



DISTRIBUTION AND PROSPECTIVE PLANNING OF TRAINING CLASSES OF TRAINING GROUP TRAINERS

Utayev Zafar

Doctoral Student, Samarkand State University, Uzbekistan

ANNOTATION

The article explores the experiences of leading scholars in the distribution and planning of training group apprentices. Model indicators for effective planning of annual training of short-distance runners have been developed. When planning training processes, plans for training are developed, taking into account the seasons of the year. The periodization specified in the training processes is given important information based on the seasons of the year, the calendar of the competition, the preparatory tasks and the time required for this. When planning training, targeted recommendations for the organization of training in the Autumn-Winter and Spring-Summer preparatory stages are given.

KEYWORDS: *loading, planning, microcycle, mesocycle, preparation, practice, sprinter, start, method, tool, technique, sports training, transition period, result, competition, modeling.*

Relevance of the topic. Currently, in the world's leading countries, a number of scientific research works are being carried out on the training of short-distance runners, sorting them into a short-distance running type, directing them to a narrow specialization, planning and managing annual and multi-year preparatory classes organized with them. World sports practice shows that today in the system of training athletes, one of the first things to do in the 60-100-200-400 meter run, especially in short-distance runners, is a number of scientific research works on the issues of directing athletes to multi-year preparatory stages by selecting and qualifying them for a narrow specialty. In addition, a number of scientific studies are being carried out in the activities organized with them, the use of tools and methods aimed at the development of physical fitness, tactical methods for qualifying technical and tactical training, and improving the psycho functional state. Especially the fact that representatives of the American continent, Jamaica, The United States, who today lead in short-distance running, today do not miss the leadership between women and men in the world in short-distance running tours, testifies to the excellent implementation of scientific research work in them. But if so, today it is that the issues of reserve training for highly qualified athletes are distinguished from the urgent tasks facing scientists from all over the world.

Results and discussion. The training group requires the trainers to work hard because the distribution of the training of the apprentices is related to the results. Leading scholars of the distribution of annual loadings have given different opinions. According to N.G. Ozolin, it is important to consider individual possibilities in determining the distribution of loads, the duration of the rest interval, the pedagogical impact on training loads. During sports training, he put forward the idea that athletes, paying attention to their individual capabilities, will have to control the processes taking place in them.

The athletics training group planning the annual preparatory training process of short-distance runner trainers will have the following feature these are justified as follows;

1. Training group short-distance runners should plan their training in such a way that their best results should fall on the beginning of February-March (winter competition) and June-August (summer competition). This planning leads short-distance runners to the result.

2. It is necessary that short-distance runners are mainly provided for the phase nature of the development of organism systems and heterochrony, consistent development of physical qualities.

Introduction microcycle. The main tasks were: to restore the functional capabilities of short-distance runners; general physical fitness; stated that it should be aimed at strengthening the musculoskeletal apparatus.

In this, the main tools and tasks are solved, general physical training exercises performed by short-distance runners using circular training methods; special running and jumping exercises; variable running in the training process; the use of sports games, as well as tools aimed at developing functional training.

The fall-winter and Spring-Summer base stages of sports training are 6-10 weeks. In it, its main functions are the following:

- increase the functional training of short-distance runners;



- improving the techniques of running in the lower start, quick exit from the start and running along the distance during the training process;
- development of speed-strength training of sprinters; development of special endurance.

The special autumn-winter and Spring-Summer preparatory stages of sports training will consist of 4-6 weeks. The main tasks in this are: improving speed qualities; improving the techniques of running in the lower start, speeding out of the start and running along the distance; believes that the development of endurance of short-distance runners is envisaged[1].

In the next stage, the winter and summer competition stages are 10-12 weeks. Achieving planned results in competitions; maintaining a high level of training; improving the model of pre-competition training; having high psychological training in competitions is considered.

The transitional stage lasts 3-4 weeks, and the main tasks will be the following: to organize active rest by changing training times; to treat injuries in the training process (if necessary), physiotherapy and massages, arguing that it is advisable if they are organized on time. Experts in this regard have given the following points. According to V.G.Nikitushkin, a quick preparation plan is the main work document. Its tasks include: it is considered necessary to determine all training tools and methods, to control the volume of loads, recovery tools and functional states of athletes.

Because, taking into account all possible means of interaction, it is believed that it is advisable that specific preparatory training plans be developed for a period of 3 to 6 weeks.

When performing large-scale microcycles during training, the intensity of performing certain exercises reaches the load volume and the intensity of training, they believe that the training load in 90-100% during the training process can be carried out up to 2-3 times a day[2].

A fierce microcycle in sports training is used at a special preparatory stage of training. Exercises in certain classes are performed with maximum intensity on a medium or smaller scale. During the microcycle, recovery tools are actively used, and the physical condition of the athlete is controlled. From the point of view of the preparation of short-distance runners, V.V.Petrovsky indicated that during the transition period of preparation, it is possible to restore the required volume and use the means of treatment.

Compilation of training loads during the annual training phase and periods of short-distance runners (V.V.Petrovskiy) (1).

