THE PLACE AND ROLE OF MOVEMENT QUALITIES IN THE PHYSICAL EDUCATION OF YOUNG ATHLETES

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Annotation:
The Handbook of Moving Games deals with the theory of moving games (history of the origin of moving games, game classification), methods of conducting mobile games with different categories of participants, as well as methods of application in various district sports.

Scientists consider sports as a means of educating human physical activity. This definition is completely based. Therefore, movement games are used as a sport for pedagogical purposes, related to the need to demonstrate physical ability. Consequently, in sports practice, games are often used to nurture and improve movement skills.

It should be noted that movement games and sports not only develop the human body, but also affect its formation as a person. It is known that play activity is defined as a sport not only as a physiological but also as a mental process. It is possible to organize an emotional model of behavior in the game. Sport also has the property of educating a person.

Games related to the acceleration of the training process are playing an increasingly important role as a means of improving sportsmanship. Excessive physical exertion and frequent repetition, necessary for the formation of independent skills, leads to fatigue, a peculiar psychological "braking", lowering the interest of highly conscious, hard-working individuals. Doing the same thing is a natural reaction of the organism. The game activates the attention of athletes, increases their emotional state, has a positive effect on the restoration of working ability. Later, due to the increase in their functional state, there is a strong impression of "active rest" associated with the events of mutual induction, with excitation and deceleration in different muscle groups.

The effectiveness and expediency of the use of movement games in sports training has been confirmed in modern practice and has a scientific and theoretical basis. Play activities attract not only children but also adults naturally and because of the nature of the game itself. Similarly, the desire to play (sports, movement) is associated with human intuition in the hardening of the organism.[1]

Importantly, the game is added to the training process as an auxiliary, additional exercise. Moving games are distributed in the modern school physical education program not only according to age but also depending on lifestyle. This indicates that the game is approaching sports practice, which, as written in other chapters, allows for expression in this chapter as well.

The method of complex improvement of motor activity has its own characteristics. It helps to improve such qualities, agility, direction, independence initiative, without which sports activities are unimaginable. Nevertheless, the game should be considered as an exercise that has a general physical effect on them, taking into account actions aimed at improving one of the selected movement qualities. Therefore, no action game can serve as a single quality development tool. As a rule, endurance and agility are developed using the element of struggle with force. We cannot imagine a single struggle without this element. For example, the game "Race". In this game, they run away from their mother in order to stay on the field longer, which requires perseverance. In addition, the game generally serves to strengthen the leg muscles. In another game, designed to develop strength, success in "pair shooting" is determined not by the strength qualities of the players, but by the passion and physical endurance to win. When talking about using the game for the purpose of physical training, it is especially important to mention the latter. Therefore, the level of development of physical qualities is determined not only by functional capabilities, but also by the qualities of will. The game provides a great opportunity as an activity type to develop them. It is possible to choose or organize games aimed at developing this or that quality for special physical training in each sport.

Strength Training: The coach should choose games that affect the desired muscle groups and develop them loosely without special exercises. For a gymnast, the arms must be strong, the body strong, and the legs must be strong to jump high. If the game of "pull in pairs" is suitable for training in any sport, the game "Race" is closer to

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athletes than gymnasts. The Reel Reel is suitable for hand-to-hand relayers, while the Relocation game is for skiers, not just runners.

n some games that help develop strength, practitioners overcome opponent resistance by gaining weight. In such games, items (stuffing ball, dumbbells, bench, etc.) or a partner are used. A gymnastic wall, a beam, a vertical rope are used to carry out the required game in overcoming its own weight. Such games do not require equipment related to leaning back and jumping. It is also beneficial to hold relays and games with running in the water and sand.

Most of these games (pulling, bending the arm and writing; relays with a throwing ball) are conducted in the form of control exercises (tests) that characterize the change in strength training. Giving an emotional tone to similar trials reveals the maximum tension that the game participants have in person and as a team to win.

If regularly repeated isometric exercises can cause posture defects in adolescents (due to the elegance of the musculoskeletal system), such games, which can have a complex effect, allow to avoid such results.

On the contrary, some games affect the participants ("switching places", "Mattress reel race").

Importantly (especially in childhood or adolescence), the game includes exercises that are poorly developed, aimed at increasing the flexion and writing strength of the legs. For example, in a game that requires a jump, the focus should be on the right foot, and in a game that requires gravity, the focus should be on the left hand.

It is impossible to give beginners in the game large-scale and heavy exercises. Emotional uplift cannot replace their inadequate physical fitness. Strength Training Games (included in the textbook): "Battle of the Roosters", "Draw in the Circle", "Who is Strong", "Pull Out of the Circle", "Swap Places", "Fight on the Shoulder" and more.[1]

Speed training: This quality is especially well developed during the game, when the speed of movement of the body or its part from space and the number or amount of movement performed per unit of time, the rate of independent contraction and the response to the signal are combined with such speed. This can be seen in such uncomplicated games as "Call the Opponent", "Day and Night", "Who's Faster", "Falling Stick", "Attack". As the speed training exercise is performed as fast or as close as possible, it must be consistent with the nature of the game with active competition between the two sides: "Hunters and Duck", "Fight for the Ball", "Catch

the Ball", "Riders" , "Ball in the middle", etc. are used successfully in training speed, which requires the reaction of the moving object, that is, in individual wrestling and sports games.

