



## Organizational Basics of Special and Pre- Competition Preparation Stages for Athletes

**Kholmirezayev Ernazar Jurayevich**

Associate Professor, Candidate of Pedagogical Sciences  
Fergana State University, Uzbekistan.

**Annotation:** This article focuses on the factors affecting the psychological state of athletes by using micro-cyclists during the special and competitive stages of the military service.

**Keywords:** sports, exercise, planning, competitions, microcosm, norm, load, dynamics.

**Annotatsiya:** Mazkur maqolada sportlarchilarning maxsus va musobaqaoldi tayyorgarlik bosqichlarida mikrotsikllar mashg'ulotlari yordamida sportchilarning ruhiy holatlariga salbiy ta'sir qiluvchi omillari to'g'risida bayon etiladi.

**Аннотация:** В данной статье рассматриваются факторы, влияющие на психологическое состояние спортсменов при использовании микроциклов на специальных и соревновательных этапах военнаслужащих.

**Kalit so'zlar:** sport, mashg'ulot, rejalashtirish, musobaqaoldi, mikrotsikl, me'yor, yuklama, dinamika.

**Ключевые слова:** спорт, физические упражнения, планирование, соревнования, микроцикл, норма, нагрузка, динамика.

Targeted distribution of training loads within microcycles of special and pre-competition preparation stages is an urgent issue in planning sports training. During training, there are opportunities to combine the types of exercises, the load, the description of rest after training, the number of training sessions, different sizes and directions of loads, as well as to change the rate and direction



of the return of the microcycle process. Therefore, the structure of microcycle training in special and pre-competition preparation stages of athletes can be quite different from each other (variation).

In the stages of special and pre-competition preparation of athletes, their personal capabilities are widely used to eliminate factors that negatively affect the mental state of athletes, and to increase the effectiveness of training with the help of microcycle training. Therefore, the main task of microcycle training is to identify the conditions necessary to increase the effectiveness of the training effect and to develop their details.

The duration of microcycle training is weekly and biweekly in a variable state (microcycle system).

In the modern system of sports training processes, weekly microcycles adapted to the general exercise, rest and recovery of athletes are widespread. In practice, therefore, more weekly microcycles are used.

However, there are cases where weekly microcycles do not adequately meet the requirements of modern training. They are limited only by the requirements of work skills and recreational processes.

That is why the content and system (structure) of the microcycles of special and pre-competition preparation stages are flexible, and the growth (dynamics) of changes during the training stages requires setting specific tasks of the sports preparation process.

According to experts in the field, during the training of highly qualified athletes, it is necessary to reduce the volume of loads and maintain a high level of their intensity during the special preparatory stage of sports training, before the start of the competition (10-12 days before the competition).

A.A.Ruziyev, V.N.Platonov and D.I.Fomin say that compliance with the wave-like principle of load growth (dynamics) in microcycles is positively evaluated.

Among them, it is recommended to carry out a weekly training session with high, small and moderate load exercises, and then carry out alternating exercises designed to increase the load again.



Achieving high results in sports competitions requires special training from the athlete. Taking into account the compliance of the physical exercises performed during the educational training with the functional capabilities of the participants' body makes it possible to plan this exercise appropriately. Properly planned physical training in the training of young athletes is one of the most important factors in forming technical and tactical skills and achieving high results during the competition. However, in sports practice, there are often situations where the expected result is not always planned. One of the main reasons for this is that the volume and duration of this or that physical exercise used in training and the level of influence of these parameters on the body of the participants are not objectively evaluated. In the training of athletes, there are two interrelated aspects of movement function:

training the athlete in technical and tactical skills and improving them;  
education of the athlete's physical qualities in accordance with the characteristics of the chosen sport.

Today, the role of physical training in the training of young athletes, including its interdependence with physical, technical and tactical training, and its influence on sports skills, are attracting more and more attention.

When it comes to physical training and the importance of forming movement qualities (speed, strength, endurance, agility, flexibility) in the training of athletes, it is appropriate to emphasize the quality of speed in this regard. The quality of speed is an important source of movement skill in every sport. In fact, according to the results of observation, most of the athletes who won in the World, European, Asian and other international competitions in wrestling had highly developed speed qualities.

The quality of endurance in sports is also one of the main sources leading to victory. The role of special endurance, especially in wrestling, is incomparable. In this regard, well-known researchers provide very important information that attracts attention. For example, one of the relatively different characteristics of technical skills in sports is complex movement skills performed on the basis of speed and strength in a changing competitive situation.



It is this quality that shows its leadership in decisive situations. At the same time, the performance of technical skills with high efficiency during the long-term competition, first of all, according to the direct observations of the quality of special endurance, the technical skills performed by the participants of the World Championship in wrestling during the competition sharply decreased their effectiveness in the 3rd period of the recipient.

This situation emphasizes that the special endurance of these athletes is not formed at a high level. So, it can be seen that the quality of special endurance plays a role in maintaining the effect of technical skill for a long time during competitions. It is known that special endurance is effectively formed if general endurance is well developed.

It has been proven from the beginning that building the qualities of strength and speed in a mutually compatible way has a positive effect on the training of the athlete.

When it comes to the importance of forming movement qualities (speed, strength, endurance, agility, flexibility) in physical training and training of athletes in particular, it is appropriate to emphasize the quality of speed in this regard.

The quality of speed is an important resource in every sport. For example, in volleyball, the quality of speed to perform an attack over the net is a factor that ensures the success of this skill. In fact, according to the results of observation, most of the athletes who won in the World, Olympic, European, Asian and other international competitions in wrestling had a highly developed quality of speed. The quality of endurance in sports is also one of the main sources leading to victory. Especially the role of special endurance related to wrestling is incomparable. In this regard, well-known research scientists provide very important information that attracts attention.

