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ORGANIZATION OF STUDENT-REGIBLE TRAINING AT THE PRIMARY PREPARATORY PHASE

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Abstract:

The article describes the process of organizing the training of rugby players in the initial stage of preparation. Research has also shown that it is important to effectively organize training in rugby in the early stages of preparation.

Keywords: Physical education, sports, rugby, basic training, training, strength, exercise, speed, methodology, development.

Proper organization of training is important in the development of any sport. In particular, the use of modern methods, scientific achievements, new innovative technologies in the organization of training is effective in the training of athletes.

Scientific achievements and innovative methods are being used more and more in the development of athletes' training in the world. In this regard, along with increasing the physical capacity of the athlete, it is necessary to pay attention to the fact that the coach has mastered modern techniques, has experience in applying them in practice. This is because if the coach does not have the necessary knowledge and experience, it can weaken the athlete by giving incorrect instructions and loads. These issues need to be addressed in every sport. In particular, in rugby, it is necessary to study in depth the process of training qualified specialists and qualified coaches.

Rugby is one of the fastest growing sports in our country. Today, many educational institutions (National University of Uzbekistan, UzSWLU) have started training qualified specialists in rugby . They are taught the rules of rugby, the development of physical fitness, the organization of training.

We also know that, as in any sport, it is necessary to properly organize the initial training phase of athletes, which will ensure the effectiveness of subsequent training stages. Rugby and serious attention to this issue remains one of the necessary criteria. In particular, the organization of research work on the organization of training of rugby players at the initial stage of training allows to identify shortcomings and organize work on further development.

Today, a number of scientific works on the development of physical training of rugby players have been carried out. In particular, V.A. Kuchin, A.S. Pilev [4,5] studied the processes of development of physical fitness of young rugby players. VA Ivanov, N. Kolev [6,7] tried to determine the peculiarities of the structure and composition of the training of qualified rugby players.

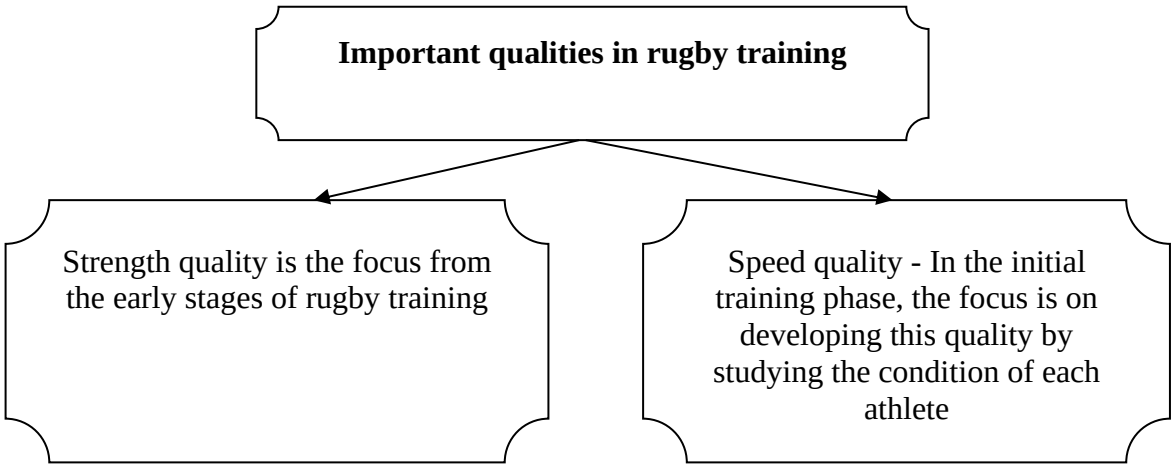
R.Nabiev, T.E.Nabiev, Sh.F.Tulaganov, R.R.Karieva [8,9] from Uzbek scientists have prepared textbooks on the rules of rugby and the rules of rugby in higher education. However, they have not done any research on the development of rugby players.

This situation requires a study of the process of organizing the training of rugby players in the initial stage of preparation, and also determines the purpose of our study.

In rugby, a coach in terms of strength training and game requirements is required to master a variety of techniques to develop speed and especially the elements of agility.

For all the quick work, the players 'bodies will need to warm up well. Distances of up to 30 meters are suitable for training to develop acceleration speed in the game of rugby. These jerks can be done with different starts: start from a standing position, start with a step forward, start with a move to start, from different positions on the ground. The coach can then gradually prepare and direct the player to the method of training with resistance (e.g., using loaded sleds). Using the load, the player's sprint time should not be reduced by more than 10% (Figure 1).

Figure 1



The player must accelerate at maximum speed and power as much as possible. Operating at speeds close to the maximum does not lead to a significant increase in speed and power. However, with speed resistance, the player's speed may decrease during training. Until his running mechanics are solid, he should not use exercises that ease the conditions in a fast run (sprint).

To develop any element of speed, one should not require the player to constantly repeat fast running (sprint) movements with minimal recovery between tension or tension.

The number of starts or voltage operations should be low to ensure an adequate level of recovery. The usual block of speed can have 3 sprints from 2 sections at different distances. The quality of the voltage is an important condition. Note that fatigue increases with speed as the number of high repetitions increases.

