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Conceptual Directions of Individualization of Training of Athletes

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Abstract: *The article presents the conceptual direction of individualization of training of skilled sportswomen and main provisions of the developed technique for individualization of training of the athletes in the annual cycle, specializing in sprinting. Efficiency of the developed technique application taking into account the gender features of sportswomen is proved.*

Keywords: *sportswomen, methodology, individualization, training, masculinity, femininity.*

Introduction Training of an athlete is a complex and multifunctional process of effective use of a combination of a number of components that ensure an optimal level of readiness for the highest achievement of a particular athlete, and this process should be based on the implementation of the principle of individualization [2, 7, 8, 10].

Data from scientific and methodological literature [3, 6, 7, 8, 11, 15] and the results of own research [2, 10] allowed to identify the main directions of individualization of training of qualified athletes: modeling of competition structure and level of special training; the adequacy of the content of training and competitive loads to the morphological and mental characteristics of athletes; taking into account the current state of athletes and changes in performance related to CMC phases; correction of educational, competitive and training effects according to the individual characteristics of athletes.

At the same time, the organization of a macrocycle for the training of athletes specializing in speed-power types of athletics ensures compliance with a certain sequence of decision-making [2]. So, first you need to determine the planned sports result in the most important competitions of the next season and develop a model of competitive activity based on the expected result. Then the athlete's morphofunctional characteristics and the level of special training are determined, because in order to improve his technical skills and increase the speed of competitive training, it is necessary to increase the level of special physical training in many ways.

The next step is to create a model of the dynamics of indicators that evaluates the state of the athlete in the macrocycle, which should contain information about changing the most important characteristics of special physical and technical training. During the year, individual data are compared with successive models, as a basis for choosing a course of work and ways to achieve a given educational effect.

For this, it is necessary to set the time of the control (stage) tests and select the most informative indicators to assess the current functional state of athletes at each stage of the annual training cycle.

In the future, the optimal amount of training load is determined, which is distributed in such a way as to ensure the steady growth of the athlete's level of special work ability and its timely achievement. In this case, it is necessary to constantly analyze the relationship between the indicators of control exercises (tests), the amount of load for the main means and sports results.

In addition, it is necessary to study the dynamics of individual recovery when changing loads in one or another direction and volume, which can enhance or accelerate recovery processes [6, 7].

At the final stage, it is desirable to make a step-by-step comparison of the actual and planned results. As indicators, you can use (preferably twice a month) a test task, which evaluates the level of various aspects of the athletes' training.

In addition (if necessary), on the basis of a comparison of the real (individual) and model dynamics of special training indicators, if they do not match significantly, corrections should be made to the training program. Thus, coordination of programming principles and individualization of training of athletes is achieved in correction.

One of the important factors for a coach to work effectively with women is to identify female athletes with somatotypes: female and male. This direction in sports is defined as a gender-differentiated approach [1, 5, 9, 12, 14], its introduction allows to increase the level of special physical fitness of athletes.

The analysis of scientific-methodical and research literature showed that research data in the field of sports is represented by one work [2, 4, 5, 9, 12, 13, 14], which determines the relevance of our chosen topic. Current disagreements between authors regarding the dynamics of manifestation of motor skills and performance in competitions at a certain stage of the ovarian nomenstrual cycle (OMC) may be due to the fact that researchers did not take into account the severity of masculinity and feminism in female athletes.

The purpose of the study is to justify the effectiveness of using the developed methodology for individualizing the training of athletes specialized in sprint running.

ORGANIZATION OF RESEARCH AND METHODS

Girls (n \ u003d 22) who specialized in sprinting and had the sports qualifications of master of sports and master of sports candidates participated in the research conducted on the basis of the Andijan Athletics and Sports Specialized Sports School. During the year, a pedagogical experiment was conducted, during which the athletes of the experimental (n \ u003d 10) group were trained according to the individual training methodology developed by us, and the control (n \ u003d 12) runners were trained by personal trainers.

The standardized S. Bem "masculinity/feminism" technique was used to determine the gender type of the subjects [13].

RESULTS AND THEIR DISCUSSION

Conceptually, the methodology developed to individualize the training of skilled athletes specializing in sprint running is presented in Figure 1. The practical implementation of this technique assumed a single strategy for the distribution of loads in mesocycles (for example, in percentages), and the size of the training load was determined individually according to the tasks of special strength or sprint training, the characteristics of recovery processes, the level of training, gender, etc. Adherence to this model for the construction of the training process of women helps that changes similar to rhythmic waves in the functional state of a certain athlete's body correspond to the same dynamics of the training effect. The structure of prescribed loads is mainly used in the mesocycles of stages such as general training and special training.

