

ORGANIZING AND CONDUCTING SPORTS COMPETITIONS WITH CHILDREN AND TEENAGERS OF DIFFERENT AGES

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Abstract:

The article describes the process of organization and management of sports competitions among children and teenagers. The article also explains the necessary features that should be taken into account when conducting sports games and competitions for children and teenagers.

Keywords: sports competitions, sports schools, children's and youth sports, competitive activities, competitive games, organization of sports competitions.

Sports competitions are an important component of the training process, they help to educate the growing young generation in the spirit of moral and educational requirements, to strengthen the health of the growing body, to train and improve its functions, to develop vital physical qualities and skills, and to increase the achievements of young athletes.

Competitions in all types of sports are held on the basis of the uniform rules, which are mandatory for all participants, and the program of the training work of the sports school (section). Qualified referees and medical personnel must serve the competitions.

At the initial stage of playing sports, the duration of training for children to participate in competitions should not be less than 1 year. In case of interruptions in sports training, it is reasonable to provide at least 10-15 training exercises for each age group to restore the sports form.

A competitive activity is an organized competition, comparing one's skills objectively and ensuring maximum performance and regulation. 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 main competitions).
2. The arrangement of ways to evaluate the athlete's activity, conditions and achievements in the implementation of the means of the competition is strengthened by certain rules and general norms of the competition.
3. It also depends on the behavior and behavior of the contestants.

Sports competitions - in the form of excitement, currently more than 100 sports competitions are held. Each type of sport has its own methodical characteristics, conditions for participation, rules for holding and determining the winners, etc. for holding a competition. The competition is partly part of the system of training an athlete, because it takes into account social tasks (propaganda, exhibitionism) without having only personal sports training etc.) is also organized without.

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.

Major official competitions, which are usually considered the most important, are the culmination of a continuous process in the training of an athlete. The need to achieve the highest possible sports results in them often determines the high status of such competitions, as well as the structure and essence of the preparation system for them. Other competitions may have a qualifying, generalization, training or control nature and perform various technical and tactical tasks.

One or another method of conducting the competition, the task set before the competition, the deadline for the completion of the competition; It is determined depending on the number of athletes (teams), their sports training, employment in educational production and territorial location, the amount of places (area) necessary for holding the competition of participants and, of course, the availability of funds.

Sports competitions closely help to solve pedagogic, sports, methodical and social political tasks.

Athlete's competitive activity. From young athletes to skilled athletes, competition is very important.

Competitions are a motivating factor for athletes, and at the same time, they teach the athlete to increase the load, train the will, learn to fight sports and control the training process.

Practice shows that an athlete's many participation in competitions is simply gaining experience. For example, a highly skilled cyclist, sprinter competes 200-250 times a year (D.A. Polishchuk, 1982). A skilled swimmer has a tight training schedule. The number of competitions per year is 25-30, 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 by their nature, and the final point of training, should not be large (3-4 times a year, except for sports games). The main competitions should be arranged from simple to complex and depending on their difficulty. They should be arranged for the current year in such a way that the athlete has the opportunity to constantly prepare for the most important competition, to have physical and mental rest between the competitions, and to correct the shortcomings identified in one competition before the next competition.

The number of sportsmen's participation during the competition depends primarily on the nature of the sport. Competitions in sports (mostly 1-2 competitions per week) are held more often than in sports with special demands on endurance and longer recovery.

It is necessary to take into account the following in the system of preparing an athlete for participation in competitions:

- competitions for an athlete should be carefully selected and gradually become more difficult;
- participation of athletes of equal strength in the competition;
- moving time from there to here, etc. and the increase in strength-intensive competitions can limit training and have a negative effect on the athlete's training;
- the calendar of competitions (day, distribution, level of difficulty of competitions) should be created in such a way that the athlete has a great opportunity.

Sportsmen's activity during competition is called competition activity. The activity of the competition consists of some actions, methods, combinations aimed at achieving the highest sports results, and is provided with an integral level of technical, physical, tactical and mental preparation. Participation in

sports competitions is a form of competitive activity. A sports competition is a time-limited competition, in which the abilities of the competitors are objectively compared.

Drawing up regulations for holding a sports competition.

In the practice of holding sports competitions, before holding any official competition, the organization of the competition, information about the participants, its duration, prize places, as well as all subsequent places occupied by the participating teams or physical education teams, are drawn up. These regulations are approved by the sports federations or the management of the organization holding the competitions.

The "Regulation" of the competition is a document with great legal force. It clearly describes the main organizational and technical conditions. The "Regulations" determine the content of training activities, as the organizational and methodological preparation of the teams is carried out taking into account the features of the upcoming competitions. It is assumed that the teams (athletes) participating in the competition will have enough time to prepare, and the regulations will be approved in advance and distributed to the participants.

It is not allowed to deviate from the approved regulations during the competition, otherwise it will damage the reputation of the organization conducting this competition and cause unnecessary disputes.

