



# STRUCTURE OF PRE-COMPETITION TRAINING IN THE TRAINING GROUP (ON THE EXAMPLE OF BADMINTON)

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## ABSTRACT

*The article discusses the shortcomings and achievements in the structure of pre-competition training in the training group. In the initial, preparatory, main, and final parts of the badminton training process, the norm of loads given to the athletes was observed, and experimental work was carried out. In order to determine the impact of badminton players' training loads on the athlete's body, tests on weight changes after training were organized and the achievements and shortcomings were highlighted. In the training group, recommendations were made on the need to improve annual, monthly, weekly training plans for badminton training on the structure of pre-competition training.*

**KEYWORDS:** *pre-competition training, loading, training period, annual plan, physical capacity, testing experience, pulsametry, weight, efficiency.*

Relevance. As a result of the high attention paid to the development of sports in Uzbekistan, sports are becoming more and more developed. In this place, independent Uzbekistan also carries out systematic work on the development and promotion of sports. In sports schools, the teaching of badminton, along with the high desire of young people to practice this sport, among many sports, requires further improvement of training. Today, the number of people involved in this sport in the badminton areas of sports schools is growing however, it is noticeable that there are some shortcomings in the structure of the pre-competition training of athletes. Our results in the regional, Republican Championships held on this tour may be good, however, it can be observed that at the World Championships, at the games in Olympia, our athletes are far behind their results. When eliminating these shortcomings, it is necessary to pay attention to the following: to make several changes to the structure of badminton pre-competition training, to organize training processes using foreign experiments, to fully use the beliefs of separate individual work with athletes will serve to eliminate the above shortcomings.

Results and discussion. Badminton is considered one of the sports that are popular today. Because, in the regions of the Republic, specialized Olympic reserves are taken from the educational programs of boarding schools, BOISM, ROSMM, higher education institutions, and the student is considered to be a sport regularly engaged in by young people, students and residents. Badminton players of the Republic are also constantly participating in international competitions at the international championships. Of course, this is a joy, but the results of the sports they show are formed at a low level, while the results of the domestic championships satisfy our athletes, the fact that they do not appear in prestigious international

competitions is causing us to lag behind the results of sports due to the presence of erroneous shortcomings in the structure of annual and multi-year pre-competition in this regard, many leading scientists have developed and proposed an annual preparatory competition training plan with their own vision of planning and organizing competitive training. In particular, in the training group of sports schools, it was believed that while the pre-competition divided the annual training process into three periods, that is, the preparatory period is 6 months (in November-April), the competition period is 5 months (May-September), it is necessary to organize a 1-month transition period. In B.U. Badalova's opinion, the annual preparatory period expressed the opinion that from the first week, 5-6 sessions will be held. But in the opinion of other authors, it was advisable for novice badminton players to have a weekly training volume of 2-3 times. In order to compare to what extent the theoretical data was given in practice, we observed the badminton training of sports schools. In order to study the state of the problem in practice, it was systematically observed that the training groups of badminton players in the city of Samarkand, Samarkand city "Sports school specializing in sports and athletics." The training processes of the coaches were organized according to the plan, and in the process of training, test experimental work was carried out in the badminton training process in order to study to what extent the loads that the training group gives to athletes affect their organization[1].

During the training process (preliminary, preparatory, in the main, final parts), the heart rate of badminton players was checked. According to him, it became clear that the heart rate of athletes is as follows.

**The results of pulsametry of badminton players in the training process (preliminary, preparatory, main, final parts)  
 (1-table)**

№	Full name	In a calm state 1 min. (time)	Preparatory part 1min. (time)	Main part 1min.(time)	Final section 1min.(time)
1	A.S.	74	116	159	79
2	T.O.	71	112	163	77
3	B.M.	77	118	159	83
4	A.M.	78	126	157	81
5	H.F.	81	124	161	79
6	T.M.	79	132	165	83

When we openly communicated with coach Z.Tursunov at the end of the training session, the training provided information about the peculiarities of training badminton players of training groups. The coach mentioned that by giving the athletes a load, they constantly control their heart rate. He said that he pays special attention to the development of their strength, speed, endurance, physical qualities, giving badminton players 2 times a strong load for 1 week. These indicators can be more than 170 due to the heat of the weather at certain times, when giving strong loads, the heart rate of athletes is 165-170 beats per minute, at these times the coach should be more attentive, since the heart rate of badminton players is more than 170 it is

necessary to lower the loading temperature otherwise it can lead to negative consequences. Accordingly, the coach stressed that athletes should constantly monitor the extent to which pulsametry transfers affect the body of athletes. In the strongest phase of loading badminton players, the heart rate should be around 170-180 beats per minute on average. He mentioned that such loads correspond to the beginning of the microcycle as well as the end of the microcycle. In addition to our observation, we have organized tests in 3 training groups of "IBOSM in sports game types and athletics" to determine the impact of training loads on the body of athletes[1] badminton players.

**Test results on weight change after training in badminton players of training groups (Group 1)  
 (2-table)**

Training group					
№	Full name	Engagement period	Before training (kg)	After training (kg)	Different (gr)
1	A.B.	2 year	46.1	45.9	200
2	K.X.	2 year	57.7	57.0	700
3	P.M.	2 year	58.0	57.2	800
4	S.R.	3 year	59.3	58.9	400
5	T.M.	5 year	68.3	67.8	500
6	A.U.	2 year	62.9	62.4	500
7	A.S.	5 year	69.9	69.5	400
8	B.M.	3 year	47.5	46.9	600
9	H.F.	6 year	75.4	74.8	600
10	A.A.	2 year	54.4	53.9	500
11	Y.I.	2 year	48.2	47.6	600
12	R.D.	2 year	61.1	60.8	300
	Total				6100
	Average		6100:12=508		

After 1.5-2 hours of training, the lost weight of athletes was determined. According to him, it was revealed that 5 Athletes from the training group (UMG) were above the weight limit lost during training, 1 athlete was below the weight limit lost, and 6 athletes had the required weight. On average, the amount of weight lost during training in 12 athletes is 508 gr.ni organized.

