

DEVELOPMENT OF THE METHODOLOGY OF USING SPECIAL GAME TASKS IN THE PROCESS OF EDUCATION AND TRAINING OF YOUNG TAEKWONDO PLAYERS

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Until recently, oriental martial arts (including taekwondo) were usually practiced by people with advanced training. Therefore, the initial training methodology in taekwondo was developed without fully taking into account the age characteristics of the participants and without selecting appropriate training methods. Only recently have scientists and educators begun to address this issue.

We will consider the main aspects of the initial training of young taekwondo athletes in the curriculum outlined for children's and youth schools and schools of high sports skills.

The tasks of preliminary training in Taekwondo are:

- Increasing general and special training levels;
- Mastering basic technical skills in Taekwondo;
- Increase the level of general movement readiness.

In the course of the research, in order to study and analyze the training methodology used in the teaching and training process in taekwondo, a questionnaire and oral interviews were conducted with the composition of trainers and teachers.

The results of the questionnaire and interviews indicate the following:

- Training material for mastering the technical elements of taekwondo is often formed spontaneously in practice;

The content of the training material and the sequence of its learning are often formed by the trainer depending on the level of training and personal experience of the trainer;

Coaches highly value the role of games and game techniques in training young taekwondo players. However, in most cases, they use a limited amount of tools, limited to relays and simplified sports games;

Trainers who adhere to program recommendations face difficulties in the methodology of initial training of technical movements.

Analysis of the results of the survey and questionnaire shows that coaches resort to the help of game methods in only 12% of cases. Of these, 87.4% are used in the process of physical training and a much smaller amount (3.7%) are used in the process of mastering or improving taekwondo techniques. All this speaks of the need to reconsider the approaches to the creation of taekwondo training sessions, the need to select and develop game tools, classify game tasks in order to use them more successfully.

Initial training is the stage of laying the foundation for future sporting achievements. At this stage, solid motor skills and abilities should be formed, which will form the basis of their motor training.

Initial training in taekwondo is the first stage of the training process. The main structural unit of the educational-training process is separate training, which uses various tools and methods aimed at solving physical, technical-tactical, psychological and special voluntary training tasks.

Only appropriate training methods ensure the success of training. In the pedagogical practice of sports, it is customary to call teaching methods the means and methods of pedagogical work, the application of which ensures the rapid and qualitative solution of the task set - the mastery of the technical skills of a given sport.

The game method belongs to the methods of practical exercises, which are conditionally divided according to their orientation to the mastering of sports techniques (that is, the formation of movement skills and abilities) and the development of movement qualities. The game method helps to perform the exercises emotionally and comfortably, to maintain the children's interest during the training. The skills acquired during the game are particularly strong and long-lasting.

The impact of training exercises should be aimed at solving several tasks of physical education at the initial stage of training:

- 1) It should not violate the content and general flow of the exercises;
- 2) It should provide for variations in the content and rules of game tasks;
- 3) It should activate the attention of the participants;
- 4) The necessary part of the game task should be novelty, uniqueness, originality, unexpectedness and a certain complexity;
- 5) The task should mobilize the participants to perform it consciously;
- 6) It should not give too strong physical and emotional load and should not be associated with large efforts and uniform movements.

During the development of the classification, we took into account the direction of the game tools, the age characteristics of the participants, and the nature of the organization of the games. When starting the grouping of game tools for use in Taekwondo preliminary training groups, it is necessary to remember that they will be part of the training session and will be widely used in the training process.

Game tasks were classified taking into account the mastery and improvement of technical elements of taekwondo athletes. According to the proposed methodology, training was conducted using game tasks, 50% of the training time was allocated to them in the main part of the lesson.

Game tasks were alternated with “non-game” tasks in each part of the lesson, because

combining strictly regulated exercises with game tasks allows students to maintain a strong interest in performing the exercises throughout the entire lesson. Game tasks for mastering taekwondo techniques were conducted in the first half of the main part of the training, after traditional technical tasks. Intellectual game tasks were conducted several times during the training period as active rest.

In addition to the optimal distribution of educational material in the training, various methodological methods that consciously stimulate the acquisition of skills and competencies by participants play a very important role. One of such methods, which is often used in pedagogical practice, is the use of various methods of assessment of task performance.

In our experiments, the announcement of the results of the completed game tasks was carried out.

The correct organization of the participants played an important role in the training session. The developed classification and sets of game tasks of various directions greatly simplified the work of trainers during the selection of game material.

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