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The Role of Women's Coaches in the Development of Women's Sports

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Annotation: *This article provides information about the attention paid to women's sports in our country and their role in society. In addition, methods of involving women in physical education and sports and organizing mass sports events among them are described.*

Keywords: *physical education, sports, activities, physical training, coach, physical education teacher, training, fitness.*

Relevance of the topic: The process of sports activities in the current transition to a market economy places high demands on society to train highly educated professionals.

In the following decades, the process of rejuvenation is taking place in modern sports. Involving more young athletes in the training process places a great responsibility on sports professionals. Our female coaches also play an important role in the development of women's sports.

Currently, the lack of female coaches in the regions of the country has become a topical issue in our research.

In accordance with the State National Program, such urgent issues as accelerating the development of women's sports, especially in rural areas, the mass involvement of students in physical culture and sports and the creation of conditions for their regular participation, the consistent implementation of the long-term plan reveals opportunities for effective solutions on a global scale.

In addition, the proper organization of sports for children, students and women is associated with the need to take into account the specific sensory periods of each physical quality and functional capabilities of the development of their organism.

The purpose of the study: Identify the role of female coaches in improving the effectiveness of women's physical education classes and sports.

Research tasks:

1. Determining the level of female coaches (specialists, staff) in the development of women's sports on the ground.
2. To determine the development of women's physical fitness.
3. To determine the interest of schoolgirls in physical education and sports through a questionnaire.

It is known that the development of women's sports is determined not only by the material and technical aspects of the issue, but also by the involvement of this generation in physical culture and sports on a global scale, the organization of training on a national basis and the fundamental formation of sports skills.

Training of young athletes is one of the most important components of sports training and is understood as a process aimed at creating a solid functional base for the full development of the body, strengthening health, improving physical abilities and other types of training.

Whatever the purpose and content of human activity or in what direction it is performed, its ultimate productivity and motor efficiency are based on the corresponding physical qualities, motor skills, abilities and, of course, the functional capabilities of the organism.

The female organism differs from the male in a number of morphological and functional features. These features are primarily related to the most important biological function motherhood.

It is important to note that the effective organization of women's sports, the health of those involved in long-term sports training and the formation of their sports skills depends primarily on the indicators of physical fitness.

Physical education and sports should not only train talented athletes, but also serve to ensure a healthy gene pool and nurture a harmoniously developed generation. As the head of our state said: "A nation with healthy, educated and selfless children will surely build its future". So, the development of mass sports, especially women's sports on a scientific basis, the creation of its organizational and technological basis is one of the most pressing issues today.

It should be noted that the effectiveness of physical education and sports training is determined not only by their continuity and regularity, but also by the duration of training sessions and the value of exposure is important in terms of material, legal, normative and organizational factors related to the creation of conditions for regular participation in education and sports and increase the effectiveness of these conditions.

The amount and intensity of daily movement is important in human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should be commensurate with the functional capabilities of the trainee or slightly higher. Because according to the laws of biology, if the total "power" of daily physical activity at certain stages of ontogenetic development is always higher than the functional capacity of the organism, then in this organism (organs, muscles, blood vessels, cells, tissues, heart, lungs, spleen, liver) etc.) symptoms of tension or rapid fatigue appear. Such negative "traces" disrupt the normal functional activity of a person, especially young girls, reduce mood, disrupt sleep, impair the ability to work and prevent its full recovery. If such loads are chronically recurrent in women's activities, it is likely that they will not only affect the normal growth of the organism, but also cause local or global pathological complications to various functional "objects". Conversely, if the volume and intensity of daily or total exercise loads is less than the functional capacity, the formation of physical qualities decreases, work capacity does not increase. Therefore, reliance on pedagogical and medical supervision in the organization of women's sports is an integral part of the process of raising a healthy and harmoniously developed generation.

