

## THE IMPORTANCE OF SPECIAL METHODS IN INCREASING THE EFFICIENCY OF SPORTS EXERCISES

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**Abstract:** sport circles training efficiency in raising private method calculated game and competition methods of use importance about theoretical data statement done

**Key words:** private method, game method, competition method.

Our country from perspective after physical culture and sports to develop big attention was directed . Spiritual and educational values , national traditions and traditions restored , especially physical education and with sports dependent many events done increased Uzbekistan Republic "Physical education and sports improvement and publicize measures Decree No. 5924 on of this bright evidence as to bring possible [1]. Physical education basic readiness organize doer general education sports clubs in their schools important important have That's it account received without sports circles training quality increase necessary These processes done increase for physical education private methods again seeing exit necessity is born Physical education private methods game and competition methods is considered

**Game method.** According to the richness of its content and classification, the game method is a way to comprehensively develop movement skills and movement qualities, to improve movement coordination, to be able to solve tasks that arise suddenly, on the way, and to work quickly. It is very important that he can create the possibilities of adapting to the situation. This method can also be used as a tool to determine the effectiveness of training and increase the level of general physical fitness. The method of teaching using the game embodies most of the features of the games used in the process of physical education . In the process of physical education, games are widely used in practice as effective methods of education and training . Therefore, the nature of the game method can only be understood by revealing the essence of the game.

"The theory of stylization is a relatively perspective way of studying the essence of the game, and it is a model of specific elements produced within the limits of a person's behavior and behavior in predetermined life conditions," describes the professor of the Russian Federation, Yu. I. Yevseyev (2008) [2].

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In the game, conditionally, a whole life situation can find its expression (for example, imitation, fighting, hunting conditions, etc.), that is, some of the human activity - life, work, defense activities. , they mainly consist of the existence of a model of interaction between people. The game is a social phenomenon that arose historically, it appeared on the basis of the military and labor activities of people, and it is determined by the material and social conditions of human life. The game reflects the reality of life and at the same time obeys its purely conditional laws. It does not mean changing the existence that surrounds us, but it plays the role of an important source of human culture as a condition that prepares a person for creative work.

In this regard, the game performs the following services:

- improves a person's physical and mental strength, educates social activity and creativity, entertains, shapes their relationships, as well as relationships between the environment that surrounds them. Those mentioned will determine the direction and content of the games. The main content of all games in the process of physical education includes movement activities that create an opportunity for a person to achieve physical maturity. We should recognize that the difference between games and gymnastics, sports, and tourism is conditional in most cases, and these conditions - become more evident according to the standard of development of types of educational tools. It is necessary to look at games as a system of concrete movement activities. They are performed within the limits of established rules and are used to solve various pedagogical tasks, despite the nature of physical exercise as a methodology. Games are not implemented in a methodological way only as they are generally accepted. The tools of the game method and their forms are a broad concept in terms of their scope compared to formal games. For example, on the basis of the game method, all parts of the lesson can be conducted without games (game of a trip to the mountain). Games like jumping over obstacles or jumping over pits can be used for balance training.

Characteristic features of game styles:

1. Play status rivalry and emotionality elements sure represents Play method practitioners between the most difficult relationships surface release enable will give . Most simple to run competitions conditions participants between educational importance according to so many a lot edged circumstances to the body but it is two player between surface coming of cases much differs . Regardless of the mentioned cases, the game method requires strict regulation of relations between participants.

2. Variability of conditions during performance of motor activities. The action that appears will give players a variety of opportunities to solve tasks; and the formed skills differ in their adaptability and flexibility in changing conditions.

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3. Setting high demands on creative initiatives in movement activities. The variability of the game situation requires a more active display of independence and the selection of the results of physical exercises.

4. Non-limitation of movement activity and lack of strict regulation according to the nature of physical load. Pupils can use the movement activities that they consider effective to solve the movement activity tasks that appear within the limits of special or conditional (simplified, complicated) rules.

The amount of physical load on the student depends on the function, activity, performance level, the number of players, the content of the game and the duration of the predetermined conditions (methodology of using the game) in the game. .

When the game method is used to learn new motor activities, the level of regulation increases. For example, if someone is learning how to climb a rope in three ways using the game method, i.e., in a hanging position, learn to lean on the rope by bending the legs forward at the knees. can be used to teach, using the game "flying over the abyss" in the form of a game.

5. Complex manifestation of movement activities and qualities in accordance with the tasks of game activity. In the process of physical education, games do not consist of a set of special actions. As a rule, they have movement activities that are distinguished by the naturalness of their form (running, jumping, etc.). In most games, players use a wide range of action activities, as well as a variety of mixed-form activities, to achieve victory. All this provides a complex effect on the player's body.

6. Realization of mutual relations of players through an object (for example, a ball, flags, etc.).

Based on the correct use of the game, the spirit of collectivism, activity, initiative, fearlessness, perseverance and conscious discipline are carefully cultivated, and its result is clearly manifested in the educational process. It has been proven in practice.

Play method negative there is also a side . Education in the process from him New is especially difficult movement to the technique have was activity qualification in formation of use efficiency it is worth saying will be low .

**Competition method.** Competition method competition is one of the special forms of engaging in physical exercises , which reflect the characteristic signs of strength testing , that stimulate students. Therefore, any physical exercise can be widely used in training, making it the subject of a competition.

use of the competition method from the beginning of the physical education lesson to the students leaving the hall. physical education education in practice a lot occurs.

Characteristic features of the competition method:

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1. In the activity of this or that activity, it is predetermined that the activity is subordinated to the task, compliance with the established rules. Such tasks are among the factors that stimulate students' creative activity, and are a measure for evaluating and comparing their readiness.

2. High sports result for physical and psychological power maximum manifestation to do Competition methodology through of the organism functional opportunities full to open for of circumstances creation

3. Students for defined physical downloads manage of possibilities limitation.

This methodology requires students to be independent in solving the tasks that arise during the performance of movement activities. Also, the competition method is relatively more effective in improving movement activity, but they may not give the expected effect at the initial stage of mastering.

### Conclusion

In conclusion, we must say that the competition method requires the highest level of development of movement qualities, especially in their complex manifestation, there is a great need to use this method. Especially from the point of view of pedagogy, this method is justified by the fact that it is aimed at educating students in psychological preparation for their victories and defeats, which, on the one hand, and on the other hand, fully prepares the individual in various conditions. It has been proven in the process of physical culture education and training that it provides an opportunity to demonstrate and serves as a means of increasing the level of development of physical fitness indicators.

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