One of the relatively distinctive features of technical skill in sports is complex movement skills performed in a short time in a changing competitive situation. It is this quality that shows its leadership in decisive situations. In addition,



performance of technical skills during long-term competition is primarily based on direct observations of specific endurance qualities.

The technical skills performed by the participants of the World Wrestling Championship during the competition sharply decreased their effectiveness in the 3rd round of the recipient. One of the main tools for the effective development of an athlete's special endurance is technical skills.

The concept of general physical fitness means the level of comprehensive (harmonious) development of an athlete's movement qualities, it is appropriate to approach the issue in this way, taking into account the health of a normal person (including an athlete). Of course, this is also necessary in big sports, but this kind of practice and training methodology based on it is likely to reduce the effectiveness of training young athletes and achieving high competition results. Because, due to the existence of specific and suitable features of each sport, if in one sport the quality of quickness and strength prevails, in the second sport the quality of endurance plays a leading role, or in the third sport the quality of flexibility is of primary importance.

However, it is not possible to conclude that a certain physical quality is very necessary in a certain sport, and another is not important. On the contrary, each quality has a more or less important "share" in a certain sports situation.

The above-mentioned ideas and considerations are clearly visible in the freestyle of sports.

The quality of flexibility is also one of the necessary factors in the formation of skills in the training of young athletes, an athlete with highly developed flexibility will be able to skillfully perform technical skills such as bending and lifting from the "most" position.

The methods (technical) skills used in sports wrestling are formed by flexibility. But this alone does not give the opportunity to fully develop this quality. In order to effectively improve this quality, it is necessary to gradually and regularly use special exercises such as stretching, bending, spreading, squeezing, and twisting of muscles, tendons, and joints.



To develop special endurance, the athlete needs to perform special technical exercises for a long time, even in the presence of fatigue complications. The state of fatigue is noticeable mainly at the end of the second part of the competition and in the third part. General endurance is built by chronic high-volume exercise (long-distance running, rowing, swimming, cycling, etc.) at moderate intensity.

Control is a methodical method of performing movements in a state of great emotional stress after conducting training competitions.

Methodical method of banning or restricting vision from time to time helps to selectively affect the receptor-analyzer content of motor skills.

Forced performance of certain methods or actions in a competitive situation stimulates the athlete's activity in the process of improving skills. In training competitions, the athlete is instructed to focus more on the technical methods of defense, or vice versa, on the methods of attack.

The method of easing the conditions for performing technical actions consists of a number of methodological methods:

1. A methodological method of separating the movement element. For example, in freestyle wrestling - to carry out a catch from the upper part of the waist.
2. Methodical method of reducing muscle tension helps the athlete to make more precise corrections to certain movements in the movement skill. In order to improve technical movements, an opponent of a lighter weight category is chosen for the athlete.
3. The quick information method helps to quickly acquire the necessary movement width, rhythm, pace, activates the process of understanding the performed movement.

It is convenient to use a video camera and a video recorder for quick information about the technical movement.

The joint effect method is implemented in sports training using methodological methods based on mutual development of physical qualities and improvement of movement skills. In this case, an opponent of a heavier weight category is chosen for the athlete to improve the methods.



The technical preparation of wrestling is characterized by the mastery of the system of actions that ensures the achievement of high sports results by the athlete.

General and special technical training of the athlete is distinguished. General technical training is aimed at acquiring various movement skills and skills in auxiliary sports, and special technical training is aimed at achieving technical skills in sports wrestling.

Technical training in sports wrestling is aimed at solving a number of complex tasks:

increase the efficiency of using the maximum voltage;

save working voltage;

increase the speed and accuracy of movement in the changing conditions of competition activities.

Improving the technique of sports wrestling is carried out during many years of training of athletes, and it is focused on improving technical skills in the chosen sport.

Technical skill means the perfect mastery of the most reasonable movement technique in the conditions of intense sports competition.

Three stages of technical skill improvement are distinguished;

1. Research.

2. Stabilization.

3. Improving adaptation.

At the first stage, technical training is aimed at forming a new technique of competition movements, improving the conditions for acquiring it in practice, learning (or re-learning) certain movements included in the system of competition movements.

In the second stage, technical training is aimed at deep mastering and strengthening of all the skills of competition movements.

In the third stage, technical training is aimed at improving the formed skills, expanding the limits of their variability, stability, and reliability in accordance with the conditions of the main competitions.



The main tasks of each stage of technical preparation are as follows:

achieving high stability and reasonable variability of movement skills that form the basis of wrestling techniques, increasing their effectiveness in competition conditions;

partial reconstruction of movement skills, improvement of some parts of the methods taking into account the requirements of competition activities.

To solve the first task, the method of complicating the external situation, the method of performing exercises in different states of the body is used. To solve the second task - the method of easing the conditions for performing technical actions, the method of simultaneous (sopryajenny) influence is used.

When performing technical methods, the method of complicating the external situation is carried out in a number of ways:

1. Methodical method of conditioned opponent's resistance helps the athlete to improve the structure and rhythm of performing technical movement, to achieve stability and efficiency faster.
2. Methodical method of difficult preliminary situations and preparatory actions. For example, the distance between the grip and the athletes should be changed when improving the push-up.
3. The method of limiting the space for performing the methods helps to complicate the intended conditions for skill improvement. In wrestling, mats of reduced size are used.

The method of performing exercises in different conditions of the athlete's body, which makes it difficult to perform technical movements, is also performed in different ways.

A methodical way to perform the movement while being very tired. In this case, after a large volume and intense physical training, the athlete is offered exercises aimed at developing technique.

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