



Features of the Training Process Aimed to Perfection Speed Qualities

U. R. Khaydarov

Lecturer at the Department of Physical Education and Sports of the Bukhara State Pedagogical Institute

Abstract: *this article analyzes the level of physical fitness in sprint athletes. The application of special exercises in the training process that affect the technical readiness of speed qualities is considered. The results of the study are reflected and the dynamics of changes in the results of the main indicators is studied.*

Keywords: *Physical readiness, special physical training, technical training, speed qualities, reliability of statistical difference.*

In recent years, consistent measures have been taken in the republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure a worthy performance of the country in the international sports arena. At the same time, there is a need to introduce into practice specific programs, evidence-based methods and technology in the field of youth sports training, as well as the introduction of innovative forms and methods in the process of selection (selection) of talented athletes [1].

Relevance. For the further development of athletics, more and more importance is attached to the search for new, more effective means and methods of training a sports reserve, the need for widespread use of theoretical and methodological provisions at various stages of the development of sportsmanship, and individualization of the training process is substantiated [3].

At present, the individual approach, which has fully justified itself when working with high-level athletes, is being replaced by a typical constitutional approach for working with children's teams. A new concept of the uniformity of responses to physical activity in children, combined dimensions and component variation of their somatic indicators emerges [2,4,5].

Particular attention should be paid to the special physical training of athletes in sprinting, taking into account their technical characteristics. Therefore, the problem of athletes specializing in sprint is relevant.

Purpose: to study the effectiveness of improving the running technique on the effectiveness of the speed qualities of sprinters in competitive disciplines.

Research methods. In the course of the study, the data of scientific and methodological literature, testing methods and the method of mathematical and statistical calculation were analyzed and summarized. With the help of taking control measurements (speed and speed-strength qualities), an assessment of the physical development of young men aged 15-17 was carried out. In the course of the physical development of young men, data were obtained on the following indicators: running 60, 100 meters, long jumps from a place, triple jump from a place, jumps up.

To solve the research problems, we organized and conducted a pedagogical experiment during September 2020 - February 2021 on the basis of the BKOR in Bukhara. The study involved 11 athletes (young men) of the training group of the third year of study aged 15-17. At the beginning of the experiment, the main funds were directed to the development of special physical fitness.[6]



The volume and content of the training sessions were determined by the standard QOR program in accordance with the stage of preparation. For the third year of study, the volume of training sessions was 10 training sessions with a total load of 20 hours per week (Table 1).

Table 1. The volume of training sessions for sprinters

| № | Name of activity | September | October | November | December | January | February |
|---|---------------------------------|-----------|---------|----------|----------|---------|----------|
| 1 | Theoretical training | 2 | 2 | 2 | 2 | 2 | 2 |
| 2 | General physical training | 20 | 20 | 20 | 20 | 20 | 20 |
| 3 | Special physical training | 20 | 20 | 20 | 20 | 20 | 20 |
| 4 | Tactical and technical training | 30 | 30 | 30 | 30 | 30 | 30 |
| 5 | Recovery activities | 2 | 2 | 2 | 2 | 2 | 2 |

In modern practice, innovative running exercises are widely used, such as: A-skip, B-skip, C-skip, D-skip, E-skip. Which develop and improve modern running technique, namely sprinting. It is worth noting that there are some differences between the early technique and the late technique. In late technique, foot placement is a key element in footwork.

Research results. The content of the training process of athletes in sprinting contributed to the significant development of such indicators of physical development, both in speed and strength; had an increase in physical fitness: running 60, 100 meters, long jumps from a place, triple jumps from a place, jumps up (Table 2).

Table 2. Indicators of physical fitness of sprinters

| № | Units of Measurement and Accepted Control Tests | At the beginning of the experiment n=11 | | At the end of the experiment n=11 | | Difference | % | Significance of difference |
|---|---|---|-------|-----------------------------------|------|------------|-----|----------------------------|
| | | $\bar{X} \pm \Omega$ | V% | $\bar{X} \pm \Omega$ | V% | | | |
| 1 | 60m Run | 8,218±0,715 | 8,70 | 7,836±0,727 | 9,3 | 0,1 | 1,2 | t=2,2 P > 0.05 |
| 2 | 100m Run | 14,0 ±1,28 | 9,14 | 13,1±0,9 | 6,9 | 0,9 | 6,9 | t=3,7 P > 0.01 |
| 3 | Standing Long Jump | 207,5±19,96 | 9,62 | 218,7±19,56 | 8,9 | 11,2 | -5 | t=2,4 P > 0.05 |
| 4 | Standing Triple Jump | 613,8±63,69 | 10,38 | 636±65,33 | 10,3 | 17,8 | - | t=1,4 P < 0.05 |
| 5 | Jump Up | 47,5±5,84 | 12,28 | 52,5±6,07 | 11,6 | 5 | -9 | t=3,5 P > 0.01 |

The average running rate for 60 meters at the beginning of the experiment was 8.218±0.715 seconds, and at the end of the experiment 7.836±0.727 seconds. (t=2.2;P>0.05).



The performance of running for 100 meters at the beginning of the experiment was 14.0 ± 1.28 seconds, and at the end of the experiment 13.073 ± 0.896 seconds ($t = 3.7$; $P > 0.05$).

The indicators of standing long jumps at the beginning of the experiment were 207.5 ± 19.96 cm, and at the end of the experiment 218.7 ± 19.56 cm ($t = 2.4$; $P > 0.05$).

The indicators of triple jumps from a place at the beginning of the experiment were 620.6 ± 68.18 cm, and at the end of the experiment 636 ± 65.3 cm ($t = 1.4$; $P > 0.05$).

Jumps up at the beginning of the experiment 47.5 ± 5.84 cm, and at the end of the experiment 52.5 ± 6.07 cm ($t = 3.5$; $P > 0.05$).

Conclusion and results of the research. A comparative analysis of changes in technical readiness in the experiment made it possible to establish that during the whole time there was an increase in strength and speed indicators in the subjects. In this regard, we can conclude that the proposed set of exercises is chosen correctly, and indeed the correct placement of the foot has a positive effect on increasing the speed of the sprinter.

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