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WAYS TO TAKE ADVANTAGE OF MODERN TRENDS IN THE DEVELOPMENT OF PHYSICAL ABILITIES IN YOUNG JUDOKAS

Submission Date: February 06, 2024, Accepted Date: February 11, 2024,

Published Date: February 16, 2024

Crossref doi: <https://doi.org/10.37547/ijp/Volume04Issue02-09>

Farmanov O'tkir Alimovich

Bukhara State University Associate Professor Of The Department" Sports Activities", Uzbekistan

Davronov Farmon Mardonovich

Bukhara State University Master Of Stage 1, Uzbekistan

ABSTRACT

This article formulates a new scientific approach to the formation and development of physical qualities of young athletes involved in the sport of judo, such as flexibility, coordination, endurance, high-speed physical qualities. In the course of the study, modern trends in the sports training of young judoists were studied. According to the results of the scientific and literary analysis, the sources propose a methodology that allows using the "principle of maximum efficiency" aimed at the application of technical actions. According to the results of the study, the effectiveness of the proposed methodology was determined, and positive dynamics of indicators was observed in all tests in the experimental group. In the scientific experiment, such research methods as pedagogical observation, pedagogical testing, pedagogical experiment, methods of mathematical statistics were used.

KEYWORDS

Judo, physical abilities, physical qualities of technique, competitiveness, endurance, speed, strength, motor qualities.

INTRODUCTION

Today, various martial arts are developing very intensively in our country. To date, the training conducted by our coaches; there are more and more new approaches to the development of physical qualities (flexibility, endurance, strength,

coordination, speed, speed-strength qualities). In particular, the sport of judo does not bypass such development. In recent years, the use of rugby games and high-intever functional training (CrossFit) in the training exercise'ulot process has become popular.

The development of physical and functional abilities is important in the training of wrestlers [1]. Judo players ' mashg; the process in the Ulot is characterized by its own complexity and versatility, so the coach can combine different methods, try them in his training and choose the most effective of them. And by strengthening training processes with such methods, it is possible to achieve an increase in the personal and psychological qualities of young athletes, as well as their general and special physical fitness [2].

The methodology of using the “principle of maximum efficiency” aimed at applying technical actions in judo is practically not used, although it leads to very high results. Attilio Sacripanti is dedicated to the study of the problem of optimizing the technical effectiveness of athletes who practice judo as a pair situational sport as a result of the scientific research of a famous scientist at the University “Tor vergata” in Rome. The author noted that the most effective way for coaches to practically optimize the actions of young judokas involves the use of biomechanics to improve their quality characteristics in two cases (fig. 1) [3]:



image: -1. Situations applied to improve physical quality characteristics.

To apply this principle, we will need to slightly reconstruct the training process of young athletes, carried out on the account of expanding the range of tools and methods used in the physical, technical, tactical, moral-volitional and theoretical training of young judokas. For this, very high attention should be paid to the implementation of exercises for the development of strength, flexibility, dexterity, strength endurance of physical qualities[4].

Research results. In the pedagogical experiment, young ospirins took part, which were formed into groups of 10 people, control groups and experimental groups, divided into 2. All the data obtained was included in the tables processed by mathematical statistical methods and the results were recorded[5].

Before pedagogical experiments, tests were carried out to determine the level of physical abilities of young judokas (table. 1).

We have proposed a training and training methodology aimed at using the “principles of maximum efficiency” using the technical actions used in the experiment. The content of training sessions is aimed at the development of flexibility, coordination of strength endurance, speed, including the set of exercises, sequence and intevsiveness of exercises. If the intensity and duration are high, the effect of the training load will be great.

Table 1. method of conducting test tests to determine the level of physical abilities in young judokas.

Test	Composition
Jump long from where you stand	For a horizontal jump in the gym, a jump from place to length is performed with a two-legged push-up in the sector. the participants take the starting position: the legs are shoulder-width apart, the legs are parallel, the toes are before the push-line. A jump is performed with a push-up of two legs at the same time. Shaking hands is allowed. The coach monitors the compliance with the technical rules of the exercise to be carried out. Measurements carry out their activities from the jump line to the landing site. Not only the legs are taken into account, but also the tracks left by any other part of the participant's body. Participants are given three attempts. The best result is taken into account.
High jump	Participants in the experiment perform a jump above the full knee flexion position. The participant is given 3 attempts. The best result is taken into account in centimeters.
30-yard dash	The 30 metres was run on athletics tracks. the teethers start on a flat surface on a treadmill from the top start with the lever on the base bent at a forward angle. The time was recorded with an accuracy of 0.01 seconds.
Throwing the filling ball from the seat	The participants in the experiment take a sitting position and throw a 1 kg filling ball forward with both hands. 3 attempts were given. The best result of the three possibilities is included in the minutes.

In the participants in the experimental group, it was observed that the growth of all test results was significantly higher, and in most cases acquired reliable values (Table-2). During the experiment, the following dynamics of general physical fitness were observed. The experiment showed that the data in the group had a reliable expression, but it was reflected that the results of the tests carried out in the control group

were not at a satisfactory level. During the experiment, the following dynamics of general physical fitness were observed: in the control group, the jump from place to length increased by 6 cm (3.76%), and in the experimental group-by 14 cm (7.84%). In turn, the jump test in the control group increased by 3-4 cm (8.20-8.70%), and in the experimental group-by 5-7 cm (11.58-14.29%).

Table - 2. Analysis of the results of the initial and final pedagogical test on the level of general physical fitness of young judo guys.

Tryouts	Control group			Experimental group		
	At the beginning of the study	At the end of the study	Reliability	At the beginning of the study	At the end of the study	Reliability

Jump long from where you stand (sm).	205±1,02	209±1,26	t=0,8	210±1,27	217±1,15	t=1,5
High jump	42±0,6	48±0,58	t=1,3	47±0,77	54±1,37	t=2,1
30-yard dash	5,6±2,79	5,4±2,75	t=1,1	5,2±2,76	4,9±2,44	t=2,4
Sat the filling ball throw from place	6,3±1,25	7,4±1,36	t=0,9	6,8±1,2	9,1±1,27	t=2,8

In the age group of control, the 30-meter running time decreased by 0.2 times (by 6.48%), and the participants in the experimental group by 0.4 s (by 8.78%). Below is the deviation from the test of throwing a filler ball from a sitting position in the control group of young judokas 1.1 m (16.90%), in the experimental group this indicator is 2.1 m or da (33.48%).

According to Student criteria (Table 2), the performance indicators of the preliminary and final tests of the participants of the experimental group are from 2.2 to 3.0, which means that these large differences are calculated and higher than 95%, the control group has indicators below 2.2, which means that the differences are invalid.

CONCLUSION

In conclusion. Training and training of young judoka athletes, carried out over a period of 6 months, the recommended methods showed their significant effectiveness. Therefore, we believe that it is possible to recommend athletes as one of the tested methods of physical education.

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