



In the Field of Physical Education and Sports in Uzbekistan a New Era

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Annotation: in this article, the reforms implemented in the field of physical education and sports development in Uzbekistan, their importance, the achievements of boxers of our country, the importance attached to this sport and the goals and objectives of the government's decisions, ensuring their implementation, making boxing the most popular among the population it is discussed about the ongoing work on turning it into one of the sports, identifying, selecting and qualifying talented athletes and establishing a new system of training them as professional athletes.

Keywords: physical education, sport, boxing, mass sport, talented athletes, professional boxing, community development, professional trainers, referees.

Introduction

At the heart of a number of reforms implemented in our country today is the idea of improving people's lifestyle, creating a mentally and physically healthy environment for all layers of the population, and strengthening health. Therefore, at the same time, attention to physical education and sports has become an important socio-political task of state importance. In connection with the implementation of the Decree of the President of the Republic of Uzbekistan "On the Action Strategy for Five Priority Areas of the Development of the Republic of Uzbekistan in 2017-2021", physical education of all sections of the country's population, especially the young generation and to create conditions suitable to the requirements of the times for regular sports, to strengthen the confidence of young people in their own will, strength and capabilities through sports competitions, to develop feelings of bravery, patriotism, loyalty to the motherland, as well as, It is certainly gratifying that large-scale work is being carried out aimed at improving the system of selecting talented athletes among young people, in general, at further development of physical education and sports. The fact that magnificent sports facilities are being built in different regions of our country, according to world standards, and the systematic organization of three-stage sports games "Sprouts of Hope", "Barkamol Avlod" and "Universiade" among students and young people is bearing fruit. began to give – Representatives of Uzbekistan began to raise their hands at the Olympic Games, World Championships, Asian Games and international competitions. Sport is not only the basis of physical and spiritual health, but also a means of protecting young people entering life with high hopes from various harmful foreign ideas and habits, and allowing them to fully realize their abilities and talents. Therefore, in recent years, a number of legal and regulatory documents have been signed in this regard in our country. On June 3, 2017, the decision "On measures for the further development of physical education and mass sports", on March 5, 2018,



"On measures to fundamentally improve the state system in the field of physical education and sports" the adoption of the decree and the transformation of the Republican Physical Education and Sports Committee into a ministry according to this decree, as well as the Cabinet of Ministers' resolution of January 29, 2019 "Promoting a healthy lifestyle in Uzbekistan and involving the population in physical and public sports adoption of the decisions of February 13, 2019, "On approval of the concept of development of physical and mass sports in Uzbekistan in the period of 2019-2023" Physical education and sports in Uzbekistan indicates the beginning of a new stage in the field. In his address to the Oliy Majlis on December 29, 2018, President Sh. Mirziyoyev said: "From now on, we will attach great importance to the rapid development of sports, the encouragement and support of athletes who have achieved high results in international competitions. In order to popularize sports among our young generation, we will organize children's and teenagers' sports schools in the most remote districts", - their separate remarks motivated the more rapid development of reforms in this regard.

For several years, Uzbek boxing has been demonstrating its leadership in the whole world. The decision of the President of the Republic of Uzbekistan on the further development of the world-recognized "Uzbek model", its improvement and strengthening of this sports promotion among our youth was announced. In it, the concept of boxing development until 2025, the development of a "Roadmap" for its implementation in 2021-2022, the number of students engaged in boxing in educational institutions for this sport to 27 thousand such tasks are defined. Taking into account the mass interest of young people in boxing in our country, in order to further improve the system of identifying, selecting and sorting (selection) of talented athletes, training specialists in the field and improving their financial incentives, as well as in order to maintain and continue the leadership of Uzbek boxing in the world. The following are the main directions of development of boxing sport. Including

- to make boxing one of the most popular sports among the population, to establish a new system of identifying, selecting and sorting (selection) talented athletes and training them as professional athletes;
- further development of boxing infrastructure and adaptation to international requirements, increase of boxing schools, including on the basis of public-private partnership;
- development of the training system of professional boxing trainers and referees, development of educational and methodological manuals, further strengthening of the scientific-methodological base;
- Gradual inclusion of boxing in the physical training of the Armed Forces and law enforcement agencies;
- taking necessary measures to maintain and continue the leadership of Uzbek boxing in the world;
- development and implementation of long-term plans for the development of women's boxing;
- such as increasing the parameters of the state order for boxing in sports educational institutions.

To establish boxing schools in all regions of our republic and to select talented young athletes from the 7th grade, during 5 years of education, to train them mainly for national teams, and to



regularly engage in boxing in sports educational institutions until 2025. The task of increasing the number of students to 27,000 has been set.

As we know, Uzbekistan joined the ranks of the best boxing countries in the world after breaking away from the Soviet Union in 1991. The victories of the Uzbek boys at the XX Summer Olympic Games in Rio de Janeiro brought the first place in the rating for the national team of Uzbekistan. Priority plans aimed at the development of boxing have been implemented in our country for several decades. During this time, our leading boxers trained in Uzbek boxing schools won many prestigious prizes at the Olympic and Asian Games, the World and Asian Championships. Today, this sport has become a favorite sport not only for fans, but also for the entire people of Uzbekistan. Since its establishment in 1994, the Boxing Federation of Uzbekistan has been doing everything to further develop the sport of boxing in Uzbekistan. Today, the Federation, which has established the practice of working directly with the center, has 14 regional offices and more than 60 sports clubs. The Federation annually organizes all categories of boxers: elite, youth, teenagers and schoolchildren regularly holds national championships. The coaching infrastructure was created, and the material and technical base of the boxing sport was further developed. Competitions in different age categories are regularly held in all regions of the country. For the past two years, the Federation has been actively developing women's boxing: a team has been formed, national championships have been held, financing and material and technical support of the women's team is planned. Every year, several international boxing tournaments are organized - an international tournament dedicated to the memory of the founder of boxing, Sidney Jackson, and boxing competitions in other cities of the country.

