

THE PROCESS OF TEACHING TO THE RHYTHM OF MOVEMENT OF ATHLETES IN HURDLES THROUGH NON-STANDARD HURDLES IN THE TRAINING

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Abstract in the article, a comparative analysis of special exercises performed at the beginning and at the end of the study in the training of the movement rhythm of athletic girls in hurdles through non-standard sports equipment is given, and scientific conclusions are highlighted based on the obtained results.

Keywords. running over hurdles, movement rhythm, technique, non-standard sport equipment, means, support - movement organs.

Relevance of the topic. It is no secret to all of us that track and field, like all sports in the world, is improving its results, it is related to the planning and improvement of the training process in the training of young athletes in track and field. there is a need to implement modern tools and methods of training. The goals are determined by the level of all-round training of the athlete to achieve high results in running. However, in addition to the well-developed, excellent technical and tactical training of high-level training, the athletes should pay attention to the development of special agility, which is necessary for high runners. This requires the athlete to maintain speed while running over the pits. And this special agility, on the one hand, is inextricably linked to the strength and stability of nerve processes in the cerebral cortex, and on the other hand, to the improvement of energy exchange processes in muscles. This article researches the Decree of the President of the Republic of Uzbekistan No. 5281 dated November 5, 2021 "Complex preparation of athletes of Uzbekistan for the XXXIII Summer Olympic and XVII Paralympic Games to be held in Paris (France) in 2024 Decision No. 5282 of November 5, 2021 "On measures to further develop walking, running, mini-football, badminton, streetball and "Workout" sports, January 24, 2020 PD -Decree No. 5924 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", Decree No. 6099 of the President of the Republic of Uzbekistan dated October 30, 2020 "Wide implementation of a healthy lifestyle and the decree of the President of the Republic of Uzbekistan on June 16, 2021 No. PD-5148 "On organizational measures to introduce a system for assessing the level of physical fitness of the population" The research of this article serves to a certain extent the implementation of the tasks defined in the decision and other regulatory and legal documents related to this field.

The purpose of the study. It is advisable to use unusual (non-standard) heights during training to athletes to the rhythm of running.

Research tasks: Special exercises for young athletes in cross-country running training can be seen conditionally in 4 stages;

- Exercises aimed at teaching the technique of crossing hurdles;
- Teaching the rhythmic technique of non-standard movements;
- Running exercises among hurdles;
- Jumping over hurdles at a convenient distance and height for those who practice distance between hurdles.

Results of the study and its discussion: In order to effectively organize the training of female cross-country athletes to cross-country skiing, experimental training was first conducted. For this purpose, a comfortable distance for athletes, an interval for placing the balls, and a suitable height of the balls for the athletes were determined. At the same time, in the sports hall, arena and stadiums, running exercises were conducted, and the activity of the rhythm of movement of the participants was evaluated through the control exercises.

The rhythm of running between the grooves encourages the athlete to make their movements more active. In this case, it is possible to determine the rhythm of movement depending on how correctly the tension is distributed in space and time. Rhythm is a complex description of movements. The correctness of the rhythm is largely determined by the height of the grooves and the unit of their placement. During training, the pits should be placed in such a way that the students run in the rhythm of adult athletes: take steps between the pits, quickly and obliquely pass through the pits, correct the length and time of the steps. Let them learn to perform in proportion. As young athletes improve their physical and technical preparation, without changing the structure and rhythm of running, they approach the conditions of competitions. If the pits are high and the distance between them is large, errors in technique increase: running between the pits with extended steps, performing a swinging movement with the leg with the knee not bent enough, flying with a high trajectory and slow movement behind the pits "landing" becomes routine. Such mistakes, even if they are subtle, are very difficult to correct, sometimes it is impossible to correct the technique. Thus, when learning the rhythm of the gallop, comfortable placement of the galls is of the utmost importance. Therefore, the method of simplified conditions is often used. But the degree of simplification is also of great importance. It is determined in each specific case, depending on anthropometric indicators and the level of physical fitness. If the athlete is taller, the height of the holes is changed less, and the distance between them can be increased, in which the athlete is trained to move freely in a tight space.