№	Training tools	Months											Total
		10	11	12	1	2	3	4	5	6	7	8	
1.	Competition	-	-	-	1	3	1	-	1	3	1	1	11
2.	Training	11	18	13	21	18	14	20	20	22	23	21	201
3.	Running 800-1500 m (km)	-	5,2	5,6	3,7	0,8	3,4	3,2	1,5	3,0	0,95	-	27,4
4.	Running 30-100 m (km)	-	7,0	5,7	9,5	9,0	5,8	10,3	10,6	8,2	8,4	10,9	85,4
5.	Running from the bottom start (circle)	10	80	80	145	83	58	128	101	58	95	116	954
6.	Special exercises (km)	2,7	2,0	2,0	0,9	1,8	1,9	0,9	1,0	0,3	0,6	-	14,1
7.	Exercises with a barbell (t)	1	8	7	-	-	-	-	2,5	-	-	-	18,5

The approach microcycle is applied during preparation for competitions. It is organized based on the individual characteristics of athletes. In annual preparation sessions, the lightening microcycle is applied after 2-5 large-scale squamous microcycles throughout the year. The volume of sports training (up to 50%), the intensity of which can be changed. Sports exercises and training areas will also be able to change depending on the situation. During the transition period of preparation, it is indicated that the necessary volume of recovery exercises as well as the use of treatment tools[3].

Several scientists offer a training mesocycle lasting 4-6 weeks to prepare for the main competitions of the season, in order to create a favorable basis for achieving a high level of special work skills using tools and preparation methods, attaching importance to specific tools. Before the start of the main sports competitions, it will be necessary to give loads that serve to grow their physical qualities of greater speed and endurance, taking into serious control the loads of sports training.



The most important competitions of the year should be held on a special cycle of the competition period (stage of preparation for the competition). Errors and shortcomings in the construction of this stage lead to a slowdown, or deterioration in the growth of sports results. This means that training loadings directly before important competitions are insisted that it is desirable to be structured in accordance with the individual state of the athlete, and not placed in one mold[4].

Such management of an athlete in a race-ready state is always associated with the number of starts that are beneficial to the athlete, the use of the athlete's own capabilities at a higher level, limiting the number of starts to the competition period and considering that intermediate training mesocycles are included.

According to the data, the athlete's training should be updated on a long regular basis and develop according to its specific laws. Therefore, successful performances in prestigious competitions are scheduled in accordance with the participation of athletes in various commercial starts and their number.

It is proposed to carry out the distribution of training loadings in the annual period of preparation as follows, in which the "accumulation" of more volume with a low intensity of loads as much as possible during the preparatory period will give the faith to participate in competitions at the expense of reducing the volume of loadings and increasing the intensity during the competition period.

They distribute training loadings throughout the entire speed range. Here, the training team is used as the primary tool load for short-distance runner trainers. Here it is stated that the distribution of the load depends on the level of qualification of the runner. The main focus in the training of highly qualified short-distance runners is on the speed-force base, on the basis of which the anaerobic and aerobic productivity of the body is increased. For the other remaining runners, it will be advisable to grow aerobic capacity in the first stages of the training period. It offers the following in the development of the system and functions of the body when planning training loads at different periods of training, maintaining its uniqueness, that is, ensuring sports results:

1. Most specialist scientists associate the distribution of sports training loadings with the periods of preparation, however, since the views on the periodization are different, they report that the views on the distribution of training loadings are also different;
2. The theory of periodization, which allows the distribution of annual training loadings, is given very beautifully, but its effect did not find its confirmation even in practice, without experience.

In training group short-distance runner trainers, especially in training athletes aged 18-25, the main indicators of training loads are their size and intensity[5].

Many of the opinions given by the authors are not focused in exactly one direction, emphasizing the consideration of a huge number of mistakes and shortcomings. Including the distribution of the volume of training loadings, which develop the technique of short-distance runners, in accordance with the volume of annual loadings.

CONCLUSION

The opinions and opinions of leading scientists on the distribution and prospective planning of training group trainers are studied and the basis for such a conclusion. When planning training processes, of course, it will be necessary to take into account the seasons of the year. The period shown in the training processes is based on the seasons of the year, the calendar of the competition, the preparatory tasks and the time required for this. Summer is considered a more favorable time for athletics training and for achieving high sports results. The sports competition calendar is scheduled accordingly. Annual training plans for athletes with mass discharge and high qualifications participating in international competitions should be the same, regardless of the conditions of the place in which they train. Such track and field athletes are generally required to be in uniform from June to September-October, the highest possible performance. When planning training, it will be advisable to study the technique at the autumn-winter preparatory stage and devote more time to its improvement. In the development of training plans during the winter-summer competitive stage, attention to the following will serve to grow results:

- Development of training loadings aimed at improving comprehensive physical development.
- Giving exercises that further develop strength, agility, flexibility and agility, depending on the type chosen.
- Development of training loadings aimed at improving the technique.
- To give more exercises aimed at training volitional qualities.
- Verification (competitions) and promotion of achievements in physical fitness and special training.

When developing more training plans in the spring preparation phase, it is usually advisable to focus on the good development of the overall endurance physical qualities of short-distance runners through the organization of training in natural conditions (cross country, throwing, exercise with sand-filled balls, etc.



REFERENCES

1. Озолин, Э.С. Спринтерский бег / Озолин Э.С. – М.: Человек, 2010. – 176 с.
2. Никитушкин В.Г. Комплексный контроль в подготовке юных спортсменов: монография / В.Г. Никитушкин. – М.: Физ. культура, 2010. – 208 с.
3. Петровский В.В. Бег на короткие дистанции. – М.: Физкультура и спорт, 1978. 80 с.
4. Soliyev I.R. Qisqa masofaga yuguruvchilarni yillik tayyorgarlik mashg'ulotlarini rejalashtirish. Pedagogika fanlari nomzodi. Dissertatsiya ishi: 13.00.04. - T.: 2020-yil. 25-b.
5. To'xtaboyev N.T., Shakirjanova K.T., Soliyev I.R. Qisqa masofaga yugurish. O'quv qo'llanma. – T.: 2017 yil. 186 b.