



## Downloads in Sports and Their Effects on the Body of Athletes

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### ABSTRACT

In this material, the training of qualified athletes in the process of many years of sports training, the development of physical qualities and technical skills specific to the characteristics of each sport, mainly the content of these loads, individually in their own direction. pages of analytical data to dependent observers.

### Keywords:

training of athletes, physical qualities, technical and tactical skills, material, physical, multi-year sports training, maximum level of training

As we know, support for the nutrition of qualified athletes during many years of training is associated with additional loads, the amount of physical activity and exercise in the "wave" direction, depending on the intensity of training. The development of physical qualities specific to each sport and the development of technical and tactical skills are effective, based on the content, direction and number of repetitions of these loads. The ratio of ratios belonging to these installation types is crucial to the optimal amount of target load and quality level.

The practice of sports training requires proof that its activities and content are relevant to sports-related issues.

To the physically loaded organism, this is the production volume of the exercise. Load rate is the amount of load that is measured by a parameter of volume and intensity.

The training of athletes in sports depends on the physical qualities and technical-tactical day in a proportional and proportionate manner.

Today, the world-renowned Uzbek sport also has its own methods of wrestling (attack, offensive, defensive methods) and technical skills, which specialize in strong physical and technical-tactical loads against strong support. based on application and application objectives.

Taken from sports that require physical qualities and training loads.

According to F.A Kerimov, it is difficult to achieve high sports results with physical training, of course, technical and tactical training of the athlete helps. 2014-2013 April 18,

The authors V.S Dakhnovsky, F.A Kerimov, F.M Pulatov, A.N Abdiev, N.N Azizov, Z.A Bakiyev, A.Yu. those who have indicated that they will. In martial arts, an analysis of the specific nature of the injury of offensive technical-tactical movements (TTH) shows that athletes are not able to perform all the techniques with the same quality, and some. The first reason for this is the low level of technical and tactical

training. Athletes use the most technically advanced techniques they can to win the competition.

According to the literature, such methods of struggle are called by special terms, sometimes called the leading and main favorite method and the main method.

An analysis of the scientific and methodological literature shows that an athlete with a high level of technical and tactical training in competitions performs better than an athlete with more physical quality. First of all, by controlling the loads given in the training competitions, a skilled athlete will be able to perform the wrestling techniques better and better, which will always lead to an improvement in the results of the competition. Second, the distribution of loads placed on athletes during the training, which focuses on technical and tactical skills, allows the athlete to better participate in the competition.

Athlete traits Distribute to athletes by controlling the individual abilities of the athletes and their workloads in the pre-competition preparation stages to ensure the development of high athletic skills in the sport. Currently, the most important methodological principles are:

- Sports skills development, changes in the rules, the schedule of international competitions, etc. make quick adjustments to programs based on changes and taking them into account;
- Significantly optimize the training process, thus encouraging different approaches;
- Rational distribution of new methods and optimized training loads in the preparatory stages of the annual cycle.

According to G.S. Tumanyan, depending on the tasks to be solved during the training, it is necessary to use more selected trainings than complex trainings, as well as to plan the training process, which in turn is interrelated. organization of a system of plans aimed at achieving the complex goals. Planning can be divided into fast, daily, and long-term or long-term planning.

Athlete's physical, volitional, and motor skills can be successfully developed only if the pre-competition training load is integrated with all

systems of the athlete's body with general and special physical training (specialized) and additional (auxiliary) means of physical training. This ensures the overall development of the athlete and the achievement of high sports results.

According to VN Platonov, the concept of technical and physical training is the level of comprehensive (consistent) development of the quality of movement of the athlete.

For example, choosing a partner in the heavier weight class, holding training competitions with frequent partner changes, and so on. These choices help to increase the athlete's physical and technical fitness at the same time.

One of the main tools for the effective development of special endurance of the athlete is the technique of wrestling, technical skills performed on the tatami (wrestling carpet). At the same time, the high level of performance of an athlete during a long-term competition is directly related to the quality of special endurance.

According to YV Verkhoshansky, the technical and tactical skills of the participants of the World Wrestling Championships during the competition sharply reduced their effectiveness in the third round of the fight. This situation shows that the special endurance of these athletes is not formed at a high level. This means that the special quality of endurance plays a special role in maintaining the technical and tactical efficiency during the competitions for a long time. This requires athletes to allocate workloads during training and develop a reasonable training plan.

A number of researchers, methodologists and coaches have always focused on the planning and control of sports training loads in order to achieve high results in sports.

According to M.A. Godik, each exercise has its own effect on the athlete's body.

In modern sports, the volume of training is very large, and the information about the load value of each exercise allows them to optimally distribute the load in training. The author categorizes the downloads according to the following descriptions:

1. Specialization, that is, the degree to which a defined training exercise is similar to a competitive exercise.

2. The direction is reflected in the effect of the exercise on the quality of the movement.

3. Coordination complexity, which affects the effectiveness of training.

4. Size determines the degree of effect of exercise on the body of the spotter.

As the load parameters, many authors use the net time of the training work, the volume of the training load (hours, minutes, seconds), the total time of the training (hours, min.), The intensity of the training load, as well as the integral co. They propose to take into account the conversion of the indicator volume to intensity (in conditional points).

However, most authors did not provide information on how to standardize these exercises for different training structures.

LS Khomenkov suggests a more in-depth study of the relationship between functional training of athletes and performance indicators.

This allows, on the one hand, to determine the potential of the body's leading systems, and, on the other hand, to identify the gaps and limiting factors.

The detailed development of technology for training highly qualified athletes is noteworthy. This technology is deeply personalized and professionally oriented. In this regard, it is important to address the task of loading at different stages of preparation

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