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## **THE PROCESSES OF ORGANIZATION OF GENERAL AND SPECIAL TRAINING OF ATHLETES**

Annotation: this article provides an understanding of general and special preparation. Also, the processes of Organization of general and special training in athletes have been investigated.

Keywords: sports, physical education, training, gymnastics, physical training, competition, experience.

Sports training is the main form of training athletes, which includes all types of sports training. Sports training is not only the training of a qualified athlete, but also the solution of the tasks of physical development of Health. In sports training, physical training, as well as practical parts of the athlete's preparation for sports-technical, tactical and spiritual willpower, take the most places.

Sports training is a kind of sports training, which is aimed at achieving specialization in one type of sport, as well as training, in which high results in sports are planned. It can also be said that sports training is a pedagogical phenomenon, it is a special process of physical training, which is aimed directly at achieving high results in sports. In other words, this is the process by which physical education is carried out "through sports", through sports. In addition to the term "sports training", the term "training an athlete" is also used. The concept of these is very close to each other, but not the same. Training an athlete is a broader concept, which involves the use of all the tools that allow him to be ready to achieve high performance in sports and go beyond this.

Sports training and training of the athlete, the occurrence of a complex of biological and psychological changes, as a result of which training leads to an improvement in the level of visual acuity, readiness, fitness. The concept of "exercise blindness" is usually understood in the sense of changes in biological

adaptation that occur in the body of an athlete under the interpretation of training, as well as in its expression in the increase in working capacity. The better the athlete sees the exercise, the more effective and perfect he will perform a particular job. Exercise blindness is a degree of adaptation of the body to physical activity through training.

With general stretching, special stretching exercises are distinguished. Special exercises represent the degree of adaptability of the athlete organism to the specific requirements of the type of sport. General exercise visibility is determined by the state of adaptation to various forms of movement activity. Seeing a general and special exercise is always in mutual harmony. According to the results of the athlete's preparation, the level of its preparation is determined. This understanding indicates that the athlete is ready to achieve high results in sports as a result of training. Readiness is characterized by improvement of physical qualities, technical tactical skills and preparation of spiritual, spiritual will. The sight and readiness of the athlete to exercise is constantly elevated in systematic training. This process takes place in a certain cycle State. In each new cycle, there is a favorable period of sports training, which is called a sports form, when we are ready to achieve this skill. Therefore, sports training can be called the process of managing a sports form.

Physical preparation. Physical training of an athlete is the training of physical qualities, abilities necessary for sports activities physical preparation is the attachment of the organism to general physical development, strengthening and tempering. Physical training will also be general and special. Special physical training of the athlete is a technique from the process of training the physical ability, which can meet the specific requirements of the sport. The general physical training of an athlete is the training of physical abilities that are not specific to the type of sport but have a positive effect on the achievement of success in sport.

Success in sports activities requires not only the improvement of physical abilities inherent in this sport, but also the development of all physical qualities. Therefore, when general and special training is organized in harmony, the physical

improvement of the athlete is carried out. General Physical Training provides the basis for special training and develops the qualities of movement that are in accordance with the sport. General physical training will depend on the specialization of the sport. Nevertheless, general physical training will be almost similar in all sports. This is because it is important to develop physical qualities in all sports. General physical training, along with the provision of sports training, also solves the issues of physical development. This gives young people the opportunity to learn their physical development through test tests and control measures.

In the process of general and special physical training, physical education means physical exercises and factors of nature, as well as hygienic requirements are used. Buda holds the main place in special physical exercises. Tempering procedures and hygienic conditions are widely used in the process of training sessions. The importance of these factors and rules in sports activities varies in accordance with the fact that the training processes are complicated and the physical loads increase.

The technical preparation of the athlete is said to be the study of the technique of movement and activity, which serves as a means of arguing in sports or as a means of training. In the process of special technical training, the athlete learns the technique of the chosen sport and knows the legalities of his actions related to his specialization in sports, the necessary action is carried out by mastering and improving his skills and abilities. The goal of technical training is to regularly expand the general physical training of athletes, their knowledge in the field of physical exercises, to achieve greater use and improvement skills in sports practice. The difference between the general and special training of an athlete is the formation of movement skills and abilities related to physical education, along with the improvement of physical exercises, the specialization is the acquisition of a sports training technique.

Tactical training of the athlete is carried out closely together with technical training. Tactical training teaches the industry of their application. Sports tactics

can also be briefly described as the sports betting industry. Sports tactics are the purposeful participation in competitions, taking into account the capabilities of the athlete, the characteristics of the opponent, as well as the concrete conditions of the competition. In all types of sports, the forms of tactics and its significance are diverse. In sports games, the tactics of individual fights will be perfect and incorporating the broader results of changing. With all conditions and methods of preparation the same, tactical preparation will be the decisive factor of victory. In the tactical preparation of the athlete, an important role is also played by mastering the theoretical foundations of Sports tactics, studying the possibility of competitors and the conditions of competitions, tactical methods, mastering combinations to the level of tactical skill, contemplation for achieving tactical skills, preparation of spiritual and spiritual will. Tactical thinking tarbiy development of the ability to use the results of physical and technical training in a trained athlete due to competition conditions .tiradi

Tactical training is also divided into general and special types of tactical training. General tactical trainingtiradi theory of tactics and the development of the ability to use them in sports practice in accordance with the type of sport. General tactical training takes place in a general form in similar sports. Special Tactical Training will consist in the improvement of tactical skills, skills and abilities, characteristic of the selected type of sport movement and physical exercises. Tactical training is in constant compliance with technical training, one by filling the other. When an athlete achieves a level of technical skill, tactical thinking is formed in him.

In summary, In addition to a high level of tactical thinking, a set of exercises suitable for the type of sport used in any conditions should be formed techniques. Only then there will be an opportunity to perform exercises and movements selectively. Technical and tactical training of the athlete in addition to practical training, theoretical training is conducted with the help of lectures, interviews, analysis of films and Video Films.

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