

TECHNIQUE OF CONDUCTING SPORTS COMPETITIONS AMONG HIGHER EDUCATION STUDENTS

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Annotation

In this article, sports competitions are a kind of activity and talk about the conditions for regulating the movement of opponents.

Keywords: sports competition, competitors, action qualifications, points.

Annotatsiya

Mazkur maqolada sport musobaqalari o`ziga xos faoliyat bo`lib raqiblarning harakatini tartibga solish shart-sharoitlari haqida so`z ketgan.

Kalit so`zlar: sport musobaqasi, musobaqalashuvchilar, harakat malakalari, ochkolar

Аннотация

В данной статье речь идет об условиях, при которых спортивные соревнования являются специфической деятельностью и регулируют движение соперников.

Ключевые слова: спортивное соревнование, участники, навыки передвижения, очки.

Sports competitions are a unique activity and play a major role in regulating the movement of competitors, provide an opportunity to objectively compare some of their abilities and ensure the maximum manifestation of physical qualities during the competition. Sport in its current form has a number of unique features:

1) In the activity of sports competitions, increasing the level of competition and the requirements for successive achievements are organized based on the system of sports competitions (those who participated in the lower competitions are placed in the upper ring or from the bottom to the top).

2) It is carried out due to the equalization of actions performed directly in competitions, management conditions and methods of evaluating achievements. This equalization is reinforced by certain rules as general norms of conducting competitions.

3) The behavior of competitors is regulated according to the principles of competition.

The athlete shows the indicators of the chosen type, individually, according to his capabilities. These results can be determined in units of time, distance, weight to improve the result of either physical victory or defeating the opponent (in points, goals, points, etc.)

A high sports result is a standard of human capabilities in the current development of sports. By comparing them, everyone can compare their sports results and, based on that, plan to improve the results. From the above, the role of benchmarking of sports results is clearly visible.

Sports results are always a multifactorial phenomenon (which depends on many reasons). The results of sports in the society are the factors affecting development.

- 1) Athlete's individual talent and level of preparation for high results.
- 2) Effectiveness of the system of training for sports, analysis of its content and material-technical provision.
- 3) It depends on the breadth of the sports movement and the general social conditions of its development. Studying the features of sports competitions has been of interest to sports experts and has not lost its importance even now.

First of all, competition is the main content of sports.

Secondly, sports competitions are "bigger" than sports training in terms of genetics and subordination. It is known that in the development of human spirituality and culture, games were first formed among various one-on-one combat and sports elements. Later, after their forms, styles and elements begin to form, the ways of preparation begin to be defined. Currently, a scientifically based system of training athletes in many fields of sports has been established and includes sports training.

Thirdly, sports competitions are considered as "Polygon" in determining the physical tactical and technical capabilities of the athlete, reserves and the capabilities of the sports team. It is only during the competition that competition is created to overcome psychological resistance and the psychological structure of the athlete's competitive activity is determined. The system of competitions combines a number of official and unofficial competitions and organizes sports activities as a relatively separate form. These are divided in a certain order depending on their scale, importance, stages and conditions of the athlete's training. Absolute firsts (individual and team), world and Olympic games occupy the main places in competitions. Competitions aimed at such a main goal have a certain influence on the training of an athlete. Accordingly, some stages of the training are planned, optimal training time for high sports results, etc. are determined. Many other competitions are held for preparation. 10-15% of the total time of sports training determines the time of the competition.

Competitive activity is an organized competition, which aims to objectively compare one's abilities and ensure and regulate the maximum performance.

It has several special features:

1. To organize activities in the competition system depending on the level of increasing competition and the demand for achievement (in preliminary and official competitions).
2. The activity of the athlete in the implementation of the means of the competition is strengthened by certain rules and the general standards of the competition.
3. It also depends on the behavior and behavior of the contestants.

Sports competitions - in a state of excitement, more than 100 sports competitions are held today. Each type of sport has its own methodical features, conditions of participation, rules of conduct and determination of winners, and other requirements for holding a competition.

The competition is part of the athlete's training system, because it is organized taking into account social tasks (propaganda, exhibitionism, etc.) without personal sports training. A sports competition is a form of competition in the form of a game, which is held in order to determine the development of physical fitness, movement skills and the art of performing exercises or thinking and thinking.

From young athletes to skilled athletes, competition is very important. It is impossible to talk about sports activities without participating in competitions. Competitions are a motivating factor for

athletes, and at the same time, they teach the athlete to gradually increase the load, train the will, learn to fight sports and control the training process.

Practice shows that the more an athlete participates in competitions, the more experience he has. Because the number of competitions in all types of sports has increased. For example, a highly skilled cyclist, sprinter competes 200-250 times a year (D.A.Polishchuk, 1982). Qualified swimmers have a busy schedule of preparation for the competition. The number of competitions per year is 20-30, the duration is from 1 to 3-5 days, there are 120-140 starts (V.N. Platonov, 1986). The number of main competitions, which are considered the main ones and the final point of exercises, should not be large (3-4 times a year, except for sports games). The main competitions should be arranged from simple to complex and according to their difficulty.

They should be arranged for the current year so that the athlete has the opportunity to constantly prepare for the most important competition, to have physical and mental rest between competitions, and to correct the shortcomings identified in one competition during the training process before the next competition.

The number of sportsmen's participation during the competition depends primarily on the nature of the sport. Competitions in sports (1 competition days per week) are held more often than in sports that have different demands on endurance and require longer recovery.

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