Today, a lot of attention is paid to the development of boxing infrastructure - in recent years, many special boxing gyms equipped with modern rings have appeared in the country. The work of providing boxers with the necessary equipment and supplies is being carried out rapidly. It should be noted here that the Federation has been conducting special trainings for referees, coaches and sports specialists. The Federation pays special attention to strengthening the health of boxers, increasing the level of physical fitness of athletes, providing modern medical and pharmacological support, regular medical and mental examinations of boxers. All this had a positive effect on the growing popularity of boxing in our country. In short, more than 20,000 people are actively contributing to the further development of boxing.

Murodjon Ahmadaliyev, Fazliddin Gaibnazarov (64 kg) and Bektemir Meliqoziyev (75 kg) won a silver medal at the AIBA World Championship held in Doha in 2015 and took a place among the winners. Elnur Abduraimov (64 kg), Elshod Rasulov (81 kg) and Bahadir Jalolov (91 kg) also won bronze medals in this competition. These medals gave them a ticket to participate in the Summer Olympic Games in Rio de Janeiro.

The victorious steps of our boxers at the 2016 Summer Olympics in Rio were written in golden letters in the history of Uzbekistan. First, Hasanboy Dosmatov (49 kg), then Shahobiddin Zoirov (52 kg) and Fazliddin Goibnazarov (64 kg) were considered unequaled in their weight categories and won the Olympic championship. In addition, Shakhram Giyasov (69 kg) and Bektemir Meliqo'ziyev (69 kg), who have become favorites of all boxing lovers, are silver medal winners of the Olympic Games, Murodjon Ahmadaliyev (56 kg) and Rustam Tolaganov (91 kg) are bronze medal winners. became In 2017, the Uzbekistan national team won one gold, three silver



and two bronze medals at the AIBA World Boxing Championship in Hamburg, Germany. These medals brought our country the second place in the final medals ranking. Shahram Giyasov (69 kg) returned from Germany as the world champion. Hasanboy Dusmatov (49 kg), Jasurbek Latipov (52 kg) and Ikboljon Kholdorov (64 kg) won silver medals. Bektemir Melikoziyev (81 kg) and Sanjar Tursunov (+91 kg) were awarded with bronze medals.

The leadership of the Boxing Federation of Uzbekistan is taking all necessary measures to develop clear strategic plans in order to maintain the leadership of our boxers in the world ranking. In this process, attracting young and talented boxers to our national team, discovering boxers with high potential in different regions of our country, improving their experience and skills at the international level is one of the main tasks on the agenda. In this way, the role of enthusiastic coaches who can lead students to success and add their grateful service to their proper education is invaluable.

With the support of the Boxing Federation of Uzbekistan, special attention is paid to identifying talented fighters by organizing boxing competitions between boxers of different ages. Opportunities to participate in a number of international competitions are being created for our boxers of different age groups to gain enough experience. Instead, this number of actions is one of the important aspects of enriching the composition of our national team.

Today, the Uzbek Boxing School and the Boxing Federation of Uzbekistan are making progress on every front. In recent years, experienced specialists, coaches and employees have been working on the reform of the Boxing Federation. Special attention is paid to the selection of talented boxers, and boxers from the remotest regions of the country are not left out of the selection process.

The Boxing Federation of Uzbekistan has been creating sufficient conditions for the organization of various championships. In recent years, great efforts have been made to establish fair arbitration in their fights. In particular, during each fight, four video cameras are installed around the ring, and it is analyzed by a special commission of experienced experts. In addition, the fights are being shown live directly from the boxing halls.

The Boxing Federation of Uzbekistan pays special attention to attracting boxers from each region. This will increase competition and create a platform for new names to emerge. In short, an open system of selecting boxers for the national team will be created today.

Among the strategic plans of the Boxing Federation of Uzbekistan are the tasks of holding international competitions. It should be noted that in recent years, stage matches of high-level WSB tournaments, Asian Championship and other international competitions have been held in our country.

In the near future, it is planned to hold world championships and continental championships in various age categories in our country. We have all the possibilities for this. One of the most important tasks is to win the hosting of the World Boxing Championship among elite boxers.

- There are several factors that ensure the success of Uzbek boxers. In turn, it should be noted that there are a lot of talented young people in Uzbekistan. Currently, boxing is one of the most popular sports in the country, and the number of people participating in this sport is increasing every year. In short, the country has a core base and they have the ability to train talented boxers.



In our country, a special mechanism has been developed for proper training of high-class boxers. There are various boxing schools and clubs in our country. In addition, experienced coaches from Uzbekistan have great potential. It should be noted that the boxers trained by our coaches have been proving what they are capable of in the world arenas.

Our boxers are having excellent fights with high technique, strong defense and fast striking. Also, in training processes, great attention is paid to strengthening their physical capabilities and increasing their endurance. Regular trainings are organized for this purpose throughout the year.

Another important aspect of Uzbek boxing is the creation of a healthy competitive environment among boxers. At least three boxers in each weight category will compete for a place in the national team. Most importantly, the pride, patriotism, will, diligence and high moral values of Uzbek boxers serve as a priority for achieving high goals.

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