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THE IMPORTANCE OF TRAINING PERIODS IN THE PLANNING OF PHYSICAL TRAINING OF ATHLETES

Annotation: This article provides an overview of the physical training processes in athletes. The importance of training periods in the planning of physical fitness of athletes was also studied.

Keywords: sports, physical training, competition, innovation, will, plan.

It is known that the training process is divided into certain periods. There will be periodic changes in the legal picture that will affect all elements of the training structure and content - direction, tools, methods, general and special training ratios, load dynamics, and so on.

Sports uniform. The state achieved as a result of proper training at each new stage of improvement in sports is the optimal state of preparation for success in sports. The sports uniform is multifaceted.

From a pedagogical point of view, the form of sports consists of mental, physical, technical and tactical preparation for the achievement of sports achievements. From a physiological point of view, sports are characterized by the following: during the period of sports, the body has the most functional level. The different physical qualities of the athletes must be organically improved in accordance with the type of sport. it must be used by the athlete to demonstrate his

technical and tactical skills to the maximum. The level of sports training is relative and is unique to the sport.

Periodization of competitions and trainings. The system of distribution of sports competitions throughout the year, as well as the change of climatic conditions depending on the seasons have a significant impact on the cycle of training. The sports calendar indicates the time of the competition, indicating the time of the competition. When planning the competition calendar, it is necessary to rationally cycle the training process, and make effective use of its laws. race calendars are influenced by many factors and are independent of training periods. The duration of the competitions is determined taking into account the possibility of maintaining the sports uniform. The amount of competition should be sufficient to improve sportsmanship, physical and willpower qualities. There should be intervals between competitions to restore athletes 'ability to work.

Peculiarities of sports training periods Each period has its own characteristics that characterize the structure of the training process. Training periods depend on the training process of the athletes.

Preparation period. During the training period, as mentioned above, the necessary conditions for access to the sports uniform must be created and developed, and the direct appearance of the sports uniform must be ensured. The primary task in physical training is to significantly raise the overall level of the body through all physical development. Physical training is aimed at improving functional capabilities while deepening specialization. Sports form depends on physical fitness and, as a result, special training. The characteristic tasks of the first stage in sports-technical and tactical training are: acquisition and strengthening of knowledge that forms the theoretical basis of sports activities; expansion of behavioral skills and abilities that create favorable conditions for maturity in the chosen sport; formation or rearrangement and improvement of skills and competencies that are part of selected sports techniques and tactics. In the first stage in the formation of a large amount of preparatory work in spiritual and

volitional training, cultivating the diligence of the athlete, raising the overall level of willpower, which ensures success in sports.

The initial stage of the training period differs in that there is a wide range of training tools. At this stage, the multi-faceted exercise will be much more than in the subsequent stages. According to the main direction of training, the first stage differs in that there is a lot of general training. The ratio of general training to special training varies considerably, depending on the specifics of the sport, the qualifications of the athlete and his individual characteristics. The general laws of the dynamics of loads in the first stage of the preparation period are characterized by a gradual increase in their volume and intensity. The micro cycles of the first stage are designed to create optimal conditions for the overall development of the athlete. The most common cycle – the amount of core training in a one-week cycle – is typically 3 to 5 in athletes in different disciplines.

Competition period. The structure of the race period can be simple or complex. In the first case, it consists of a basic type of micro cycle — race and load selection micro cycles. In the second case, there will be two separate competition stages with a special intermediate stage of 4-6 weeks. Once a sports uniform is in place, the task arises of maintaining it throughout all responsible competitions and turning it into a sporting achievement.

Physical training has the character of a direct functional training to the tensions that require the most effort during the competition, and is aimed at achieving the maximum level of special training, maintaining it at that level. Sports-technical and tactical training ensures the improvement of selected forms of movement activity at the highest possible level. Strengthens the acquired skills and abilities, and ensures the performance of actions, which requires the improvement of coordination and the development of tactical thinking. Spiritual-voluntary training is of special importance in direct psychological readiness for competitions during the competitions, in mobilizing the athlete to demonstrate a high level of physical and mental strength.

During the competition period, sports competitions are the most important means and method of further improvement. The special physiological and emotional state created by the competition conditions and the competition process itself increases the impact of exercise at the expense of invisible reserves during training and contributes to a high level of functional capacity of the organism. The dynamics of training loads during a relatively short competition period is as follows: the total volume of training loads initially continues to decrease slightly and then stabilizes: the intensity of specific loads increases to a maximum, and to this extent it also stabilizes.

Transition period. The transition period is a very unique link in the system of continuous training. In this case, the main exercise will be an active recreation. Physical training strengthens the functional and morphological changes previously achieved during the transition period, partially improves some physical qualities, helps to restore the ability to adapt. The transition period is also used to address some of the shortcomings in technical and tactical readiness. It is also possible to master some new forms of movement. In the field of spiritual will training, it consists in ensuring that the athlete has the right attitude to his achievements or defeats, active recreation and the formation of positive emotions for future events.

During the transition period, exercises derived from a system of general physical training tools used to maintain basic active recreation exercise play a key role. During the transition period, exercises consisting of competition and heavy physical loads are stopped. Great attention is paid to general training exercises. Means of active recreation are also widely used. The overall level of loading during the transition period is determined by the laws of active rest and maintenance of exercise. Depending on how the athletes feel, the number of workouts and rest days is set in such a way that everyone feels that their strength is constantly increasing. If the athlete did not receive sufficient physical activity during the training period, did not undergo regular training, did not participate in competitions and control training, the transition period will not be necessary for him. the athlete may move on to the training period after the competition period.

The general laws of the periodicity of sports training depend on the characteristics of the sport. They are the function of the quantity of cycles, the general basis. Relying on the general principles of cycling in the organization of training, it is advisable to use the specifics of the sport.

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