



The Effect of Using Action Games in the Implementation of General and Special Preparations during the Training Process

Shokhimov Jonibek Jalolovich

Teacher of the Department of Sports Activities of Bukhara State University

***Abstract:** Controlling the effectiveness of general and special physical training and the formation of technical and tactical skills during training sessions is of great practical importance in training highly qualified athletes. Because children who have just started playing sports are not yet ready for big challenges from their functional and physical aspects.*

***Keywords:** active games, training process, special strength, special agility, exercise, special flexibility.*

Therefore, the active games used should be adjusted according to the capabilities of these children. At the same time, it is known from physiological laws that if the size, duration, and complexity of these action games are excessively high, the young organism cannot withstand this pressure. As a result, fatigue, stress and even illness may occur. If the size and duration of the bords and nagruz are very small, then there is a possibility that there will be no development, that is, no development. Action games are used as an auxiliary tool in training sessions. Because the game increases the interest of the participants, gives them pleasure, and ensures faster recovery of work ability. They forget to be tired because of the game, they do the training sessions carefully. All games have a complex effect on the bodies of the participants. Therefore, it is necessary to consider games as an exercise that has a general and special physical effect.

There is no game that cannot be considered as a means of developing certain physical qualities.

When training special strength, the trainer should play games that have a positive effect on the development of the necessary muscle groups. In sports that develop special strength, athletes overcome their own body weight, some external weight, or the weight (resistance) of an opponent. The following games are recommended for developing special strength. "Cockfight", "Pull in the circle", "Push out of the circle" and others.

Cultivating special quickness Games that require a quick response to a signal, perform many actions within a certain time unit, and move the whole body or a part of it quickly in space develop the quality of quickness in students. Exercises should be performed maximally to train special quickness. That's why it is better to play games that lead to active competition between the two sides. Games that educate the reaction to the object in motion give a good result in this place. Games that develop special quickness and strength help a lot in solving a specific task. These games should be played in the first part of the training session, before the participants get tired. The following games are recommended for training special quickness: "Calling numbers", "Hunters and ducks", "Guarding the nest", "Lapta" and others.

Cultivation of special agility, agility should be well developed in sports where specific movements are required and performance conditions are variable. Based on this, the following games are recommended to train agility: "Goalkeeper", "Catch the ball", "Screw" and others.

Cultivating personal resilience. In most games, the qualities of quickness and endurance are cultivated due to extremely intense exercises. In such games, the stakes are gradually increased.



For example: increase the area; reduce the number of players without reducing the size of the field; reduce the number of sports equipment; increase running distance; increasing the number of obstacles, applying complex exercises and reducing their number, etc. The goal will be achieved faster if the methodical methods mentioned above are used consistently. In order to train special flexibility, games affecting certain muscle groups and joints are selected. These games are mainly played using special sports equipment. Those who exercise in place of weights can also participate. Active flexibility depends on muscle strength. Muscle contractility properties are changed under the influence of the central nervous system. Therefore, flexibility is high when participating in games with pleasure and excitement. Appropriate exercises should be performed before games that require flexibility. To develop special flexibility, it is recommended to perform "Long ball throwing", "Melon pass", "Ball in the middle" and other exercises.

It was carried out with the participation of two groups for 10 months. These are control and research groups. During the study, 14 examiners from 7 participated in both groups. The effectiveness of the traditional (based on the BO'SM program) that does not include the research exercises and the exercises used with these exercises will be determined in both groups on the basis of an examination before and at the end of the study. 10-13-year-old boys and girls who started to practice the following sports: 30-meter run, 60-meter run, archery run, standing and running horizontal jumps. At the initial training stage, basketball players aged 10-13 can effectively improve their physical qualities with the help of special exercises. Controlling the effectiveness of the formation of general and special physical qualities and technical-tactical skills during training sessions is of great practical importance in the training of highly qualified athletes. The position of this control is especially important at the initial training stage of sports training. Because children who have just started playing sports will not be ready for heavy loads even from their functional and physical aspects. Therefore, the physical and technical-tactical exercises used should be adjusted according to the capabilities of these children. In addition, it is known from the laws of physiology that if the size, intensity, and complexity of these exercises are too high, the young organism cannot withstand this load. As a result, fatigue, stress and even illness may occur.

If the size and intensity of the loads are very low. It is possible that there will be no development in it. Therefore, in the course of training, constant and regular pedagogical control should be organized. The current basketball program for children's and youth sports schools does not raise any doubts in terms of its content and requirements. However, if there is no pedagogical control, these trainings will not give the desired effect. In addition, the current training program includes most of the traditional standard exercises. Such exercises often tire children faster from a psychological point of view. Children lose interest in training. Therefore, it is expected that the use of special exercises in training will give the expected effect. In order to prove this issue, we conducted a pedagogical study of 10-13-year-old basketball players engaged in the initial training phase. The study was carried out for a period of 10 months with the participation of two groups of control and research groups. The control group participated in training based on the current program.

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