The nature of the exercises given to develop speed in the game will also vary. The exercise movements or selected ready-to-play games that take place in the game should be as close as possible to the movement movement specific to the sport selected in terms of muscle contraction rate and movement pattern. Tension exercises are widely used to develop speed, so games with exercises of a speed-tension nature can help solve this task. In optimal stimulation of the nervous system, it is recommended to conduct games at the beginning of the training session before the onset of fatigue, where speed stimuli are more effective, which contributes to the quality of agility.

Importantly, in smaller squats, it is often possible to eliminate the minute interval given to rest during the game and the relay by finding a game to develop speed.

Fostering Dexterity: The first condition of dexterity is to learn movement and coordination together. A variety of action games provide a solid foundation for training agility by determining the success of a chosen sport for fast and precise execution of movement, maintaining balance, and developing coordination.

High levels of agility are especially important in sports, where the conditions for movement and exercise are constantly changing. In the game, these characters are exactly as a specific type of activity. That's why most action games are about showing agility. In the game, "Muscle tension sensation", "Sensation gap", "Sensory time" are improved. In the process of such games, the function of various analyzers is improved, which allows them to perform the action (with dexterity) correctly, accurately and in a timely manner.

Games aimed at developing agility, that is, performing exercises that require precision and subtlety of muscle tension, so a little rest in repeating the game, when there are no complications of fatigue from previous loads, the game is carried out by children themselves.

The following games, such as "Two Camps", "Flat", "Fortress Defense", "Running with Teams", "Burning Stick", "Wormwood", "Protect Your Friend" are aimed at developing agility.

Endurance Training: Endurance is manifested in the game not in a static state, but in a dynamic environment, in an exchange of tension and relaxation. In the same games used for this purpose, the tension reflected in certain cyclic movements (e.g., "Race

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with the Exit", "Chase") is not related to a particular rhythm (playing with the ball). There are a number of games in which high-speed muscle performance goes hand in hand with the development of speed and endurance. Games such as "In the middle of the ball", "Holding the ball", "Catching in pairs", and "Wrestling for the ball" are usually included in the general physical training plan and are used alongside basketball, soccer, and handball.

However, there are ways to manage downloads in the game using them:

1) Reduce the number of players while maintaining the size of the field;

2) Complicate the game methods and rules without enlarging the field and increasing the number of players.

Exercise given to develop endurance can cause fatigue, especially by being cyclical in nature, reducing work ability. It is advisable to combine such exercises with action games. Most games that fit the methodology can be a means of cultivating endurance.

Flexibility Training:

Exercises to develop and maintain flexibility are usually racing games. In some cases, especially in technically complex sports, the coach selects appropriate games to target a specific goal, affecting certain muscle groups, joints, and ligaments. Such games are performed with teammates using the equipment, gravity method, creating conditions to increase the amplitude of movement in the additional stretching of muscles and ligaments.

Active flexibility depends on muscle strength. However, increasing tension exercises can lead to limitation of joint mobility, in which there is no static tension, it is advisable to include in the exercise elements such as shifting by overcoming body weight, carrying a heavy load, wrestling with force. It should be borne in mind that the elastic property of the muscle may change under the influence of the central nervous system. Thus, flexibility in emotional uplift or growth increases. In games aimed at developing flexibility, certain pre-stretching exercises are performed in order to prevent muscle tissue rupture and joint elongation.

The following games are used to develop flexibility: "Raise the ball from the head", "The ball to the neighbor", "Sticks in the back", "Building a bridge" and others.

It is also necessary to plan the game material, taking into account the composition of skills. For example, mastering the technique of passing the ball in basketball has a positive effect on the mastery of throwing the ball to the target. Games are held in a

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certain sequence in the teaching of elements of sports such as acrobatics, wrestling, athletics. At the same time, the choice of the game has a negative impact on the formation of skills. For example, a handball relay or a mixed race game is not helpful (this is more common in the Shooting variants). Athlete - If a runner is offered a game played by jumping to strengthen the leg muscles in training over obstacles, it will negatively affect the skill.

When introducing this or that game as an element of sports technique, care must be taken not to disrupt the basic structure of the movement during the game. For example, if this skill is not formed during training, in the game this movement is strengthened with maximum tension.

Performing a movement technically correctly at high speeds is a very complex task. This can be solved in sports training only by using a specially developed system, among other things, and by using games. During the game, the skills are improved in an approach to the competition, and it is important not to finish the game task quickly, but to perform the basic technical technique many times.

In conclusion, a moving game at a glance can be a tool that demonstrates the overall physical fitness of the participants. It is known that the variability of the game conditions, in which the sudden emergence of different conditions in the struggle for victory, is an important opportunity for participants to demand the right action and decision. The movement focuses on applying participants' skills in a variety of connections and collaborations. Thus, overcoming obstacles in this game, in order to improve the intended movement skills in the future, to acquire information and to strengthen more complex methods in more game movement, defines the next normative tasks for participants:

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