

## SELECTION OF CHILDREN BY SPORTS

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ABSTRACT	KEY WORDS
The modern system of selection of children in various sports requires a comprehensive and scientifically based approach. This article discusses the main criteria of sports selection, including physiological, psychological and motor characteristics of children.	Sports selection, children's sports, physiological indicators, psychological stability, sports specialization, individual characteristics.

### Introduction

Selection of children by sports is the most important stage in the formation of future high-class athletes. At the early stages of sports training, it is important to correctly determine the child's predisposition to a certain sport, taking into account both physical parameters and psychological and motivational characteristics.

Modern approaches to selection involve the introduction of scientific and practical methods, including testing, observation, questionnaires and analysis of motor skills. In addition, the development of technology makes it possible to use digital tools (for example, fitness trackers, biometrics, and video surveillance) to more accurately diagnose physical qualities.

In the context of reforming the system of physical education in Uzbekistan, the issues of professional selection and specialization in children's sports are becoming increasingly relevant. In this regard, the study is aimed at studying the methods and criteria for the sports selection of children, as well as assessing their effectiveness in real practice.

### Literature Review and Methodology

#### Literature review

Studies of recent years indicate the need for an integrated approach to sports selection. The works of V. I. Platonov (2018) emphasize the importance of a multi-stage breeding process, including preliminary and advanced stages, where morphological and functional characteristics, level of coordination, resistance to stress and emotional stability are assessed.

According to L. A. Kuznetsova (2020), the success of a future athlete depends not only on physical data, but also on his motivation, level of self-regulation and ability to work in a team. A number of

authors (Smirnov, 2021; Dmitrieva, 2022) note the importance of psychophysiological tests and individual developmental trajectories.

## Methodology

The following methods were used in the course of the study:- Theoretical analysis of scientific literature on the problems of sports selection;- Field observations in 5 sports schools of the city of Tashkent;- Conducting a survey among 50 coaches and 80 parents;- Diagnostic testing of 60 children aged 8 to 12 years (general physical training, coordination, flexibility, motivation);- Statistical data processing to identify patterns.

## Outcomes

The results of the study allow us to identify a number of patterns and important observations:

- Physical parameters (height, body weight, strength, endurance) in 70% of cases corresponded to the choice of sport, but in 30% of cases the children were sent to inappropriate sections.
- Psychological testing revealed that 42% of children involved in team sports have introversion traits and high anxiety, which reduces the effectiveness of their participation.
- A survey of parents showed that more than 60% of decisions on the choice of a section were made without prior testing and consultations with specialists.
- Pedagogical observations have confirmed that children selected taking into account physiological and psychomotor data adapt faster to loads and demonstrate steady progress during the first 6 months.

## Discussion

The results obtained confirm the need to introduce a comprehensive system for selecting children by sports. Focusing solely on the child's wishes or parents' preferences can lead to decreased motivation, overwork, and ultimately burnout.

Effective selection should include not only physical tests, but also an assessment of the emotional state, level of socialization, and cognitive abilities. The use of multimodal methods, including digital platforms for data analysis, makes it possible to increase the accuracy of predicting the child's success in the chosen sport.

In addition, it is important to take into account the dynamics of development: a child who did not show high results at the start can prove himself at a more mature age. Therefore, the selection should be accompanied by periodic monitoring and correction of the training process.

It is necessary to strengthen the interaction between schools, sports sections and medical institutions in order to create individual maps of the development of a child-athlete. Improving the skills of trainers in the field of diagnostics and psychology also plays an important role.

## Conclusion

The system of selecting children for various sports should be scientifically based, flexible and focused on the long-term development of the child. Successful selection is possible if a number of factors are taken into account: physiological, psychological, social and motivational.

The introduction of comprehensive methods, improving the professional level of coaches, the use of digital tools and close interaction with parents all make it possible to create favorable conditions for the early identification of sports talents and their sustainable development.

Modern sports selection is not just a search for the strong and enduring, it is the formation of a harmoniously developed personality capable of achieving high results both in sports and in life.

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