"Charter" on holding a football competition. (Sample)

Regardless of the size of the competition, the "Regulations" of the competition, which mainly determine the winners, as well as all the subsequent places of the participating teams or physical education teams (when the results are taken into account by teams), are drawn up before holding any official competition. These "Regulations" are approved by the head of the federations or the organization holding the competition.

The rules of the competition must be communicated to the participating teams long before the start of the competition.

The following issues should be reflected in the "Regulations" about competitions:

1. The purpose and objectives of the competition to be held by sport.
2. Who will hold this competition (federation, organizing committee, etc.).
3. Exact dates and necessary conditions for the upcoming competition.
4. The number of teams expected to enter the competition and their names, the maximum and minimum number of participants included in the application.
5. Game system for holding competitions (rounds - one or two rounds, exiting the game after defeat, mixed systems).
6. The registration system and the procedure for determining the places occupied by teams and physical education teams (when the results are calculated by teams).
7. Special conditions of competitions (in what cases extra time is determined in the game and its duration, methods of determining the winner when the game ends in a draw or the number of points are equal as a result of the competition (11-meter free kick), how many players can be substituted, other than those specified in the rules of the game, etc.).
8. Procedure and form of formalization of teams and competition participants, application period for players and re-application period.
9. The name of the team (brigade) of referees conducting competition meetings.

10. The procedure for protesting the played match, its review, as well as the timely consideration of disciplinary measures related to the expulsion or warning of players.

11. The responsibility of the teams for the violation of discipline by the players and the responsibility of the administration of the stadium and teams for maintaining order during the match.

12. Competition venues and requirements.

13. Conditions for awarding competition winners and participating in the next competition of the last-placed team or teams.

All matches are conducted by the team of referees of the competition based on this regulation and they are always responsible for the high level of these matches.

Types of competitions. Depending on the goals and objectives of the sports competitions held in our country, there can be main and auxiliary competitions. Competitions that are organized in accordance with the requirements of the unified sports classification in our republic and are given a sports classification based on the achieved results and are named the winner or champion are included in the main competitions.

The main type of competitions are calendar competitions, which are provided for in the single calendar plan of sports events and are held in accordance with the approved "Regulations".

The following are the main types of competitions:

- championships or championships;
- cup competitions;
- qualifying competitions.

First or championships are the most responsible competitions, according to their results, the winning team is given the title of champion. This type of organization and holding of competitions allows to rationally evaluate the strength of the teams, to compare the quality of the training work being conducted.

Cup competitions are held in order to attract a large number of teams and determine the winner in a relatively short period of time. Cup competitions are held on the principle of getting the best consistently.

Qualifying competitions are held in order to determine the strongest teams (athletes) for participation in the next stage of competitions.

Auxiliary types of competitions include:

- control meetings;
- friendly meetings;
- exemplary meetings;
- shortened competitions.

Control meetings are held in order to prepare teams for upcoming competitions and check their readiness.

Friendly matches are held for training purposes or according to the plan of traditional competitions.

Exemplary matches serve to popularize the football type of sport in our country and among our teams and show sportsmanship.

Shortened competitions - held in a few hours. They are usually scheduled around holidays and the opening or closing days of the sports season.

Competition systems The competition should create the same conditions for all teams to fight for victory and determine the winners based on the actual results.

Competition systems may vary. But when choosing one or another system, the following conditions should be taken into account:

- a) tasks ahead of the competition;
- b) competition conditions;
- c) the number of participating teams;
- g) types of competition;
- d) participation in sports training and production of the participants;
- e) occupation, number and territorial location of competition venues.

In general, two (elimination and rotation) systems are used in the practice of conducting sports competitions.

As a result of the combination of these two systems, a third - mixed system appears.

Conducting competitions according to the elimination system. When competitions are held according to this system, the team that loses the match will not participate in the next matches. As a result, at the end of the competition, there will be a team that has never lost. This team is the winner. The team that lost to the winning team in the last (final) match is the second. The advantage of this system is that 63 calendar days are required to hold a tournament with 64 teams in the round-robin system, but only 6 calendar days are enough for the knock-out system. But it also has a number of disadvantages. This system does not allow to determine the actual games of all teams, and most teams play very few matches when this method is used.

Any strong team can lose on the first day and leave the competition. All matches in knockout competitions must be won by one team.

Circular system. When the competitions are held in a round robin system, all teams can meet each other once, twice or even more. In the end, the team with the most points during the whole competition will be the winner.

The rotary system is the most advanced system. Because it not only determines the team that won the first place, but also determines the appropriate places based on the preparation of all the teams participating in the competition. This system requires a lot of preparation from the participants and basketball players to be in top form during the entire tournament. The downside of the round-robin system is that it takes a lot of time to run a tournament. Teams can be divided into several groups to save time.

Mixed system. When the competitions are held in a mixed system, one part of the matches is played in a round-robin, and the second part is played in a knock-out system. This method is used when there are a large number of teams participating in competitions and they are geographically distant from each other. All teams are divided into zones and groups. Competitions are played in zones and groups on a knock-out basis, while finals can be played on a round-robin basis and vice versa.

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