Therefore, the purposeful development and management of the content of physical education and sports (physical education classes, training sessions, sports competitions) imposes a great responsibility on each specialist (teacher, coach, organizer, stylist, instructor) and leaders, who does not require proof of the

need to master the knowledge of physical education, physical development, physical training and sports facilities, to acquire appropriate professional and pedagogical skills and abilities.

In recent years, more than one and a half million women have participated in events aimed at the development of physical culture and sports among women and their mass involvement in sports, in particular, the Women's Spartakiad. The "Tomaris woman's" sports festival in Namangan, initiated by the Women's Committee of Uzbekistan, has become especially popular. Initially, not only women in the service, but also housewives took an active part in the competitions, which were held at the city, district and regional levels. Of the 26 athletes who took part in the republican stage of the festival, 30% are housewives.

As mentioned above, one of the criteria for physical and spiritual maturity is to love the sport, to develop it. Huge sports facilities built in a number of cities and districts of the region - swimming pools, tennis courts, football fields - are a practical response to the great attention paid by the President to the development of sports. Thanks to such opportunities and conditions, if sports become a daily necessity for everyone, including children and adolescents, especially women, the success of our athletes in international competitions will increase, which will further enhance the prestige of our country in the world community.

Because of independence, we had a lot of opportunities. It is both an obligation and a duty for us to act accordingly, to increase our achievements in all spheres.

In the study and analysis of scientific and methodological literature, more than 30 literature of teachers and students who participated in scientific and practical conferences and conferences on the development of domestic sports and women's sports were studied and analyzed. The study compares and studies various historical, modern and literary sources (printed and handwritten) on the subject under study and draws conclusions. The status of the issues studied in the scientific and methodological literature and analysis was determined, the relevance of the theoretical foundations to the practical situation, the best practices of well-known scientists and practitioners in the organization and development of women's sports were summarized. The content of various literature on spiritual enlightenment culture, special decisions and special sources on the ongoing mass health-improving physical culture and sports and special events for women was widely used.

We see in the example of the targeted work being carried out in our country today to attract women to sports, to provide them with the necessary conditions for regular participation, to create a healthy generation, and the first signs of these efforts.

In this regard, the Ministry of Higher and Secondary Special Education has been entrusted with a number of tasks, taking into account the need for physical education teachers and coaches from the 2006-2007 academic year, with special emphasis on benefits for women and girls on the basis of universities and regional pedagogical institutes. to increase enrollment in sports specialties and to admit female girls as an exception to the full-time and part-time departments of higher education institutions.

Indeed, the involvement of women in sports is one of the most important problems of our time. At a time when the current of feminization prevails in the world today, it is entering our country with its own influences. Equality of women, their worthy place in society and in the family, their equal footing with men in all spheres, the work done for the health of them and their children are long-term efforts for good.

It is time to involve girls in sports, to provide them with the necessary conditions for their regular participation, and to eliminate at least some of the problems that arise, especially in bringing rural girls to the world arenas. In order to increase the effectiveness of the tasks in this area, other leading organizations should also make their contribution. First of all, it is necessary to put an end to the young

marriages of girls. From a physiological point of view, many diseases are caused by girls marrying before they are old enough.

Children of girls whose bodies are not physically fit are also not born completely healthy. This is because most girls have pelvic deformities after the first birth, mainly due to incomplete pelvic bones. First of all, it plays an important role in the development of the next generation, both physically and spiritually healthy. It is known that the baby is under the control of the mother from birth to puberty. Most young mothers today are inexperienced. As mentioned above, this is due to the fact that they are young married, the body is not ready for childbirth, and girls are not completely physically healthy.

Girls who regularly engage in sports do not have problems with a healthy birth of a child after marriage. In addition, the mother will know more or less the secrets of physical education and sports. Learn the secrets of how to raise a child, when to exercise and how to use massage. However, a healthy mother gives birth to a healthy child and there is no doubt that she will be brought up properly. Not only does it emphasize the importance of the mother in the child's participation in sports, but also emphasizes the unique role of mothers in the process of upbringing.

Involvement of women in physical culture and sports is one of the most pressing issues in our country today.

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