

THE IMPORTANCE OF THE COACH IN THE TRAINING OF HIGHLY QUALIFIED ATHLETES

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ABSTRACT:

This article discusses the current problems in the training of athletes, the mistakes that coaches make in the training process, their solutions, the role of the coach in the proper organization of training and its importance.

Keywords: Coach, training process, theoretical knowledge, technique, tactical training, planning, competition, observation.

INTRODUCTION:

Although the opportunities created by our country for the continuous results of athletes in prestigious international competitions have a great impact, but the main thing is that the person who has the power to influence all the results depends on the level and potential of the coach. Athletes' success depends on the coach's pedagogical ability. Due to the hard work, talent and quest of the coach, from amateur athletes to world-famous athletes. On the contrary, there are talented young athletes who have the potential to become great athletes in the future, but there are also coaches who do not use their opportunities wisely without training them properly. As mentioned above, the coach's mastery of his field and his scientific potential are important factors in the development of athletes into highly qualified

personnel who will bring continuous results in the future.

How can a coach be more effective in organizing the training process? What should a coach look like? The biggest shortcoming of coaches today is that they do not have in-depth knowledge of their field and are not able to organize training properly. Today's young coaches are based on a system of teacher-student tradition, just as their coaches did when they were athletes. At the same time, if the teacher did not make serious mistakes during the training, and this system is effective, it is certainly useful, but the teacher observed pedagogical shortcomings in the process of teaching technical and tactical actions. If mistakes are made in the responsible process, such as the transfer of the load, or if the training is designed in a way that adversely affects the health of the trainee, and in this case by learning the process from the instructor. If implemented, it can have a serious impact on the future and health of athletes, and is limited to increasing the number of coaches who train ineffectively by one.

Before entering the coaching profession, it is necessary to have a deep theoretical knowledge of the type of specialty, to get acquainted with and master dozens of disciplines, to study and analyze the work of qualified coaches on the basis of comparative analysis and this knowledge. If a scientifically

based training program is developed, the quality of the training process will change significantly for the better and the chances of achieving significant results with athletes will increase. These include the development and improvement of physical qualities, their age classification, teaching principles, preparation for training, division into main and final parts, norms of loading and rest, and so on. By developing a training program that combines theoretical knowledge with practical knowledge gained in a specialized sport and applying it in practice, it is possible to understand the importance of properly organizing the training process in training highly qualified athletes.

Carrying out of training according to the plan with a specific purpose and strong preparation for each lesson, monitoring of a social mood of the participants, recording of anthropometric changes in them and so on. One of the factors that improve the quality of training is the preparation for competitions in advance, the organization of training in periods based on the calendar of international and national competitions, the development of annual, monthly and weekly plans, strict adherence to the established discipline.

The use of modern technologies in the tactical training of athletes is one of the most effective methods. We can see this in the work of our boxers. The coach should keep track of each athlete's mistakes during training and competition on an individual basis and record them in a notebook or on video. It is necessary to analyze the videos with the whole team using special equipment and in the process to encourage more athletes to find their own mistakes, to teach them to think deeply by giving them the opportunity to analyze their mistakes. The coach trains the trainees in international and national competitions, collects information about them, collects and analyzes the videos of the fights with the trainees, learns the tactics of work, learns from

mistakes. Find them one of the most effective and efficient factors is the development of counter-tactics and the transition of training through the development of special methods based on tactics developed against the opponent's tactics.

A modern coach must be ambitious, inquisitive and observant. He has to come up with new ideas every time he competes and observes the training process. Athletes need to keep track of which methods and tactics they use the most and analyze whether they are effective or ineffective on the spot, constantly striving to come up with new ideas, new tactics, and constantly work on themselves to increase their self-esteem. The coach should never leave the coach, as he sets goals for himself and his teammates, and as the skill and level of the athletes increase, so does his level and skill. It is through this feeling that the coach is constantly working on himself, searching, striving, and eventually becoming a skilled professional. This will ensure that in the future there will be internationally recognized athletes.

In short, coaches today do not spend their time on deep theoretical knowledge and do not consider it an important factor in their work. Before organizing their practical activities, the trainer should have a deep knowledge of the field and develop a scientifically based program, combining theoretical knowledge with practical actions.

And training on the basis of this program, to inform athletes that it will be a key, important and key factor in achieving high results, and to stimulate healthy competition among coaches by applying this system to the activities of all coaches and as a result, we must ensure the continuity of the results of our athletes in prestigious international competitions.

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