



## FACTORS DETERMINING THE IMPACT OF PHYSICAL EXERCISE ON STRENGTH TRAINING IN YOUNG ATHLETES

Ismailov Farrukh Isroli oglu

Specialized branch of Tashkent State Law University

Teacher of the Department of Vocational Training:

Tel: +998939219292

Email: ismailovfarrux330@gmail.com

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<b>Received:</b> 26 <sup>th</sup> March 2022 <b>Accepted:</b> 24 <sup>th</sup> April 2022 <b>Published:</b> 8 <sup>th</sup> June 2022	This article discusses the process of physical education of students and the formation of the qualities of physical fitness.
<b>Keywords:</b> training, physical qualities, sports, exercise, speed, agility, flexibility.	

### INTRODUCTION.

Our country is not only carrying out huge reforms in the socio-economic sphere, but also expanding the scope of their development on the basis of strategic action programs.

International forums are being held in various fields, the volume of investments in our country is being increased on the basis of mutually beneficial cooperation agreements, modern industrial enterprises are being set up, and expert products are being grown there. To further increase the effectiveness of such honorable work, the potential of the personnel of the ministries and departments responsible for ensuring the well-being of the people and peace, security and stability, their resilience, mental, physical and professional development. depends on combat readiness.

In this regard, the role of the Specialized Branch of the Tashkent State Law University deserves special attention. The center specializes in the training of future law enforcement officers, and the honorable and skillful implementation of these professional processes is determined by the high professional, physical and psycho-functional potential of future officers.

Promotion of physical culture and sports in our country is one of the important directions of social policy. Because sports promote a healthy lifestyle in society by improving the health of the population, educating the younger generation in a healthy and harmonious way. Involving the younger generation in regular physical culture and sports means selecting, training and improving the skills of talented athletes in sports, training, introduction of modern technologies in the field and expanding international ties, strengthening friendly relations.

Also, in his speech at the meeting on the development of physical culture and sports on September 20, 2018, President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev told the ministries, departments and organizations about the important prospects for further development of physical culture and sports. Tasks have been identified: - to organize the use of sports facilities in educational institutions for people of all ages outside of school hours, as well as to establish sports centers with preferential services for the involvement of the population in mass sports on the basis of vacant private facilities to reach; - A sharp increase in the number of sports competitions at the district, city, regional and national levels, rewarding the winners and prize-winners with paid prizes at the expense of the Youth Union; - Conducting Alpomish and Barchinoy tests in a competitive manner and awarding three levels of badges to attract the population, especially students, to sports. - Carrying out mass physical training and gymnastics classes in enterprises, educational institutions, parks.

To produce regular TV shows and social videos to promote the health benefits of such exercises; - to critically study the activities of all sports federations, to radically improve their work, especially in the field of selection, to increase the responsibility of the leadership. - The construction of children's sports facilities, the use of modern energy-saving technologies in construction. It is no exaggeration to say that physical culture and sports are developing in the Republic of Uzbekistan. Physical education is an integral part of the complex system of personality formation.

Taking care of the health of the younger generation, forming a healthy lifestyle, inculcating in them the skills of regular, independent participation in physical education and sports is an integral part of the educational process. The field of physical culture and sports is one of the fastest growing and most important areas in independent Uzbekistan. Extensive work is being carried out in this area in our country, all of which is aimed at educating young people who are mature, spiritually and physically healthy, who can create a bright future for Uzbekistan. To perfect such young people n It is necessary to promote a healthy lifestyle and ensure that children spend their free time meaningfully.

This puts a great responsibility on professionals working in the field of physical education and sports, especially physical education teachers and coaches, to effectively address this pressing issue. All conditions have been created for the

healthy and harmonious upbringing of children, many sports complexes, stadiums, sports schools, water sports palaces, gymnastics schools have been built. In addition, the country has introduced three-stage competitions: "Umid Nihollari" for schoolchildren, "Barkamol Avlod" for high school and college students and "Universiade" for university students. covering children of different ages. As these competitions are held at the level of a real sports holiday, they serve to increase the interest of children in sports, to select talented athletes from them.

We all know that exercise is important in training young athletes to develop their strength qualities. The role of exercise in shaping the health and well-being of young athletes is invaluable. Much depends on the effective organization of the practical training process in young athletes and the clearly defined pedagogical tasks. The physical and moral foundations of the participants will be improved in the future. It should be noted that the strengthening of strength qualities in practice is the first important task. An important feature of strength qualities is that they include the types of natural movements of the participants: walking, running, jumping, throwing, moving, exercises with objects. Therefore, they are recognized as the most universal means of influencing exercise. The primary task of coaches is to develop strength, speed, endurance, agility and other physical qualities. The effectiveness of different exercises has been proven in practice that different or different types of exercise have the same educational effect.

So, this is proof that exercise does not always have the same effect. Characterizes the understanding of the rules of exercise by the coach. The more deeply the pedagogical, psychological, and physiological features of exercise are developed, the more effectively they can be used by the coach to solve pedagogical tasks. Summarizes a very broad set of requirements that apply to the use of exercise; - When using exercise in athletes or to solve another pedagogical task, for example, in the development of physical abilities, the following is taken into account, first of all, the expected effect of exercise, ie what tasks (education, training, or rehabilitation) sort out; - second, the structure of the exercise, whether static or dynamic exercise, cyclic, acyclic movement or something else; - Third, possible repetition techniques (whether it is appropriate to teach in parts or with a complete exercise, whether to use active rest between repetitions, or whether it can provide passive rest, etc.). This classification of physical exercises allows to choose the means and methods of physical education to solve the set pedagogical tasks. Exercise can only be effective by determining the optimal load.

The duration and intensity of the activity depends on the frequency of repetitions (interval and rest), the nature of the rest between repetitions. - The relationship between the above conditions must be taken into account in the management of the load. For example, an increase in the duration of an exercise is defined by the law that it leads to a decrease in its intensity. The outcome of an exercise depends on the way it is performed. For example, climbing a rope in three ways is more effective than climbing in a free way, because the three methods allow you to climb higher. After exercise, a special functional change occurs in the body, and it leaves a mark on the body for a certain period of time. Against the background of the change, the effect of the next exercise may be even different. The effectiveness of the first and last exercises may increase or decrease. For example, while attention exercises make it easier to perform the next difficult coordination movements, mastering balance exercises after squat exercises can be difficult.

The degree of intensity or intensity of the impact depends on its depth and duration, the state of engagement, its physical, a depending on mental readiness, etc. Developing a set of exercise effects allows you to take into account the effects of the main effects of movement activities. The process of physical activity requires the development of a system of exercise effects for each age group. One of the main tasks of our time is to bring up a physically fit, morally pure, aesthetically pleasing, faithful, loyal, well-versed in the modern basics of technical science, spiritually mature, physically harmoniously developed. The program is still relevant today. It is the core of the "For a Healthy Generation" program implemented in our country. Of course, the importance and significance of the development of physical strength is obvious. It should be noted that the process of training requires the integration of all of them (strength level, etc.) in the development of physical strength qualities.

But in a particular sport, a certain quality is more strongly formed, developed, and manifested as a leading quality of movement. Other qualities are also relatively evolving, but they can be expressed as auxiliary, auxiliary action qualities. For example, in sports handball is considered to develop mainly the quality of strength and speed, while agility develops as an auxiliary quality. But handball is also a key tool in cultivating endurance. In practice, we hope that this exercise will develop endurance and flexibility as an auxiliary physical quality. In general, in addition to exercise, it is advisable to use more games to develop strength: volleyball, basketball, tennis, table tennis, handball, hockey, rugby, etc.

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