

ROLE OF OLYMPIC RESERVE COLLEGES IN THE TRAINING OF HIGHLY QUALIFIED ATHLETES

Avazjon Qudratillayevich Karimov

Researcher

Uzbek State University of Physical Culture and Sports

ABSTRACT

The training of highly skilled athletes is one of the most significant issues today. This article discusses ideas for further improvement of specialized sports education institutions, including colleges of the Olympic reserve and the training of skilled athletes on their basis. Methodological, material, scientific, organizational aspects of training and supporting talented athletes were also studied. The methodological, material, scientific, organizational aspects of training and support of talented athletes were also studied.

Keywords: Colleges of Olympic reserve, integrated system of physical education and sports system dynamics, sports reserve, biological age.

INTRODUCTION

Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoev “On measures to radically improve the system of public administration in the field of physical culture and sports” No PD-5368 (March 5, 2018), “On measures to further develop physical culture and mass sports” As a result of the Decree No. PD-3031 and government decisions on its implementation, in recent years, significant reforms have been introduced in our country to develop Uzbek sports and train young talented sportsmen. The resolution of the Cabinet of Ministers of the Republic of Uzbekistan “On measures to organize the activities of colleges of Olympic reserve” is important. [1]

The Main Findings and Results

Correspond with the resolution, colleges of Olympic reserve were established on the basis of specialized boarding schools of the Olympic reserve in the system of the Ministry of Physical Culture and Sports, and the activities of colleges will be launched from the 2020/2021 academic year.

It is known that the training of athletes is a multi-component process, which includes methodological, material, scientific, biological, organizational, managerial and other types. In this regard, the role of Olympic reserve colleges in the training of highly qualified athletes is very important. At this point, we have intended to present some of our comments on this issue in the context of an article.

The analysis of the country of world sports shows that the high level of organization and methodology of sports work with young people in many respects ensures the success of the country in the international sports arena.

The system of training sports reserves in Uzbekistan has been formed for many years. Therefore, the further success of Uzbek sports in the international arena depends in many respects on the successful operation of the system of training athletes.

Given that any methodological position should be a scientific conclusion based on the historical experience of the pedagogical phenomenon studied, taking into account the general laws of the system of sports training and the results of experimental research, scientifically substantiate the essence of methods, forms and means of optimizing sports training based on the study of organizational and methodological solutions, which allows to establish cause-and-effect relationships in the process of evolution of the training system of Olympic reserve colleges in the training of highly qualified athletes.

The conceptual approach developed by Olympic Reserve Colleges in the training of highly qualified athletes can be considered as a multi-level system of training highly qualified specialists horizontally (combination of the educational process with education in different educational institutions) and vertically (duration of training and education) gives. It is necessary to take into account the functional interdependence of all components of the system and to use modern and most effective methods of technology in the conduct of sports in conjunction with the process of social adaptation of athletes (general and vocational education).

Here we focus on the concept of system, because it is one of the basic concepts of the theory of social management. Classification of systems is carried out according to different criteria, depending on the tasks. First of all, systems are divided according to their belonging to the objective world. Systems related to social, biological, and living nature are distinguished. According to Academician V.G. Afanasev, an integral system is understood as a set of components, the interaction of which creates new (integral, systemic) properties that are not specific to its generators [4.182]. One of the most effective ways is to apply the exact integrated system in Olympic reserve colleges.

The dynamics of the system of physical culture and sports consists of its constant development and renewal (emergence of new sports, improvement of sports methods, sports equipment, sports facilities, etc.), growth of quantitative and qualitative indicators (changes in the number of people engaged in various sports), new standards of physical fitness, sports records, etc.).

Special attention should be paid to organizational and technological solutions of material and personnel concentration in order to increase the efficiency and economy of the system of training highly qualified athletes on the basis of reorganization and generalization of some components of the system, to create equally satisfactory conditions for training at all levels of the sports hierarchy.

Colleges of Olympic reserve in the process of training highly qualified athletes in the rational organization of long-term sports training is based on the following factors:

- optimal age limits for maximum results in the chosen sport;
 - duration of systematic training to achieve results;
 - the main direction of training at each stage of long-term training;
 - passport age at which the athlete began training and biological age at which special training began;
- the individual characteristics of the athlete and the rate of growth of his skill [7.54].

