

PHYSICAL TRAINING INDICATORS OF 11-12-YEAR- OLD BOXERS ENGAGED IN THE INITIAL PREPARATORY STAGE

S.S. Tajibayev
P.S.D., Professor

Nabiyev Shahboz
Master Degree

Qahhorjonov Abdulaziz
Master Degree

Annotation

In this article, the development levels of physical quality indicators of 11-12-year-old athletes who are engaged in training in primary training groups of children and adolescents' sports schools are investigated.

Keywords: Physical preparation, physical qualities, strength, agility, agility, endurance, physical development.

Introduction

At the present time, the high level, which is a kind of Bocks of sports all over the world, and the fact that this sport is gaining popularity on a global scale, is an indication of the high level of sports in boxing. This is facilitated by the decree of the president of the Republic of Azerbaijan on measures for the further development of boxing "on April 29, 2021, which provides a legal basis for the development of boxing in our country at a new stage. In order to improve the level of physical training of young athletes who are engaged in this type of sport and eliminate mistakes and shortcomings in them, many scientists have conducted their research. L.V.Volkov, R.D.Xalmuxamedov, S.S. Tajibaev, Siska L, Samir Chadli and others conducted their own scientific research. The indicators of physical training of athletes who are constantly engaged in Bocks sports can be found in different ways, depending on the place of passage of training, conditions, individual circumstances of the athletes and the technique of passage of training of the coach.

The levels of physical training and properly interpreted tasks of young athletes who are engaged in the sport of Bocks are of paramount importance for them to achieve high results. One of the main objectives of our research work is to determine the general classification of the results obtained in the course of this study as well as to identify and evaluate the characteristics of young athletes shaped by their technical and tactical skills.

Extensive opportunities created by the president of our country, as well as children and adolescents sports schools designed to train highly qualified athletes, high-skill sports schools, colleges of the Olympic reserve, a large number of specialized schools allow young people to conduct training with certain types of sports in remote areas. This research procedure was carried out to determine the extent to which the physical training indicators of 11-12-year-old athletes engaged sports training are being formed using the broad opportunities provided.

Materials and Methods

To determine the dynamics of physical fitness levels of 11-12-year-old boxers.

Analysis of literature on the topic;

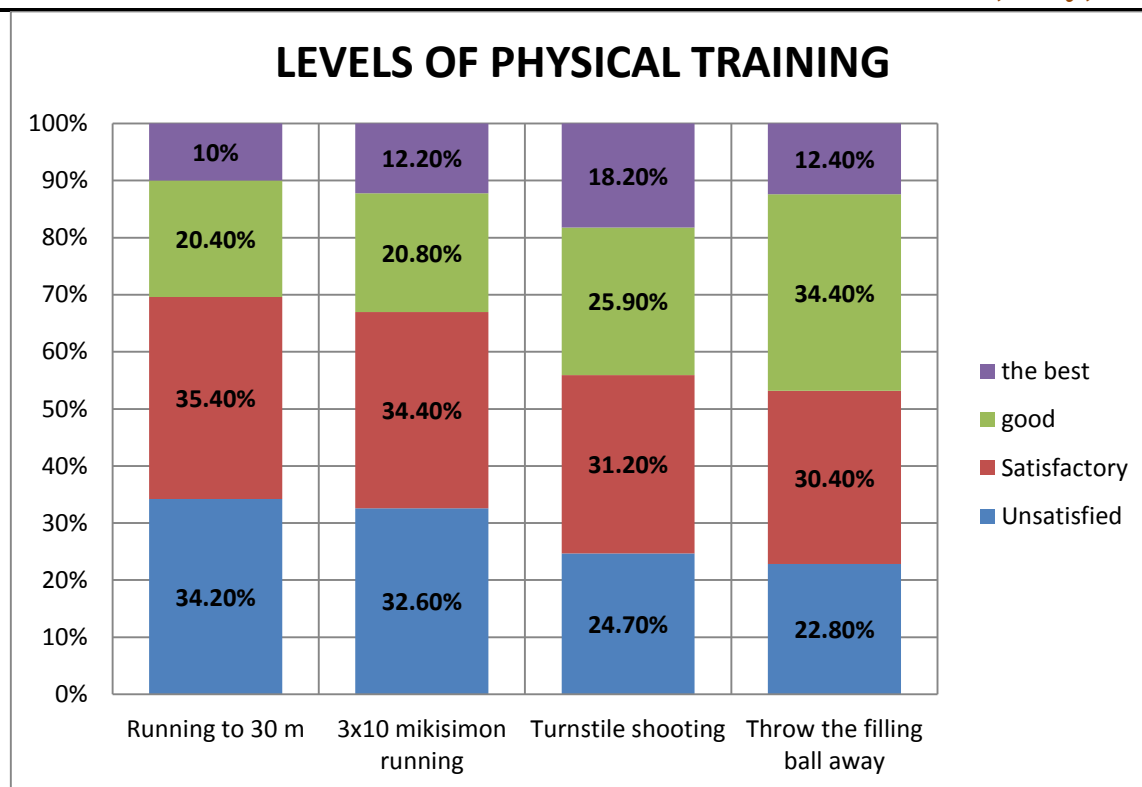
- To determine the physical fitness levels of 11-12-year-old boxers.
- To develop the necessary conclusions and recommendations on the problems identified in the course of the conducted research.