We did this test in the second group. It turned out in the literature that this indicator is much closer to the level of demand.

**Test results on weight change after training in badminton players of training groups (Group 2)**  
**(3-table)**

Training group athletes					
№	Full Name	Engagement Period	Before Training (Kg)	After Training (Kg)	Different (Gr)
1	R.N.	2 Year	77.5	76.4	1.100
2	B.S.	4 Year	66.4	65.6	800
3	T.Z.	6 Year	68.7	68.4	300
4	K.L.	4 Year	59.7	59.4	300
5	M.H.	2 Year	82.0	80.0	2000
6	H.SH.	7 Year	66.6	65.7	900
7	K.R.	3 Year	64.5	64.1	400
8	H.SH.	2 Year	62.7	62.2	500
9	B.G.	5 Year	57.8	57.1	700
10	M.D.	8 Year	68.1	67.0	1.100
11	A.A.	2 Year	50.7	50.2	500
12	T.S.	8 Year	73.9	73.3	600
13	N.S.	4 Year	55.1	53.1	2000
14	A.D.	2 Year	39.1	38.6	500
15	X.SH.	2 Year	63.9	62.7	800
	Total	Average 12500:15=833			12500

When the training process was completed, the athletes' average weight lost during the training process was determined. It was revealed that 9 athletes from the training group (TG) had the weight lost during training higher than the major, while 6 athletes had the weight lost at the required level. The weight lost in training group athletes was not observed to be lower than

the major. On average, the amount of weight lost during training in 15 athletes was 833 gr. It turned out in the literature that this indicator is above the level of demand. We also saw the observation tested in the 3rd training group of IBOSM in sports and Athletics [3].

**Test results on weight change after training in badminton players of training groups (Group 3)**  
**(4-table)**

Training group					
№	Full Name	Engagement Period	Before Training (Kg)	After Training (Kg)	Different (Gr)
1	R.A.	2 Year	58.6	57.9	500
2	K.O.	1 Year	31.4	31.2	200
3	V.SH.	2 Year	30.7	30.4	300
4	M.A.	1 Year	32.4	32.2	200
5	L.U.	1 Year	46.0	45.7	300
6	T.J.	3 Year	31.1	30.5	600
7	H.L.	3 Year	47.7	47.6	100
8	T.D.	3 Year	43.0	42.6	400
9	A.M.	1 Year	35.5	35.2	300
10	E.M.	2 Year	44.6	44.2	400
11	B.H.	1 Year	30.7	30.5	200
12	H.N.	3 Year	40.3	40.1	200
13	A.B.	3 Year	40.8	40.6	200
14	O.J.	1 Year	29.4	29.2	200
	Total	Average 4100: 14=292			4300

We clarified the test when the training process was completed. It was revealed that 1 athlete from the training group (TG) was higher than the weight limit lost during training, 7 athletes were lower than the weight limit lost, and 6 athletes had the required weight. The average weight lost during training in 14 athletes

is 292 gr organized. In the evaluation criterion, it was determined that this indicator is not at the level of demand according to the results of the test we conducted[4].



**The test for determining the weight that athletes lost during training gave different results in groups.  
 (5-table)**

№	IBOSM in Sports and Athletics	Weight Lost During Training (Gr)
1	TG	508
2	TG	833
3	TG	292
	Total	559

We conducted tests in the training groups of 3 coaches in order to determine the size of the loads of athletes in the training process, according to the results of the tests, the results in 3 groups gave 3 different indicators. In total, the weight lost during the training of badminton players in 3 groups amounted to 559 grams, respectively, it turned out that it was in our observations that the coaches of our region are giving more than meori training loads on the training of our athletes. In terms of training badminton players in specialized sports schools of our region, our coaches are making a number of mistakes because the average lost weight for a badminton player in 1 training session is 700-1000 gr per primary training group (PTG).no more than 300-500 gr for the training group (TG) should not exceed [5].

Unfortunately, our badminton players are experiencing a number of difficulties in competitions due to the loss of excess weight in the training process or low load capacity during training.

**CONCLUSION**

Observation and analysis provided the basis for such a conclusion. The layout of pre-competition training in the training group will give badminton training the need to improve the annual weekly training plans:

1. Long Year competition preparation in Badminton is based on a number of factors. These factors, in turn, rely on athlete opportunities (personal characteristics, motivation, aspirations, abilities, full-fledged employment of reserves) and organizational and pedagogical foundations.
2. The calendar of competitions is of sufficient importance in the preparation of the long year. How “dense” or “scattered” competitions are clarifies the issue of planning preparatory periods, changing their content and character of time.
3. Pre-competition training directly depends on the long year training system and in what order it is organized. Effectively organized multi-year competition, the structure of the pre-workout serves to increase the potential of the athlete competition.
4. The development of training loads in accordance with the capabilities of athletes, the use of foreign experiments by adjusting the layout of pre-competition training to the environment ensures the growth of results.

In the structure of pre-competition training, the average ratio of the loads given to athletes during the year serves to ensure that the images of the growth of athletes without strain of their bodies increase sharply.

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