This basic condition results from the limited iterations mentioned above. Sufficient recovery time must be provided between rapid voltages so that subsequent movements are performed at maximum power and speed. It can take 3-4 minutes for players to recover between a short but vigorous movement with a quick run (sprint 5-20 meters) and more than 5 to 6 minutes for a recovery between movements over a distance (20-30 meters). The coach can accurately determine a player's time if electronic time is available. If not, watches will also help. If a player's time from the first attempt to the second in a sprint exercise deteriorates, it means that the recovery time was not enough. Knowing a player's recovery time is important for managing a speed training workout block.

The rugby player should be technically aware before starting training so that technical errors do not increase during sprint training. Special attention should be paid to changing the position of the body during sprint training with speed-increasing means. Additional sprint training with speed-boosting tools should not change body position while running. If you decide to do a sprint workout with speed boosters, you will need to do a thorough twisting exercise at the beginning of the workout. Fast running (sprint) workouts should not be done during fatigue. After the support of the speed-up means is over, it is better to run a sprint without outside support, maintaining a high speed for another 10 meters. A rugby player should develop a gradual increase in speed from 50% to 75% or 100% over two to three weeks.

In rugby training, special attention is paid to the development of strength and speed, as well as the ability to play with the ball. In particular, raising the level of skill in running exercises is an attempt to perform at a high level even during training.

It is important to give the exercises from easy to complex. That is, taking turns following the exercise technique will pay off. We organized a study to increase the effectiveness of young rugby players 'training. In our study, 30 boys aged 10-12 years were divided into experimental and control groups and participated. At the beginning and end of the experiment on the pedagogical technology of using rugby exercises, physical fitness indicators were wrapped.

There was a statistical difference between the experimental and control groups in the control tests for running 20 meters high start [p <0.01], running 60 meters high start, running the ball 50 meters, long jump from a standing position, high jump from a standing position [p <0, 05]. When the physical fitness of 12-year-old boys in the experimental and control groups was studied, there were significant changes in the boys in the experimental group compared to those in the control group. In particular, statistical differences were found between the experimental and control groups in the control tests for running 20 meters high start [p <0.01], running 60 meters high start, running the ball 50 meters, long jump [p <0.05] (Table 1).

Table 1.

Experimental and control groups of 10–12-year-olds on "Pedagogical technology of rugby exercises" indicators of physical fitness of boys at the beginning and end of the experiment [n = 30]

T/p	Principles	Unit of measurement	10 years old				11 years old				12 years old			
			NG	TG	t	p	NG	TG	t	p	NG	TG	t	p
			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$		
1	Running 20 meters high start (seconds)	sec	4,6±0,2 4,4±0,4	4,3±0,4 4,1±0,2	0,45 1,13	<0,05 <0,01	4,5±0,2 4,2±0,2	4,3±0,4 4,0±0,1	0,02 1,95	<0,05 <0,01	3,9±0,6 3,7±0,2	3,7±0,3 3,6±0,1	0,31 2,25	<0,05 <0,01
2	Running 60 meters from the top start (seconds)	sec	10,6±0,4 10.4±0,1	10,4±0,3 10,2±0,2	0,48 0,83	<0,05 <0,01	10,3±0,3 10,2±0,1	10,2±0,3 9,9±0,1	1,29 2,25	<0,05 <0,01	10,1±0,2 9,8±0,2	10,0±0,3 10,3±0,1	0,71 2,58	<0,05 <0,01
3	Running the ball for 50 meters (seconds)	sec	12,1±0,3 11,7±0,2	11,9±0,3 11,3±0,2	1,94 3,05	>0,05 <0,01	11,7±0,4 11,2±0,3	11,3±0,7 10,9±0,1	1,80 2,28	<0,05 <0,01	11,0±0,8 11,1±0,2	10,9±0,7 10,3±0,2	1,21 2,22	<0,05 <0,01
4	Upstairs jump (cm)	se	23,3±0,7 27,2±0,5	25,0±0,8 32,1±0,6	1,15 1,70	<0,05 <0,05	27,3±0,8 29,7±0,2	29,5±0,7 36,1±0,2	1,21 2,36	<0,05 <0,01	34,9±0,9 38,2±0,2	36,8±0,8 41,9±0,2	1,19 2,19	<0,05 <0,01

* Note: Photo-experimental results; post-experimental results.

In general, the following recommendations and recommendations given in the conclusion for the effective organization of training of rugby players in the initial stage of training serve to increase the effectiveness of the work carried out:

First, attention should be paid to the development of strength and speed qualities in the initial training phase of student rugby players. Focusing on the initial stage of preparation leads to the development of these qualities in rugby players from the very beginning, and it is easier to master other exercises;

Second, in the organization of the initial stage of training of rugby players, at this stage it is necessary to study the psychological state of children, their interests and to develop their knowledge about the peculiarities of rugby;

Thirdly, the views of mature rugby experts in order to increase the awareness of rugby students about the scientific achievements in rugby, the introduction of scientific news leads to the further development of the ability to use the news in rugby.

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