Table 1

Anthropometric indicators of female athletes in hurdles before the study in the experimental group and the difference in movement rhythm between sprints (3 steps)

AME	Height	Weight	Length of 3 steps after the 1st hurdles (cm)			Length of 3 steps after the 2nd hurdles (cm)			Length of 3 steps after the 3rd hurdles (cm)			
			80	95	85	80	90	85	75	80	85	80
-va.X	67	24	80	95	85	80	90	85	75	80	85	80
-va.G	60	64	75	90	85	75	80	80	70	75	80	75
-va.K	73	34	85	90	85	80	90	85	75	80	85	80
-va.K	60	54	75	85	80	75	80	80	70	75	80	75
-va.D	70	44	80	90	85	80	90	85	75	80	85	80
-va.G	65	64	80	90	85	80	90	85	75	80	85	80
-va.M	70	84	80	90	85	80	90	85	75	80	85	80
-va.B	65	74	80	90	85	80	90	85	75	80	85	80

The results obtained before the study of experimental group girls were determined as follows. Based on the height and weight of the athletes, the average step between the 1st and 2nd hurdles was 185 cm, while the step between the 3rd hurdles was a little less, 180 cm.

Table 2
Anthropometric indicators of female athletes in hurdles in the control group and among the runners (3 steps) movement rhythm difference

AME	Height	Weight	Length of 3 steps after the 1st hurdles (cm)			Length of 3 steps after the 2nd hurdles (cm)			Length of 3 steps after the 3rd hurdles (cm)			
			80	95	85	80	90	85	75	80	85	80
-va.Z	73	40	80	95	85	80	90	85	75	80	85	80

-va K	1	44	80	90	90	80	95	90	80	90	80
-va M	1	41	88	85	80	85	80	80	85	80	95
-va F	1	47	80	95	90	85	90	90	80	90	90
-va O'	1	46	88	85	80	85	85	80	85	80	80
-va S	1	42	80	90	90	85	95	90	85	90	85
-va N	1	45	85	85	80	85	85	80	85	80	95
-va Z	1	46	80	85	90	80	90	90	80	85	85

We can see that in the test girls of the control group, as well as in the test girls of the research group, the step location is unchanged and close to each other. The average size was 190 cm, while the step between 3 holes was a little less, 185 cm.

The girls in the experimental and control groups are more natural and stronger in terms of running size. The average step ratio of the athletes of the experimental group is as follows: "landing" on the ground - 120 cm; 1st step - average 180 cm; 2nd step - average 190 cm; Step 3 - average 190 cm; push - 200 cm. However, the length of the first step is not due to its artificial extension, but as a result of not jumping high from the hole and less loss of speed when crossing the hole.

In the athletes of the control group, the running speed between the steps fluctuates less, so the difference in the length of the steps is less. Thus, without paying particular attention to increasing the length of the first step, it is necessary to quickly bring the knee of the pushing leg closer to the line of the direction of movement and move the leg from above and put it on the ground without raising the calf. Athletes in the initial training stage make the mistake of placing the pushing leg behind the projection of the OMO. As a result, they do not have time to place their feet quickly and from above. As a result, the third step is 25-30 cm shorter than the second. The optimal difference is 15-20 cm.

