therefore, at the first stage of selection, organization should be applied. To achieve high results, it depends not only on the children's capabilities, but also on how ready they are for sports and their height.

Selection system should be conducted on account of control tests . Because the child should not think about what he can do now, but what movement tasks he can perform in the future, so that he can adjust his movements with his mind.

A one-time control test shows that it only talks about the candidate. However, very little is said about prospective opportunities. The development of the physical qualities of the athlete and the growth (development) of these qualities in the process of special training. is evaluated according to After that, the child's movement capabilities are assessed.

Considered how the selected participants perform the tasks given by the selected sport . The student coach studies the children through pedagogical observation, control test competitions and training groups during sports training based on the capabilities of the coach. How children passed the control tests to BOSM is taken into account. In this selection , more talented children are selected. The educational mechanism is considered to be the main resource in the scientific movement council and in the development of physical qualities. Participants in the learning mechanism are required to learn technical exercises at the same time. The scientific movement board and the development of physical qualities will allow organizing a multi-year training process in the future.

In the third stage of sports orientation, each student of the sports school is systematically studied for many years to determine his individual sports specialization. Studying the athlete for a long time and carefully increases the reliability of determining his specialization. Pedagogical observations, control tests, medical-biological and psychological studies are carried out in order to determine the strengths and weaknesses of the participants' readiness at this stage (Table 1). At this time, the individual sports orientation of the participant is determined. It is not without reason that the problem of the child's talent is in the first place in the practice and theory of sports. However, the issue of how and on the basis of which indicators the election should be conducted to maximize its effectiveness remains unresolved. According to experts conducting the competition, more attention is paid to children who have the necessary qualities to play a certain sport later on. Then the obtained data is summarized, tabulated and further classified.

Table 1 Selection system for sports school

Selection stage	The main tasks of the selection stage	The main methods of selection
I	The initial stage in choosing children and teenagers for sports school	1. Pedagogical observations Control tests (tests) Examination of sports - competitions Sociological studies 5. Medical examinations
II	Thorough examination of the suitability of the initially selected athletes for successful specialization in the chosen sport	Pedagogical observations Control tests (tests) 3. Competitions and controls 4. Psychological research 5. Medical and biological examinations
III	Systematic multi-year study of each student of the sports school in order to determine his individual sports specialization	Pedagogical observations Control tests (tests) Competitions and controls Psychological studies Medical and biological examinations

Talent research, especially athletic talent research, is in its infancy. This requires an enthusiastic approach to the assessment of natural talent, and considers it appropriate to comprehensively analyze the morphological, functional and psychological characteristics of a young athlete.

Athletic abilities are determined by a combination of genetic and environmental factors. It is important to consider both. The development of abilities will be more effective if the most favorable changes that characterize each age period correspond to pedagogical influences that are given special attention. Selection in sports is carried out taking into account the factors that characterize the movement and psychological function of a person who should succeed in the chosen sports activity. An athlete must have all of these in order to successfully demonstrate his qualities in a specific movement activity. Only in this case, it is possible to hope that they will reach the level of master of sports in the course of their further development.

Individual indicators that describe the individual's morphofunctional characteristics, movement and psychological functions can be important in the production of approximate methods of his fitness for sports.

Sport is based on the attributes (model descriptions) possessed by the strongest athletes of the chosen sport. The sports competition is continuously connected with the stages of multi-year sports training, starting from the involvement of children in sports from school age and ending with the formation of national teams.

The structure of sports activity is extremely complex, therefore, in determining abilities, it is necessary to comprehensively study the factors important for this sport.

The main methods are anthropometric examinations, medical-biological studies, pedagogical control tests (tests), psychological and sociological studies. Specific abilities of children and adolescents are determined on the basis of pedagogical observations. For example, a coach records a young athlete's mastery of the complexity of a training program based on systematic observations. These predetermine the possibility of achieving high sports results.

Pedagogical control tests (tests) are also of great importance. Based on these results, it is determined whether an individual has the necessary physical qualities and abilities to successfully specialize in this or that type of sport. For example, to determine the degree of increase in speed, running 30 meters from the start, to determine the degree of increase in strength, measuring strength using a core or wrist dynamometer, etc. are used.

Among the physical qualities and abilities that determine the achievement of high sports results, there are qualities and abilities that are called conservative and genetically related, which are developed and perfected during training. These physical qualities and abilities have a very important prognostic value when choosing children and teenagers for sports schools. These include speed, relative strength, some anthropometric parameters (body structure and proportions), maximum oxygen consumption, and some psychological characteristics of the athlete's personality. (VGNikitushkin, 1986, 1995).

During the anthropometric examination for admission to the sports school, it is necessary to check the compliance of the candidates with the morphotype characteristic of the famous athletes of this sport. In sports experience, clear ideas about the morphotypes of athletes were formed (height, weight, type of stature, etc.). For example, in basketball, track and field, academic rowing, height is more important, in marathon running, skiing, height is less important, and so on.

Fitness of school children are assessed based on medical and biological research. Children and adolescents who are not suitable for sports are identified. In the course of medical-biological research,

special attention should be paid to the duration and quality of recovery processes in the body of school-age children after performing a large number of heavy exercises.

Children and adolescents who have all the necessary grounds for entering a sports school will be determined by a doctor's examination, in each specific case, what treatment-prophylactic measures should be taken. In addition, the medical examination helps to individualize the training process of the young athlete, as well as the doctor's observations after entering the sports school.

In conclusion, we can say that the most important thing in determining the state of fitness for any sport is to determine the innate abilities and take into account the possibilities. At each stage of preparation, it is most important to find the information criteria of the selection. Which sport is it? A comprehensive approach is the most important in evaluating the type of sport. In order to determine the potential abilities of a newly arrived athlete, the level of physical growth necessary in conjunction with the level of initial development of physical qualities, the dynamics of success in the process of study are also of great importance.

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