The training process of 11-12-year-old boxers.

To determine the overall physical fitness levels of 11-12-year-old children who engage in sports with the type.

Analysis of scientific-methodical literature, mathematical-statistical analysis, pedagogical observation, pedagogical testing.

In these researches, 11-12-year-old sportsmen engaged in training with type of sport took part in Chirchik City Children and adolescents Sports School of Tashkent region. Practical control tests were carried out to determine the level of physical training of 11-12-year-old athletes, who are engaged in sports training of Bocks in children and adolescents sports breeders. In this controlled trial exercise conducted, the development levels of physical quality indicators of young boxers were evaluated. In the initial practical control work, the physical quality indicators of the speed of the boxers were determined. In determining these physical quality indicators, a 30 m short distance running exercise was selected. According to the results, 34,2% of 11-12-year-old boxers could not pass the control test with unsatisfactory results, unable to overcome the specified short distance in time. And 35,4% of young boxers recorded satisfactory results. Good results in 20.4% of young boxers, excellent results in 10% were noted and the level of development of physical quality indicators of speed was determined. (see to fig 1)



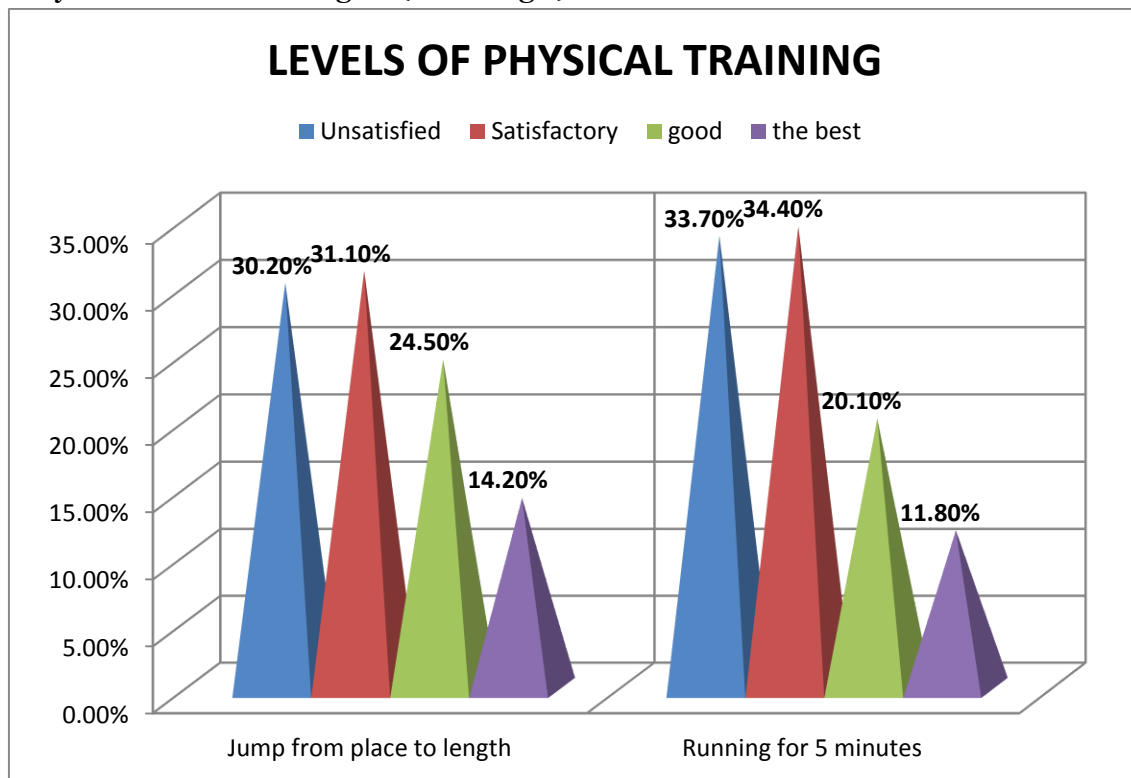
1-fig. Physical development indicators in 11-12-year-old boxers

