

METHODOLOGY FOR DEVELOPING THE PHYSICAL QUALITIES OF YOUNG ATHLETES DURING THE INITIAL PREPARATION PERIOD**Bakiyev Ashurali Abdiganievich**FerSU physical upbringing and sports their games teaching
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Abstract: This article light athletics and other individual sports in the context of elementary preparation group athletes physical adjectives to develop Research , leading of experts thoughts own inside received scientific and methodological literature analysis so that sports activities complex , technical and dynamic features learns . Physical qualities , including agility , coordination and speed such as indicators development , competitive in activity to success achieve for necessary styles as theoretical analysis , practical training and observation methods applied . Obtained results , athletes physical in the adjectives changes showing them competitive activity to improve help gives

Keywords: sport, physical quality, development, methodology, agility, agility, preparation, game, style, attack, technique, tactics, skill, dynamics.

The research relevance . Light athletics, a sport , its own complicated and dynamic features with , initial preparation group for physical adjectives in development big importance has . Athletes for agility , coordination and speed such as adjectives development , competitive in the environment to success achieve for necessary . This research , physical adjectives effective develop methodologies to determine focused on . Conducted research and scientific literature , individual sports , especially track and field athletics in sports physical of adjectives to develop focused on . Experts by As noted , athletes technician and tactical their skills , physical to prepare related . With this together , competitive activity analysis to do The importance of the study has also been studied . main purpose elementary preparation group athletes physical adjectives develop for effective methodologies determination and from them is to use .

The research tasks :

- Physical adjectives definition :

In athletes development need was main physical adjectives to determine .

- Methodologies working output :

- Physical adjectives to develop intended training methodologies working exit

- Analysis and assessment :

- Study in the process athletes physical adjectives change analysis to do and assessment .

- Results application :

Received the results teachers and coaches by application for recommendations to give .
Research in the process following styles applies to :

Theoretical analysis :

There is scientific literature and research study .

- Practical Exercises : Physical adjectives to develop
- intended training transfer . Follow and Evaluation : Athletes physical in the adjectives
- changes observation and assessment . Light athletics according to leader of experts thoughts study , this of the game permanent development shows .

Sport complicated and dynamic is , every one competition result athlete's technician and tactical to the skill related . In this sport distance feeling to do and strength right distribution through increases , this and the most high level athletes for two or three in the morning successful with to finish take comes . One action often conflict situation solution doesn't , maybe him/her changes or new situation brought Such conditions athlete's psychological preparation , victory win motivation and himself himself/herself appreciate to increase help gives. Light athletics athletes for physical qualities , in particular , agility , coordination , technical complexity and speed develop very important .

These qualities athlete's the game during high to the results to achieve help gives . Running corridor or other in sectors along done increaseable tactics and against tactical movements , athletes preparation to the level was requirements increases . Learning process in planning , physical adjectives development important aspects the following :

1. Mobility : Athletes permanent in motion to be and opponent's movements to observe necessary . For this different kind actions own inside recipient training organization to be need .
2. Coordination: Physical actions clear and appropriate to perform athlete's the game activity further effective does . In training technician actions repetition and to them based new combinations study important .
3. Speed : The ball fast to play , to be an athlete to the opponent against attack makes it easier . Speed increase interval training for and speed increasing games application need .

Athlete's competitive activity learning , complex sports activities to the feature suitable coming methods working requires exit . Many experts competitive activity analysis to do importance they emphasize . Example for , Skorodumova, Shmagnna and Zach is the following conclusions bring : Technical-tactical actions and combinations percentage qualified

- athletes the game style from the criteria one is considered .

Analysis data the game style more precisely to evaluate and personal training

• their work to plan help International competitions analysis to do , sports development direction to determine opportunity gives . Own in turn , the sport develop prospects to know athletes preparation new methods to search help Research results , athletes physical qualities , such as agility , speed and coordination level increase shows .

Obtained information , education in the process coordination and actions to improve help gives . Results this shows that changes athletes competitive in the activity noticeable at the level positive impact shows . Physical adjectives in development training process management competitive of activity taken features into account received without done increase necessary . Athletes for preparation in the process high good quality positions analysis to do and own the game activity reinforcement very important .

Conclusion This research light athletics sport within physical adjectives develop methodologies determination and to study Athletics complicated and dynamic sport be, exercise and competition in the process from athletes high level agility , speed and coordination is required . This research results , initial preparation group athletes physical adjectives successful in development clear and effective methods application sports results via to improve focused on .

In general athletics of sport complexity and dynamics elementary preparation group athletes physical adjectives in development important importance has . This research , physical adjectives effective develop for new methodologies application the necessity In the future , athletes preparation in the process advanced technologies and modern methodologies application through, preparation the results improve opportunities expandability is expected .

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