

DEVELOPMENT OF SPECIAL ENDURANCE IN AMATEUR JUDO PLAYERS USING MOVEMENT GAMES AT THE INITIAL TRAINING STAGE.

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Abstract; Theoretical and practical substantiation of the effectiveness of the methodology for developing special endurance through the use of mobile games in the training process of young judokas at the initial stage of training.

Keywords: active games, special endurance, game techniques, relay race, judo wrestling, martial arts, training process, initial stage.

Kirish: Today, the number of people practicing judo in Uzbekistan is growing. Judo has become a popular sport of wrestling due to the affordability of its equipment, its value, and state support. Thus, judo attracts athletes with its philosophy, which cultivates such values as honesty, respect, and courage. The popularity of judo is also confirmed by the successes and sports achievements of Uzbek judokas in the international arena. Uzbek judokas traditionally achieve high results at world championships and the Olympic Games, and also occupy leading positions in international rankings.

However, the effectiveness of the training process and the quality of training of amateur judokas largely depend on their special endurance. It is special endurance that is an important component of the training of amateur judokas, since it directly affects the ability to effectively perform technical movements in conditions of physical and emotional fatigue during intense wrestling. The foundations of special endurance of judokas are laid at the stages of initial training, which indicates the relevance of researching the methodology for improving the training process, which is also necessary for laying the foundation for the further growth of the young athlete's skills. The initial stage of training is the main period, during which the basic physical qualities of the athlete are formed. This stage is of great importance, since it is during this period that physiological and functional conditions are created for the subsequent development of special endurance, which is a prerequisite for achieving high sports results in subsequent stages of the training process. The use of effective methods at this stage allows not only to improve physical fitness, but also to increase the motivation of athletes, which emphasizes the need for scientific and methodological support for

the development of special endurance. In this regard, the article is devoted to the study of the methodology for developing the special endurance of amateur judokas at the initial stage of training, based on active games, which is an urgent task for modern sports science.

Methods and organization of the research. To achieve the research goal, the following methods were used: analysis of scientific and methodological literature, pedagogical observation, testing of psychophysical indicators and indicators of physical fitness, methods of mathematical statistics, all data were presented as average values and standard deviations. We formed control and experimental groups consisting of 15 athletes in the 7-10 age category. The control group practiced without game exercises for the development of special endurance, the experimental group practiced according to the methodology developed by us, which included special game exercises for the development of endurance. The following exercises were used to assess special endurance: shuttle run (5 segments per 10 meters); Maximum number of seats per minute; Maximum number of throws per minute. To assess the effectiveness of using the outdoor games methodology, tests were conducted for both groups before the start of the experiment. Active games were used in the training process of the experimental group for 8 weeks. After the end of the experiment, a posttest was conducted for both groups. Data collection was carried out in the following order.

Research results and their discussion. Assessment of special endurance was carried out using three tests: shuttle run (5 segments per 10 meters), maximum number of squats per minute, and maximum number of throws per minute. As a result of the conducted experiment, statistically significant changes in physiological and functional indicators were revealed in the experimental and control groups. As a result, statistically significant differences were revealed between the final indicators of the control and experimental groups in the shuttle run (5×10 meters), the number of squats per minute, and the maximum number of throws per minute.

The main tasks aimed at developing special endurance at the initial stage of training judo athletes are:

1. Optimization of the aerobic capabilities of the body, ensuring the effective functioning of the cardiorespiratory system and increasing overall work capacity.
2. Development of anaerobic capabilities by improving energy supply mechanisms, including glycolytic and creatine phosphate pathways, which contribute to the performance of high-intensity loads.
3. Increasing the body's resistance to physiological stress factors arising during high-intensity work, which includes adaptation to metabolic and functional changes.

The implementation of the set tasks is possible by choosing the optimal methodology for organizing the training process. The main methods of developing special endurance

are: continuous training methods, including uniform and variable approaches; interval-intermittent training methods, for example, interval and repeated; as well as competitive and game methods.

Maximum effectiveness in the development of special endurance is achieved with a rational combination of the indicated methods. However, within the framework of this study, the main attention is paid to the application of the game method, in particular, to the improvement of general and special physical training, as well as the use of relay races, which include elements of special training inherent in wrestling activity.

Game style. It is considered one of the most effective methods in the initial stage of training judo wrestlers, since its main feature is the possibility of conditional modeling of motor actions during the training process. Games in the process of physical education, as a rule, have a complex character and include various motor activities - running, jumping, tumbling, throwing, etc.

We consider it rational to organize the training process for the season by dividing the course into sections, which allows adapting game techniques to each topic, as well as applying relay races of a general format aimed at developing the physical qualities of athletes. At the same time, it is important to adapt the goals and objectives of the training process to the characteristics of the age groups and skills of the participants.

For example, "Barrier Race" Relay. The goal of the relay is to develop the general endurance, coordination, and agility of athletes. Description:

- Athletes are divided into teams of 5-6 people.
- Barriers are installed on the training ground. For example, cones, mats, barriers.
- Each athlete must traverse a certain route, circumvent cones, jump obstacles, roll on carpets, or defend themselves.
- After the finish line, the athlete passes the baton to the next member of the team.
- The relay race continues until all athletes have completed the route.

In order to improve the endurance of special wrestlers, we additionally used an imitation of throwing or a throw directly at a speed as an independent element of the relay.

The "Cross with a Pass" relay can also serve as a positive example. The goal of the relay race is to increase the athlete's aerobic endurance. Description:

- Athletes are divided into teams of 5-10 people.
- Teams line up on the starting line.
- The first athlete runs a specified distance, for example, 10 meters, and completes the task there. For example, they bend and straighten their arms, sit up and stand up, or perform the "Uchi mata" throw 10 times, after which they return and pass the baton to the next participant.

- Each team strives to complete as many laps as possible within the given time, for example, for 5 minutes at the end of the training.

However, undoubtedly, when developing the training program of athletes at the initial stage of training, it is necessary to take into account the periods of development of their physical qualities, age-related psychophysiological characteristics, since the choice of appropriate training tools and methods effective for this period will depend on this, since three periods of development of physical qualities are considered the most favorable for the development of physical abilities: 7-9 years, 10-12 years, and 13-15 years.

Conclusion. The developed methodology for the development of special endurance in 7-10-year-old judokas, consisting of the use of active games, has proven its effectiveness. Its use made it possible to achieve a statistically significant improvement in physical indicators in athletes of the experimental group compared to the control group. The obtained results confirm that outdoor games are an effective means of developing special endurance at the initial stage of training judokas, therefore, this methodology can be recommended for use in the training process..

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