

IN THE PROCESS OF INITIAL PREPARATION MODERN STRUCTURE OF THE TRAINING PROCESS IMAGINATIONS

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Introduction

Sport is one of the main means of forming a mentally and physically healthy generation.

Taekwondo is one of the actively developing sports in our country. One of the urgent problems of young taekwondo players is finding ways to improve their sports skills.

Despite some successes in the international arena, the system of long-term training of Taekwondo players of Uzbekistan is not sufficiently developed. There are no approved programs for the training of Taekwondo athletes that trainers can use and are required to do. There is no information in the literature about the content and methodology of training taekwondo players at the initial training stage.

This situation requires looking for ways to improve the system of training young taekwondo players.

The purpose of the work is to determine ways to improve the training system of taekwondo players at the initial training stage.

The task of the work is to analyze the problems of forming the process of training young taekwondo players.

Research methods. The following research methods were used to solve the task: theoretical analysis and summarization of literature sources and documentary materials, advanced and personal work experiences.

In the modern theory of training of athletes, in contrast to previously existing approaches, the theory of sports competitions and competitive activity is not considered a natural continuation of the theory of sports training, but the entire training system, which includes the use of non-training and non-competitive factors that increase the effectiveness of the training process and competitive activity it determines its structure and content, and it comes forward as a primary, system-organizing factor (Platonov V.N., 2004).

At the same time, every aspect of an athlete's training (technical, physical, tactical, psychological, intellectual), as a rule, is formed by narrowly focused means and methods. This leads to the fact that certain qualities, abilities and skills that are shown in training exercises are often not shown in competition exercises. Therefore, in any type of sport, according to the authors, one of the important factors of acquiring and improving sports skills is the synthesis or integration of various qualities and abilities into a single whole, taking into account the

uniqueness of the competition exercise.

It is known that the higher the level of the athlete's physical fitness, the faster and more fully it allows him to adapt to high loads, helps to restore work capacity in a short period of time, and thus ensures the cumulative effect of training. In order to develop the athlete's special physical fitness, it is necessary to develop his general physical fitness at a sufficient level.

Special physical training solves the issues of development and improvement of the necessary qualities, their adaptation to the characteristics of competition activities, taking into account the individual characteristics of athletes (Basik T.V., Kalashnikov Yu.B., Shiyan V.V., 2000).

Technical training in sports training is considered as a unit of the means of his activity, created for the optimal implementation of the tasks set before him.

Tactical training is a link between technical, physical and psychological training and depends on the level of development of these qualities. It is aimed at processing the correctness of actions at the preparatory stage, and then at applying the optimal potential of preparation to achieve the goal. Many factors influence the tactics of the competition: the functional and psychological state of the athlete, the level of technical training and tactical skills, the manner of conducting the competition of the athlete himself (and his opponent), etc.

Psychological training covers all other aspects of training in general and has a selected direction during the improvement of the athlete's technical and tactical performance. Manifestation of physical, technical and tactical capabilities of an athlete depends on the level of his psychological stability.

The result of psychological preparation should be the state of combat readiness for competitions, the maximum mobilization of the athlete to achieve the best result, which is achieved by the formation of the right motivation and adequate planning of the training process. It is very important for each athlete to know his individual optimal level of emotional arousal and to adapt to this state at will.

Achieving high sports results is impossible without a rational and scientifically based system of training knowledge collected by the previous generation of trainers, athletes and researchers. The increase in skill is closely related to the increase in knowledge, especially in the chosen sport and related sports.

Therefore, the role of theoretical knowledge in the field of development of training methods of trainers and athletes of other types of sports and leading athletes is increasing in modern conditions. However, the authors do not recommend blindly using the training methods of leading trainers and athletes, but it is necessary to take into account the level of training of a specific athlete and his individual characteristics.

General forms and methods include: regular work on studying the interdependence of various aspects of training, watching educational films, sports shows and competitions, independent work with special literature, and when solving the theoretical teaching tasks of modern

information technologies, it is necessary to encourage the transition from reproductive cognitive activity to productive cognitive activity.

The athlete should be encouraged to be creative by using a suggestive teaching method.

Theoretical training implies enrichment with special knowledge in the field of physical culture and sports, their systematic, conscious expansion and deepening. Acquiring special knowledge about the chosen sport along with practical skills and abilities forms the main educational line in physical education.

However, there is no information in the literature about the content and structure of integral training of young taekwondo players, ways to integrate all aspects of training at the preliminary stage, without using the competition method as the main basis for the formation of integral training of athletes, including qualified taekwondo players.

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