

# THE ROLE AND EFFECTIVE IMPORTANCE OF MOVING GAMES IN THE DEVELOPMENT OF THE PHYSICAL QUALITIES OF ATHLETES

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## ANNOTATION:

Nowadays, there is a growing need to create pedagogical technologies in the preparation of future coaches of athletics athletes for innovative activities, in the pedagogical process is closely linked with the development of physical education designed to manage the activities of coaches.

**KEYWORDS:** Harmonious person, pedagogical technology, moral-will, educational process, technological and methodological training, moving games, stereotypes, innovative activity.

## INTRODUCTION:

Today, at the stage of development of society, one of the most important tasks is to bring up a comprehensively developed person. Today, the interpretation of the system of continuing education in the development and upbringing of a healthy generation on the basis of modern pedagogical technologies, innovative approaches, the choice of specific methods, as well as its implementation remains a requirement of the times.

Physical training is not only a process consisting of sports competitions, but also through the formation of moral and volitional qualities in young people, as well as the development of will, speed, agility, endurance, flexibility, strength, strengthen their health during exercise work ability, mental activity is increased, spiritual maturity is taken. In order to form such moral norms in young people and the formation of physical qualities in physical education classes, the teacher aims to develop in all respects mature, physically fit, spiritually strong people who will be able to defend the Motherland in the future.

## MAIN PART:

Along with the development of the educational process, the current issue facing teachers is the innovative organization of the activities of future teachers of physical education (training of athletes in athletics), updating and enriching the content of education. Therefore, coaches who train short-distance runners, like other professionals, need to use new innovative methods to develop their knowledge, skills and abilities, as well as the level of professional training. During the innovative activity of the coach who trains athletes in athletics, a creative approach, technological and methodological preparation for innovation, innovative thinking, a culture of behavior are reflected. After all, the purpose of preparing coaches for innovative activities in athletics is to develop the coach's aspiration to innovation, the ability to work independently, to improve the conduct of in-class and out-of-class training using modern pedagogical technologies and modern methods.

Today, there is a growing need to create pedagogical technologies in the preparation of future coaches of athletics for innovative activities, in conjunction with the development of physical education designed to manage the activities of coaches in the pedagogical process. This begs the question. What is innovative

activity? Innovative activity is the creation of a new technological process or a new improved product using scientific research, development, experimental work or other scientific and technical achievements.

As a result of the innovative work of coaches who train athletes, the widespread use of national and movement games in the development of physical qualities of athletes is highly effective. Because national and action games not only develop physical qualities, but also have educational aspects.

The educational value and benefits of action games include:

- knowledge is reflected in children's experiences gained through play, which strengthens and deepens their perception of the expression of life events. Children learn about the world as adults do,
- children are less distracted by the duration of the month and its hectic duration, which reduces the quality of endurance,
- training intensity shows the highest indicators,

Teachers of our country emphasize the importance of educational games in preparing the younger generation for life, because the child develops during the month. Playing not only enriches the participants' imagination and understanding of new emotions, but also allows children with the protagonists and other participants of each month to develop the skills they have just developed in the process of performing these conditional roles. Through play, educators help children develop in all areas. They broaden his imagination, develop observation, intelligence, sharpness of mind, analytical skills, comparison and popularization of what he sees, on the basis of which he draws conclusions from the phenomena observed among those around him.

Develops the ability accurately assess the relationship between space and time in a moving game, and responds quickly and accurately to the effects of a situation that changes frequently during the month. It is very important to cultivate the right stereotype of movement in action games, because it will be very difficult to correct it later.

Moving games with small objects (small balls, bags, gymnastic sticks, flags) increases skin and muscle sensitivity, helps to improve hand and finger movement functions; it is especially suitable for small school age and preschool children very necessary.

In mobile games, game participants have to play special roles (head coach, score referee, assistant referee, game organizer, etc.). This helps them to be organized and skilled. Competitions on mobile games introduce game participants to the organization of the competition and the rules of the game. This knowledge and skills will help children to compete independently. If the educator, the educator, the leader pays enough attention to this, then the educational side of the game will be enough.

Another important aspect of the moving month is educational. The importance of active months in the development of physical qualities is great: speed, agility, strength, endurance, flexibility, as well as physical qualities develop in a complex way during active months.

Moving months are very important in the spiritual upbringing of a child. Moving games are called team play, which also engages children in team activities. The game develops in children a sense of camaraderie, support for each other, and responsibility for each other's actions. The child participates in the team month and sacrifices for the benefit of the team with his own interests: to give the ball to his partner who is in good condition, to try to save his partner who was "captured", and so on.

The moon gradually nurtures a sense of support for each other's movement and friendship. Preschoolers, from preschoolers to young school-age children, require only their own actions to be matched by the actions of their partners during the month.

The month then shows support for each other, helping each other, and finally a few teams, a team is formed at the end. The least specific action in the month is the action of one player against another, one team against another team. In front of the players involved, there are varieties of tasks that need to be solved in a

short time. To do this, it is necessary to select and perform a variety of actions in assessing the situation that has arisen in a short period of time. This helps the player to know the power of the little one.

The clear relationship between the players is determined by the general nature of competition, struggle, not only the interaction, the general nature of psychological compatibility, the intensity of many moon movements, and the general magnitude of the tension, the sharpness of some experiences. The rules of the game help to cultivate conscious discipline, the ability to hold a little, the ability to "catch a little" after a strong movement, the sudden possession of a little, the onset of tears.

Most action games require speed (quick running, chasing, instant response to sound, and visual cues).

The ever-changing situation in the game requires the participants to move quickly from one action to another and helps to develop agility. Fast-paced games build strength. Months of hard work and more energy build up endurance. Months associated with frequent changes in direction of movement help to develop flexibility. From the above data, it is clear that the use of national and movement games in the training of athletes in athletics has an invaluable role. Therefore, the widespread use of national and movement games in the training of coaches, who are currently training athletes in athletics, is very effective.

In this regard, the words of the Head of State are not in vain, the focus on the development of sports, the development of education. Indeed, as we develop sports, we also develop education. As we develop education and upbringing, we discover young people who will take the glory of our country to the next level.

#### **CONCLUSION:**

As our first president said, no industry can quickly introduce a country to the world of sports: "Attention to the youth is the attention to the great future, that is, today we pay attention to the youth and create all the conditions for them. As well as the opportunities created for athletes in developed countries, so that in time they raise the flag of Uzbekistan"

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