In the case of practical control in the queue, a 3x10 mokisimon running cinema exercise was taken. In this determined control test, the physical quality indicators of the speedometer were determined. According to the results obtained, 32,60% of athletes failed to perform a practical control test and returned unsatisfactory results. In 34,40% of some of the remaining young boxers, the rapidity was assessed by satisfactory results of physical quality indicators. In a given control test 20,80% of young boxers were awarded with excellent results of quickness physical quality indicators. While 12,20% of boxers achieved excellent results, they delivered quickness physical quality indicators in accordance with the control criteria. (1-see fig)

In practical control subjects, a tourniquet traction exercise was also selected. In this determined control test, physical quality indicators of strength were evaluated. It was noted that in 11-12% of the 24, 70-year-old boxers, physical quality indicators of strength are at unsatisfactory levels. Physical quality indicators were delivered by 31,20% boxers with satisfactory results. In the 25, 90% of young boxers, strength was found to be at a good level of physical quality and was vomiting with positive assessments. Of the remaining 11-12-year-old boxers, 18, 20% achieved excellent results and delivered power physical quality corsetieres in accordance with the control tests.

The next control test was carried out through a long throw exercise of the filling top, in which the strength was determined by the degree of development of physical quality corsets. In these results, 22, 80% of young boxers returned unsatisfactory results while

30,40% of participants showed satisfactory results, while 34,40% of participants achieved good results. 12,40% of boxers were found to have excellent levels of physical quality indicators of strength. (see to fig 1)



2-fig. Physical development indicators in 11-12-year-old boxers

The next practical control test was carried out by jumping to the length where the exercise was standing, and in this control test the physical quality indicators of strength were determined. In the test obtained by means of the specified control exercise, 30,20% of the strength of the boxers was found to be unsatisfactory in physical quality indicators. While 31,10% of young boxers achieved satisfactory results, strength physical quality indicators at 24,50% of those were evaluated with good ratings. The remaining 14,20% of athletes demonstrated improved levels of physical quality indicators of strength by passing the control test at an excellent price. (2-see fig)

The next practical control test is aimed at determining the physical quality indicators of durability, carried out by running during 5 minute. In the results obtained through this selected control cinema exercise, 33,70% of the young boxers recorded results without blood. And 34,40% of boxers delivered control tests to a satisfactory result. 20,10% of young boxers demonstrated strength physical quality indicators with excellent results. The remaining 11,80% of young boxers were evaluated at a high level of these physical quality levels through the control test at an excellent price. (2-see fig)

Conclusion

In order to determine the physical quality indicators of young boxers, it is desirable that in the process of training, the general physical preparation adapted to the characteristics of each type of sport, the main base of special physical behavior that prepares them for competitions, is carried out in a sequential process. According to the results of the test exercises, which expressed the degree of development of physical qualities, the indicators observed at the beginning of the study in the control and research groups were almost indistinguishable from each other. Physical quality indicators, including: qualities such as strength, agility, endurance, agility, elasticity, it became known that 11-12-year-old bikers developed sufficiently. It was also found that they had sufficient physical training in the control and research groups.

During the study, it was determined that physical training levels were unsatisfactory in almost 30% of 11-12-year-old boxers and necessary recommendations and guidelines were developed on these indicators.

The physical development, general and special physical training as well as morphofunctional indicators of junior 11-12-year-old boxers during the training period were detailed and regular during the study's study period.

It is worth noting that the results of experiments and control groups on the indicators of physical abilities and variability of morphological characteristics in young boxers are similar. This confirms the compatibility of the selected groups with each other in order to carry out the studies carried out in the order.

References

1. Decree of the president of the Republic of Uzbekistan on measures to ensure more effective organization of the process of acquisition of rights over land parcels and other immovable property as part of the South Caucasus pipeline expansion project more.
2. Tajibaev S.S. Scientific-pedagogical justification of the method of application of behavior games in the preparation of adolescent solo playersex. P.f.d.(DSc), dis. autoreferat Chirchik 2019. (76 p)
3. Xalmuxamedov R.D., V.N.Shin, F.K.Turdiev, S.S.Tajibaev: Textbook "theory and methodology of Boks", Tashkent, 2016 (36, 38-39 p).
4. Xalmuxamedov R.D., S.S.Tajibaev computer program "determination of special physical training of highly qualified boxers" (CPUDERG-4) created in the State Register of programs for electronic machines of the Republic of Uzbekistan was registered in Tashkent on 14.03.2013, application number DGU 2013 0032.