



FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

ISSN: 2181-1776

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INDIVIDUAL SKILLS AND FORMATION IN PHYSICAL CULTURE AND SPORTS PRACTICES

Annotation: The article reflects the fact that achieving high results in team sports is determined primarily by the individual skills of athletes, the intensification of competition in competitions typical of modern sports and the intensity of the game requires skillful individual activity of each team member.

Key words: physical education, sports, skills, teacher, professional activity, ability, personal-professional qualities, development, strength, agility, athlete.

Achieving high results in team sports is primarily determined by the individual skills of athletes. Especially in competitions typical of modern sports, the intensification of competition and the intensification of the game require skillful individual activity of each team member.

The development of sports in this area draws attention to the need for young athletes to develop the characteristics of individual skills from the initial stage of training. But the experience of training young athletes shows that most specialist coaches focus mainly on technical tactical exercises in the formation of individual skills of children.

It is known that in order to achieve high individual sports skills, for example, a basketball player needs physical qualities such as agility (explosive power), agility, special endurance, jumping. Participate in national basketball leagues to meet this need

You can also see the players playing basketball.

Consequently, if a basketball player has a high level of special physical qualities, it will be possible to master technical and tactical skills in a shorter period of time, and thus it will be possible to train a basketball player with high individual results.

Therefore, in sports practice, it is important to form specialized physical qualities specific to the chosen sport from the initial stage of training. However, in order to develop special physical qualities more easily and effectively, the existing physical and functional ground must be created.

The process of developing general and special physical qualities in young athletes should be carried out with extreme caution, on the basis of the didactic principle p.

When it comes to the importance of physical training and the formation of movement qualities (speed, strength, endurance, agility, flexibility) in the training of athletes, it is worth emphasizing the quality of agility is appropriate. On the basis of the movement skills performed in each sport, the quality of agility is an important decisive resource. For example, in volleyball, the quality of quick-power to execute an attacking shot on the net is the success of this skill is a supply factor; in boxing, however, this quality is less pronounced when using offensive or counter-attack techniques with greater force in a short period of time. In fact, according to observations, most wrestlers who win World, Olympic, European, Asian and other international wrestling competitions have a highly developed agility.

Achieving high efficiency in physical education classes can only be achieved through proper lesson organization and the use of effective methods. One of the main goals of the education system is to educate young people and improve the quality of modern education, as well as the formation of a harmoniously developed personality for our society. All efforts in the process of continuing education are aimed at achieving this goal

important. In modern education, modern lessons are needed to ignite the fire in the heart of the student, to develop him in all respects and to lead him to the highest peak of knowledge.

Proper implementation of the organizational aspects of the lesson is one of the most important tasks of the teacher. Only then will the students be able to focus on the lesson being taught. Practical exercises in the classroom heal students, expand their range of motion.

Through running, jumping, throwing exercises, the child's physical qualities develop and the ability to use sports equipment is formed. The full manifestation of these aspects in the educational process will help in the preparation of future winners of prestigious international sports competitions. This means that in order to organize physical education classes in an interesting and meaningful way, every teacher must be more responsible, innovative and have the skills to use advanced methods. In order to achieve the goal of physical education, we teachers must pay attention to the following in the correct organization of the lesson:

The preparatory part - (10-12 minutes) is the process of purifying students, knowing their health. At this time, the information of the duty officer is heard. Students' personal hygiene is checked.

The new topic will be introduced to the rules of safety, and general developmental exercises - rowing, walking, running exercises will be performed.

In the main part (20-25 minutes) there will be developmental exercises of the sport on the planned topic. At this time, students should not be distracted by other topics or games.

The final part is the purification period (3-5 minutes) at the end of the lesson. At this time, students focus on breathing and concentration. At the same time, if students who do the exercises correctly are encouraged, the shortcomings of children who are not active in the lesson will be pointed out. Then the homework is given.

Since physical education classes consist mainly of practical exercises, the widespread use of innovative pedagogical technologies and methods such as "competition", "demonstration", "game" in the teaching process gives good results. Classes organized in the form of competitions develop the student's system of movement, increase the desire to fight for victory and ensure the fun of the lesson.

The "demonstrative" method is used in classes that teach a more complex sport element.

The "game" method ensures the direct participation of students in the implementation of the technical elements of mobile, national and sports games. This method has a number of advantages. Involvement of primary school students in the lessons is especially important in attracting them to the lesson. When teaching students a complex exercise, the goal can be achieved by using this method. In addition, we teachers need to enrich the content of physical education lessons by using the national movement games of our people in every lesson process. We need to develop the agility and intelligence of students by popularizing and promoting national games.

In short, we need to conduct the lesson at a high level, to ensure the activity of students during the lesson, to get them a conscious approach to the task, instructions and exercises, to instill in them a love and respect for the physical education lesson teachers are directly related not only to our professional skills and quality developed lesson protocol, but also to our personal and human qualities.

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