

PHYSICAL EDUCATION AND ITS BASICS

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ANNOTATION

It is necessary to determine the correlation between the integral dimensions of technical skill, the rhythm-tempo system and the data of special physical training. The rhythm will reflect the stresses being spent, depending on their value, time spent, and other characteristics of movement.

Keywords: characteristics of movement, tense situations of sports competitions

INTRODUCTION

Depending on the rhythm of the movements, it is possible to reflect on their perfection. When drawing up Model` descriptions of tactical training, it is necessary to more clearly distinguish the most optimal of technical and tactical solutions, which can be used in the same tense situations of sports competitions. For example, in the field of wrestling, there had been studies on the rhythm-tempo structure of methods. Then it was determined: on the basis of rational technique, biomechanical laws, or rather, rhythmic descriptions of attack movements lay down. Analysis of special materials of 11 simple and complex attack actions (OHH and MHH), which were captured at the cinema, in terms of rhythm, showed that there are significant differences between them. OHH is within the basic structure of a technical action (method), while MHH (method) is performed by some form of preparatory action or tactical preparation for an attack, which is a connecting element between the main parts of the action. When performing the method of taking and exaggerating to the side, the time stages will depend on the direction of the preparatory movement. If the preparatory movement is directed towards the direction in which the exaggeration was carried out, then the time of the main stage is reduced. The act of preparing for an exaggeration constitutes a completely different rhythm of the method of exaggeration by bringing the opponent's "stop point" ("myortvaya tochka") to the surface and taking it to the side. A model for the technical and tactical training of an athlete` should be taken into account all this while the description is being developed. In the development of third-level model` descriptions or models of potential sports opportunities, the validity of leading systems in the body is determined in models of overstressed activity. This methodological approach makes it possible to establish ways to further increase Reserve opportunities in order to achieve qualitatively new, even higher record indicators in specialized sports activities. Such a detailed analysis of the model` descriptions of the three levels is not a one-to-one goal, it serves as a means of accurately planning tasks for training athletes, choosing training tools and improving their application. Model ' analysis of three levels of descriptions reveals defects in the course of competition activities (first level), then special tools are selected from the second level, taking into account the functional indicators of the athlete's organism (third level). 12 model ' descriptions it is necessary that they have a strong relationship both within each level and between three levels in total. In the system of managing the training of athletes, an approach to them taking into account their special characteristics allows you to include one or another athlete in a specific previously developed scheme of competition competition

competition, as well as determine the compensation zones according to the model` descriptions. By studying these issues in a certain type of activity, it will be possible to purposefully plan the exact means of training, as well as speed up the process of training highly qualified athletes. In the training of young athletes, the above three-level model` will have the reverse order of mutual subordination. M.Ya.Nabatnikova had arranged the levels in the three-level model` in the following order in the preparation of adolescents. .The first level is the model of potential sports opportunities the second level is the model of sportsmanship. The third level is the competition model. Thus, depending on the goals set forward in the sports training system, it is possible to observe how changes are taking place in the hierarchy of levels. If at the first level it is necessary to use a model of potential sports opportunities when sports are just beginning (in childhood), a competition model is used in the training of highly qualified athletes. Naturally, at a certain stage of the multi-year training process, a change in the importance of levels occurs. As you can see, the process of training in childhood should be focused on the development of systems in the athlete's body, therefore, in the preparatory 13 program, it is necessary that the model of potential sports opportunities, which determines the features of the physical development of a young athlete, be considered the most important. At the age of 13-16, the development of basic qualities becomes intense, and the basic technique is formed. Therefore, in the training of athletes, the model of sportsmanship should come first. From the age of 16, the importance of the competitive model increases, and at the age of 18-19 it becomes very significant. When determining the characteristics of changes in models in a three-level system, it is very important to know exactly at what stage it is necessary to pay more attention to the specific level of training for the intended use of training tools. The rational organization of the training process means combining its goals, means and methods. A model of the dynamics of the importance of degrees in the multi-year training of athletes. The model of the change in the importance of levels in the multi-year training of athletes can be used in the programming of the training process after conducting a diagnostic analysis of sports training. In this case, the decisive goal in the preparatory programs remains the features of the hierarchy of levels at a certain stage. So, regular consideration of changes in three-level system models in the organization of the training process in the multi-year training of athletes does not leave room for doubt. Thus, the analysis of the training of athletes in accordance with the models of changes in the importance of levels in the management of multi-year training will determine the characteristics of Sports problems that occur at different age periods, thereby creating conditions for the development of more specific ways of management.

MATERIALS AND METHODS

In the current era, scientists are trying to imagine the Integrative problems of sports theory as a whole. Theoretical developments considered above in solving problems: General Sports theory, theoretical-methodological Sciences with a private subject in sports, to the scheme of relations of the intermediate fields of humanitarian and natural knowledge, a three-level system of managing the process of sports training, as well as the model of the change in the importance of 36 degrees in the management of multi-year training it is necessary to rely. L.P.According to, the main problems of sports science are distributed to 3 main blocks, but we also propose to include the fourth Block: 1. Development of a general concept of the essence of sports, features inherent in its structure and function, as well as directions of further development. At this point, it is necessary to give a

description of the essence of the sport, its role and importance in the life of the individual and society, to consider its sources and directions of development. Having studied the bio - and mental-social nature of sports activities in a deeper, fuller and holistic way, it is necessary to explain the functions of sports in modern society and the laws of development. In this it is necessary to reveal the main conflicts that exist in various directions and sections of sports practice (including popular, professional and professional-commercial sports), as well as methods, conditions for their elimination in the interests of the individual and society. 2. The problem of the theory of sports competition is a comprehensive understanding of the essence of sports competition as a competition activity, the forces that drive it, the laws and conditions for effective implementation. In the activities of the competition, it is necessary to develop generalizing ideas about the reasons and personal plans, preparatory forms of its modeling, self-justifying magnitudes of sportsbook downloads, as well as their appropriate modification and correctly formulated options for the system of competitions in various conditions of sports practice.

3. Problems of systematic use of sports training and other factors of sports achievements. In this section, the content and structure of sports training, the laws and principles of structure, theoretical and methodological foundations of 37 physical, technical, tactical and other aspects of preparing an athlete for sports achievements are developed and covered in detail. Sports orientation and qualification; optimal structure of multi-year sports training-from the first stage of training to the removal of an athlete to the highest sawmills of sports activities; the problems of the correct use of an additional factor in the system of measures for forecasting, planning, control and its optimization are waiting for their solution. 4. One of the largest problems in sports science is the study of the activity of organism systems in the conditions of training and competition activities. The directions of development of our achievements in sports today are such that their design for the next decades consists, perhaps, first of all, in determining the ways and means of influencing the athlete's body in the most optimal way, taking into account its physiological, biochemical capabilities. This condition puts the following tasks before the researchers: first: - research on physiological mechanisms that determine the growth of an athlete's working capacity in various sports; - to identify the causes of decreased performance in the process of competition and training activities, as well as physiological mechanisms for the occurrence of exhaustion; - to study the process of improving performance, mechanisms of getting used to large loads; secondly: - to reveal the laws of the mental state of the athlete in training and competition activities;-to develop criteria for assessing the degree of nervous - mental; - to determine the internal possibilities of validity of the leading systems in the body in models of extreme activity; - to establish ways to further increase the capacity in reserve in order to achieve new, record levels. From the sum of problems, it can be seen that sports theory is complex and significant not only in cognition, conceptually, but also in practical terms. The further progress of the sport depends on the correct solution of these problems.

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