As for the competition period, here the composition and size of loads on athletes (no deviations in health) were slightly changed depending on the time of the most important competitions. The second was related to the fact that carrying out a specific load in the unfavorable stages of CMC allowed to successfully participate in competitions corresponding to these stages. It should be noted that load planning in the macrocycle was carried out based on the analysis of scientific data on reasonable options for the organization of the training load[3, 6, 7, 10].

The use of a gender-differentiated approach in the training process of the experimental group of track and field athletes had a significant effect on the reliable change of the results of some indicators of special training.

Changes in special training indicators during the experimental period (%) in male and female short-distance runners in the experimental group

Thus, the result of running 20 m, which characterizes the level of development of absolute speed, in the experimental group averaged from 2.34 to 2.26 s in male girls ($p < 0.05$), and in females from 2.46 to 2.42 s ($p > 0.05$) improved.

A reliable improvement of results is also observed in boys and girls of the experimental group in running 60 m, where the average result during the experiment changed from 7.91 to 7.76 s ($p < 0.05$). According to this indicator, average values of not significant and statistically unreliable were found in female runners - from 8.00 to 7.92 s ($p \geq 0.05$).

Data from the 300-meter run also showed a significant improvement in the experimental group of athletes. Male girls increased their average results by 2.06 s ($p < 0.05$), and female girls by 1.20 s ($p > 0.05$). Regarding the assessment of speed-power abilities (standing long jump), here the athletes of both gender groups were able to show a reliable improvement of their results. Male girls improved the average result from 248 to 264 cm, and female girls improved from 239 to 248 cm.

A non-significant (unreliable for 5% significance level) increase in results was observed in all tests used in the control group that was engaged in the standard methodology.

The increase in the level of special training of the runners of the experimental group contributed to the increase in the results of running the main distance. Thus, the average result in running 100 meters during the season improved by 0.22 s for male athletes, and by 0.13 s for female athletes. as for the athletes in the control group, they started to run 100 m 0.02 s faster on average.

In addition, based on the identified strengths and weaknesses of athletes, promising directions for improving sports were identified by comparing individual performance with models. Thus, the "delay" in time in the first segment (0-30 m) indicated the need for targeted work on improving the efficiency of the initial and initial acceleration.

At the same time, sufficiently fast walking of the segment (80-100 m) showed an unsatisfactory level of development of special Sprint endurance. In this case, attention was paid to improving free running, increasing the length of running steps without significantly reducing their frequency. For this, high-intensity running in segments of 150-300 m was used. Special exercises aimed at improving freedom of movement and relaxation were also used.

When developing a prospective model, it should be remembered that the effectiveness of using group models of competitive activity of athletes to guide and correct the training process is much higher in the training of ready runners at the 1st sport category - KMS level.

The use of average models in highly skilled athletes is not very effective, because usually each of the athletes in the elite group has specific individual characteristics. At this level of skill, an approach that is

more effective is to identify the most important factors for a specific athlete, which will lead to an increase in the result in competitive training, rather than "pulling" the weak points of preparation in training.

This process continues until the progress in the development of the leading factors slows down, after which the goal is to increase the other characteristics, which are less related to the result in the competitive exercise, to the middle group level.

When a certain effect is achieved in increasing the level of the latter, the training process of a certain athlete is restored and again aimed at improving genetically determined dominant abilities.

The results of various studies [2, 4, 7, 9, 15] show that the stability of a specific biological cycle, as well as the phase of its phase, are characteristic for female athletes. At the same time, in male athletes there is a greater degree of disturbance [4, 9, 11, 14] cyclic fluctuations of the functional state of various organs and systems of the female body in general, which must be taken into account individually when building a training process. At the same time, the data of a number of studies [2, 5, 8, 9, 14] show a less variable effect of biological cyclic phases on the manifestation of motor characteristics in male athletes. In this regard, the organization of the training process with them is possible in the image and image of male athletes and can be based on the general rules of sports training.

But, in any case, when choosing different training effects during the mesocycle, which is equal to the duration of the OMC, it should be remembered that the largest volume of resistance exercises should be performed in the postovulatory phase of the body's biorhythms, and the volume of jumping exercises should be optimally planned. postmenstrual and postovulatory cycle stages. At the same time, these training tools should be completely avoided during the premenstrual and menstrual phases of OMC, as this may have a negative effect on the reproductive function of female athletes.

Summary

It was found that the use of the methodology developed for the individualization of the training of short-distance runners contributed to the increase in the level of special training and the growth of sports results of male athletes, and to a lesser extent, female athletes.

Thus, for men and highly skilled athletes with close sex with a male somatotype, in training, it is possible to use adapted male methods, which should remain strictly individual, taking into account the current functional state of a particular athlete. The traditional setting, which includes the use of the same type of training programs for women and men, is not always true, because it does not take into account the individual psychophysiological variability in the sexual roles of female athletes.

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