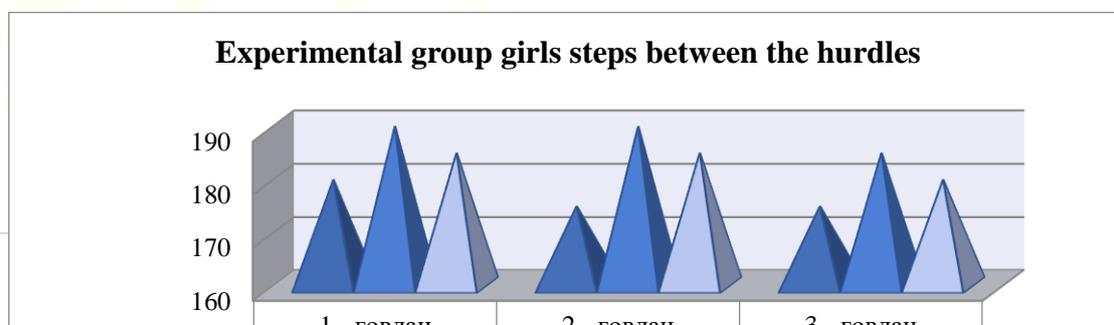


Diagram 1. Diagram of the steps taken by the athletes of the experimental group

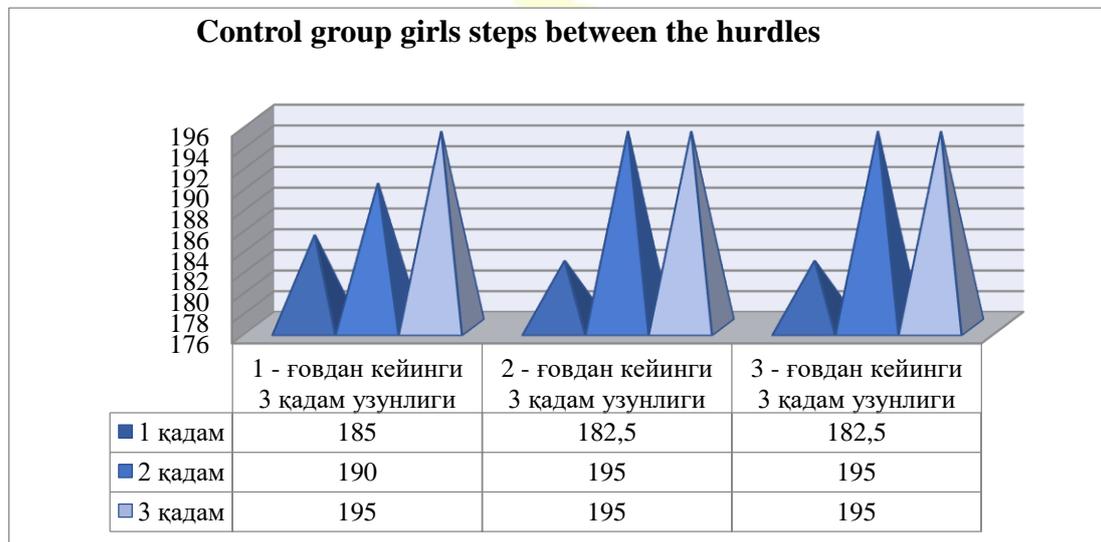


Diagram 2. Diagram of steps between bouts of control group athletes

The steps between the steps are important in training the movement rhythm of the sprinters in the initial training stage, and they are of great importance in mastering the movement rhythm.

In this case, the correct distance (cm) to the hole during the attack on the hole and the beautiful and accurate execution of the technique during the jump from the hole play a big role. In addition, the location of the steps between the holes (cm) ensures that the rhythm of the movement is performed in accordance with the norm.

As we can see, the studies obtained show that the location of the steps between the holes is almost the same in the experimental and control groups, which proves that there are shortcomings and errors in the accurate execution of the movement rhythm and mastering the technique.

The training methodology that we recommend allows you to eliminate these shortcomings and mistakes, to achieve effective results in performing the technique and rhythm of movement when running over the pits.

Summary. The results of the conducted research allow to generalize the best experiences on the rhythm of movements and the number of steps between the steps in the athletes of the experimental and control groups, and the results of the study allow us to draw the following conclusions.

The analysis of scientific-methodical literature showed that several scientific works were conducted by scientists on the process of learning the rhythm of movements of athletes at the initial stage, but it was found that these scientific works are outdated and most of them were conducted by foreign scientists.

During the research, it was found that there are almost no significant differences between the results of our research and the information provided by local scientists.

However, the results of the analysis showed that we are significantly behind the model indicators for learning the rhythm of movements in running, given by foreign scientists.

The girls in the experimental and control groups are more natural and stronger in terms of running size. The average step ratio of the athletes of the experimental group is as follows: "landing" on the ground - 120 cm; 1st step - average 180 cm; 2nd step - average 190 cm; Step 3 - average 190 cm; push - 200 cm. However, the length of the first step is not due to its artificial extension, but as a result of not jumping high from the hole and less loss of speed when crossing the hole.

As the athletes improve their physical, movement rhythm and technical preparation, without drastically changing the running structure and rhythm, the arrangement of the pits for training is brought closer to the competition conditions.

The most important part of athletes' acquisition of the rhythmic technique of sprinting is the process of physical and psychological preparation, the mechanism of which is that after muscle activity, there are reverse changes in the work of functional systems that predict high-intensity physical activity.

When mastering the rhythmic technique of jogging, athletes become more interested in the exercises performed through non-standard exercises.

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