The multi-year training process, its structure is constantly becoming more complex over time, as the tasks of athletes, age, level of physical fitness, as well as their narrow or broad specialization in the field of sports change. In general, the long-term process of sports training from beginner to high-skill can be presented in the form of successive large stages, including separate stages of long-term training related to the age and qualification indicators of athletes.

It should be noted that in some sports there are no clear boundaries between the stages of the long-term process, nor do these stages have strict time limits.

In this regard, the process of long-term training and competitions of athletes in the training of highly qualified athletes in colleges of Olympic reserve should be based on the following guidelines:

1. A single pedagogical system that provides reasonable continuity of tasks, tools, methods, organizational forms of training for all age groups.
2. A goal-oriented approach to high sportsmanship in the training process for all age groups.
3. The optimal ratio (proportionality) of various aspects of the athlete's training during many years of training.
4. Steady growth in the volume of general and special preparations, their ratio will gradually change. From year to year, the share of special teaching aids increases relative to the total volume of teaching load, and accordingly, the share of general training decreases.
5. Consistent increase in the volume and intensity of training and competitive loads. Each period of the next one-year cycle should begin and end at a higher level of training loads than the corresponding period of the previous one-year cycle.
6. Strict adherence to step-by-step in the process of training and use of competitive loads (especially in training with children, adolescents), because at all stages of the long-term process training and competitive loads increase only if it is fully compatible with his biological age and individual abilities.
7. Simultaneous training of physical qualities of athletes at all stages of long-term training and ensuring the superior development of individual qualities at the most optimal age for this [2].

One of the peculiarities of sports training in the context of Olympic reserve colleges is the unequal age composition of the contingent involved. This situation makes it necessary to ensure a reasonable continuity of tasks, tools, methods, organizational forms of all age groups, despite the large volume of individual work with students, the function of the system.

Olympic Reserve Colleges In the process of training highly qualified athletes, more accurate determination of the biological age of the athlete is necessary to determine the approximate sensitive periods of development of height and weight of young athletes, individual dynamics of athletic ability, depending on the specifics of competitive sports and optimal age zones of high athletic achievement [7.52].

In order to achieve high results in sports in the process of training highly qualified athletes, colleges of the Olympic reserve should implement annual training volumes and their maximum level: 1600 hours (equestrian sports), 40 thousand kilometers (cycling), 10 thousand (walking, skiing), 9 thousand (rowing), 3 thousand (swimming); in the number of combinations - more than a thousand (sports) and more than two thousand (rhythmic gymnastics); more than a thousand in throwing, throwing and jumping (athletics); in the number of battles - more than a thousand (fencing) and others [4.188].

The total volume of annual competition activities in various sports: 190 starts, 90 matches, 100 races, 24 races, 60 race days, etc. In this regard, it must be acknowledged that further increase in the amount of exercise and competitive loads that affect the athlete's body has exhausted his or her potential [5.152].

One of the most promising ways in the context of Olympic reserve colleges is to strengthen the training process by focusing on the effectiveness of the training. It is also important to avoid organizational and methodological errors in sports training. Shortcomings in sports competition, mandatory specialization, especially in the early stages of the formation of sports skills; incompatibility with the nature and type of exercise loads, their effects can lead to depletion of the body, a decrease in the functional and physical capabilities of young athletes. Therefore, in the process of training highly qualified athletes in Olympic reserve colleges, all athletes must undergo regular in-depth medical examinations [6.42].

CONCLUSION

In short, these problems can be addressed only in the context of centralized training of athletes, which is developing in the colleges of the Olympic reserve. The unity of intensive training, education, training and development tasks is an important factor in ensuring that the students of the Olympic Reserve Colleges meet the sports requirements and achieve high results. According to the Resolution, the main task of the Olympic Reserve Colleges is to ensure the general education and training of sports professionals and the training of highly qualified athletes for the national teams of the Republic of Uzbekistan in the sports included in the program of the Olympic Games.

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