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The main aspects of sports training are tactical, technical, mental training

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ABSTRACT

This article plays an important role in improving the tactical, technical and mental training of athletes, which are key aspects of their training, and getting acquainted with their effective methods.

Keywords:

tactical movement, tactical action phases movement acceptor, tactical training method, free maneuver, sur-plus, aerodynamics, sports games, potential opponent, technical-tactical movement cycle

Tactical training.

Sports tactics are the art of wrestling to achieve the goals of the competition in the most appropriate, optimal way.

Tactical actions aimed at achieving optimal success should be structured in accordance with tactical knowledge, skills, tactical skills, physical qualities, willpower and other components. Tactical actions are performed in a certain sequence consisting of the following phases. The first phase is the perception and analysis of the competitive situation. Solve the second phase-tactical situation imaginatively. Solving the third phase-tactical task through actions.

The phase of understanding and analyzing the competitive situation.

This is the leading stage as the beginning of the tactical movement. Mistakes made during this

phase will affect subsequent phases and lead to negative consequences.

Perception depends on the following factors:
View size (how much I see).

Field of view (width of view, field of view).

Knowledge and experience, skills to apply them:

Ability to focus on one point:

Athlete Instructions (Athlete Competition Activity Plan).

Analysis of the competition situation The conditions of the competition will depend on the size of the competition and the correct understanding of its details.

The phase of solving a tactical situation imaginatively

The athlete determines the program of perception and assessment (analysis) of the state of the competitive phase.

Given that sports competitions are extremely fast-paced (wrestling, boxing, or sports games), the shortness of time to come to a decision (one-on-one fights) requires that such a decision be made immediately: to be the closest view on many levels and to take into account the tasks that will take place, as well as the capabilities of the athlete. Knowledge of the level of readiness) is of great importance. He or this particular situation provides a good basis for a quick and optimal decision.

Solve a tactical task through action

The tactical task is the third if it is solved by actions it is only after the phase has begun that it becomes clear what tactical moves need to be made in practice. As a result of the actions, the effectiveness achieved in all three phases of tactical actions will be summarized.

The athlete defines a tactical task through perception and analysis of the competitive situation. This task he must solve first by thought and then by action. Memory plays a key role in this.

After assessing the situation and defining a tactical task based on the conditions of the competition, the athlete chooses one of the many options that are considered the most convenient method possible and tries to solve the problem on this chosen structure. Whether the solution to this problem is positive or negative, the system will improve over time as a particular problem is solved. Private and external information, as well as the principle of fast communication play an important role in this. The table presents the interrelationships of the three phases of self-information, self-improvement, and tactical action.

The result of problem-solving through actions is transmitted to the memory by instantaneous communication through the acceptor of moving actions (comparison, comparison, hardware). If the athlete has solved the problem in a positive way, then he will choose this path in the future when similar situations occur. He does it successfully.

If the solution to the problem seems to be negative, then the chosen path is analyzed to determine the causes of failure. The error in this is the source of misunderstanding and analysis of the competitive situation, the

division that denies the intellectual solution of the problem as a result of insufficient development of intellectual processes, as well as uncertainty in the timing of tactical actions. It be the result of putting (improper use of movement techniques, aids in physical development) or mental defects (cowardice, overestimation of one's own strength and abilities, and other similar). Frequent repetition of actions that yield a positive result develops tactical skills that are relevant to the goal.

The purpose of tactical training

The main goal of tactical training is to create the conditions for the athlete to achieve the level of victory or to achieve the highest results in training and to develop the ability to work.

Tactical training method.

Teaching and improving tactical actions are based on didactic rules such as "known to unknown", "easy to difficult".

1. Non-cyclical sports. Author V.S. Keller (1986)

A-non-competitive training method is used to master the basics of technical-tactical action, to teach them to analyze consciously.

Means-basic situations and rules, actions, imitation (immunization) exercises. For example, boxing, fighting with the shadows.

B-conditional opponent uses the following auxiliary shells and devices: badges, monikers, simulators, a model of the opponent with a software device, and so on.

Tools - Competitive exercises that include individual exercises, as well as serial exercises.

For example, shooting immunization, targeting spear shooting, rapier training, manikin wrestling, and so on.

C-partner workout style is the main technique for mastering tactical movements. In this case, the partner will be the one who actively supports the athlete.

Tools - Tactical improvement exercises performed in pairs and in groups.

Examples: football, volleyball, handball, etc.

D-opponent combat training method is used to refine the tactical movements in detail, to improve the tactics, to make extensive use of the individual characteristics of the athlete, to

enable the use of tactical movements in different situations created by the opponent.

Tool-competition exercises.

For example, two-way games. Cyclical sports P. Matveev (1977).

A-Creating opportunities to facilitate the conditions of the distance - to advance before the race, to provide coordinated information about the speed of movement.

B-Creating obstacles that make conditions difficult, covering distances through difficulties, and performing in difficult conditions (rain, wind, scorching heat, and so on).

C-Adherence to the tactical scheme is possible when there are significantly different views of the exercise in terms of space-time and dynamics, or often unexpected tactical changes (vertical movement, downhill) fall, change of speed, and so on).

D-Implementing the Tactical scheme is much more tiring and this fatigue is increasing.

E-Perform tactical exercises at the end of training, after endurance work, after strength training and other similar exercises.

F-The same scheme can be used to develop specific models of technical improvement for any type of sport.

The development of competition tactics begins long before the start of the competition.

To study the venue of the competition. To determine the conditions of the competition, the approximate number of athletes and other similar information. To develop a long-term training scheme based on the information received. The more accurate and precise, the more realistic and reliable the preparation system will be.

G-Exploring the possibilities of (all) opponents who are likely to fight each other on the way to victory. To do this, draw up a scheme of one-on-one combat (not yet divided into parts).

Develop competitive tactics for each start based on a study of the tactical capabilities of specific competitors.

Thus, before participating in the main competitions (depending on how much time is left for these competitions), a model of cycles (annual, semi-annual cycles) of the following technical and tactical movements is developed:

-long-term (one-year, half-year, multi-year) cycles.

-Future-cycle cycles.

-Certainly, each sport is developed separately, taking into account the capabilities of each opponent,

It will be necessary to develop not one, but several models, taking into account that the opponent can use different technical and tactical schemes (several variants) during individual games, individual competitions. Despite the fact that the instructions given to him before the start (placement of players, attacking style, pressing) do not provide for this, he has the ability to develop his own model of combat operations. It is very important.

Examples of tactical moves

A) Difficulties in the implementation of tactical actions in sports games, individual fights and their diversity:

Lack of time or space, lack of information, uncertainty of the time of onset of actions to mask (hide) the true intention, and so on.

Such difficulties are caused by the opponent. All this prevents the correct assessment of the situation, to come to an optimal decision, increases the demand for the activity of the nervous system.

B) Cycling (where a number of skills of the athlete should be considered), such skills in a complex way determine the effectiveness of the technical actions in which he performs.

_the skill of free maneuvering and taking a comfortable position.

To be able to effectively perform the so-called "sur-plus" situation, to control the actions of the opponent.

C) Rapid response to the opponent's attack, effective throwing when reaching the finish line (running for 800 m or more, group cycling on the track, highway).

In conducting the race in this way, striving to choose the most convenient location in terms of aerodynamics, especially in terms of track and so on, requires athletes to constantly maintain tactical balance and, of course, to change speed.

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