

THE METHOD OF DEVELOPING THE COORDINATED MOVEMENTS OF 15-16 YEAR OLD ATHLETES THROUGH THE SWITCHED ON PROGRAM

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Annotation. Today, the demand for athletics is increasing. In particular, many physical exercises were used to develop coordination movements. Coordinated movements serve as the main physical quality in athletics, such as starting from a low start, running a short distance, running over holes, and running between hurdles.

Key words. Speed, agility, strength, coordination, physical movement, physical quality, physical condition, physical exercise.

Enter. The Republic of Uzbekistan pays a lot of attention to sports. In particular, on October 30, 2020, Decree No. PF 6099 on measures to promote a healthy lifestyle and mass sports development, as well as to support the Action Strategy of the Republic of Uzbekistan in 2017-2021 and the population Many practical actions were taken to implement the state health promotion program. Physical education is a healthy movement, it is the basis of organizing a healthy lifestyle, proper development of stature, and preparation for work and future life. A lot of work has been done on the development of sports, one of our scientists, Ropijon Kudratov, said in his textbook "Athletics" that "modern development, on the one hand, improves the life of mankind, and on the other hand, it distances man from nature. Human movement activity decreases, which causes great damage to the human body due to unfavorable environmental conditions. "Decreased movement activity is one of the many negative factors that hinder a person's productive activity." M.J.Abdullayev, M.S.Olimov, N.T.Tokhtaboyev in their textbooks "Athletics and its teaching methodology" "Athletics exercises are becoming a daily lifestyle of employees of every field, not only in physical education and sports, but also in all branches of education. The role of walking and running exercises in improving the health of the population through athletics is very important in human health. The inclusion of pre-school education, general education schools, academic-lyceums, vocational colleges, higher educational institutions in the educational processes requires the improvement of teaching and learning methodology year by year. This is important not only for the improvement of the field of education, but also for the effective organization of teaching and teaching practice classes. The concept of "Healthy Life-Healthy Thought", which is one of today's requirements, is in everyone's attention. Building a healthy life and healthy thinking through physical education and sports is becoming one of the main goals. One of the main physical exercises of physical education is walking and jogging. We know

that walking and running are 2 of the 5 divisions of athletics. That is why we chose athletics first.

Main part: The sport of athletics originated in the era of slavery before Christ, and the main need is the struggle for survival. Changing from a servile lifestyle to an independent lifestyle depends on one's own physical actions and physical labor. Track and field sport consists of 5 divisions and 47 rounds:

1. Walking
2. Running
3. Jump
4. Throwing
5. All-around

We conducted our research to form coordinated actions in all directions of athletics. Our research was conducted in Urganch City Youth Complex. 5 boys and 5 girls aged 15-16 participated in our study. We started the preliminary work by determining the physical fitness of the researchers (Table 1). According to it, we used 3 tests to determine the physical fitness of researchers.

Tests:

- 1- 60 meter run
- 2- 4x10 sprint
- 3- Standing long jump

The reason why we used these tests to determine the physical fitness of researchers is to determine the training level of coordination quality. The tests we have chosen will determine the level of preparation of coordination quality.

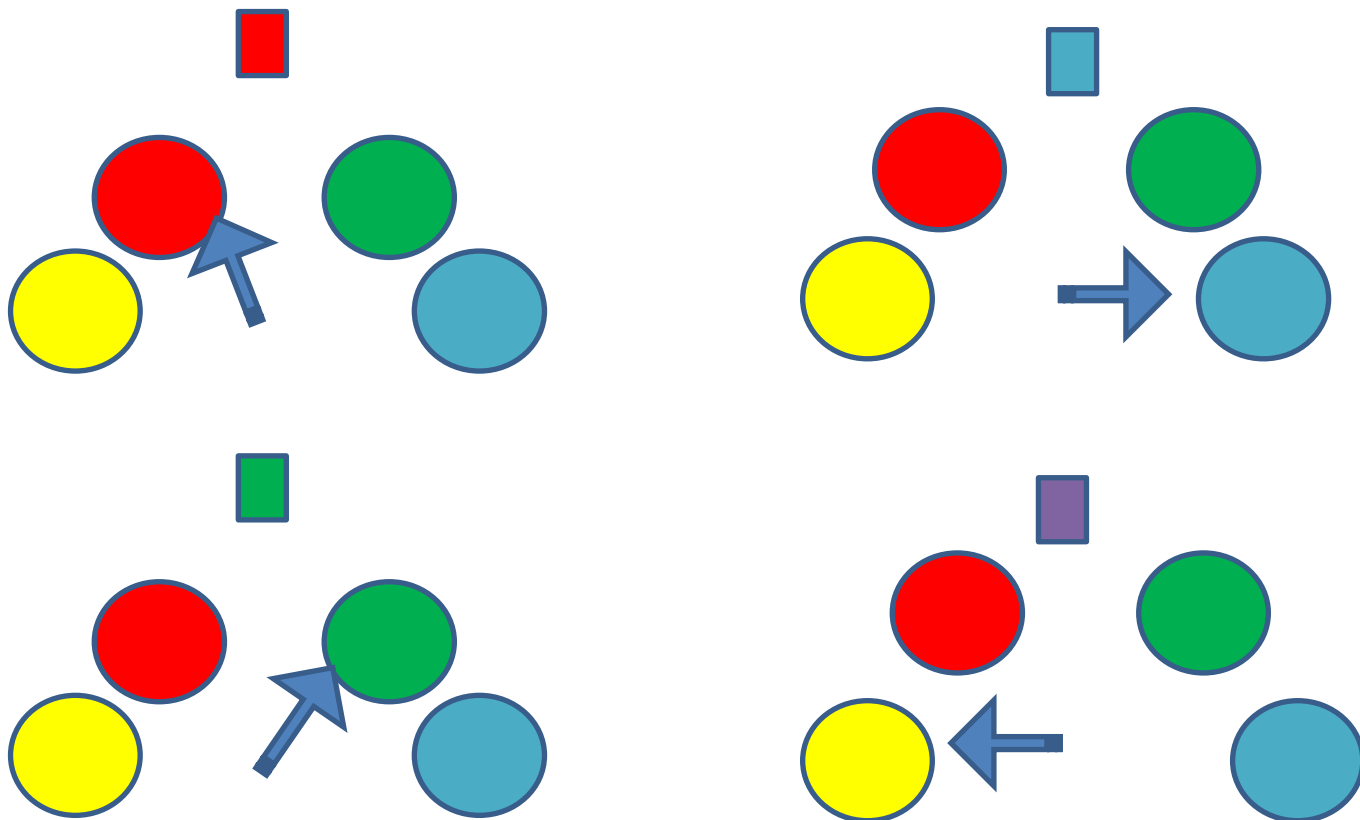
5 boys and 5 girls aged 15-16 pre-study results

Table 1

O/n	Last name	60m	4x10m	Standing long jump
1	Kadirbayev Siroj	8.28	10.56	2.20
2	Shermetov Ali	8.22	10.45	2.15
3	Davronov Farrukh	8.44	10.67	2.08
4	Khojanyozov Yodgor	7.98	10.23	2.28
5	Yakubov Sarvar	8.14	10.82	2.11
6	Mamatova Pearl	9.16	11.54	1.96
7	Sultanbayeva Sarvinoz	9.54	11.12	2.03
8	Orazmetova Zumrad	9.72	11.84	1.86
9	Aminova Gulguncha	11.03	12.32	1.78
10	Tillayeva Barchinoy	10.38	11.90	1.85
	Total:	9.08	11.15	2.03

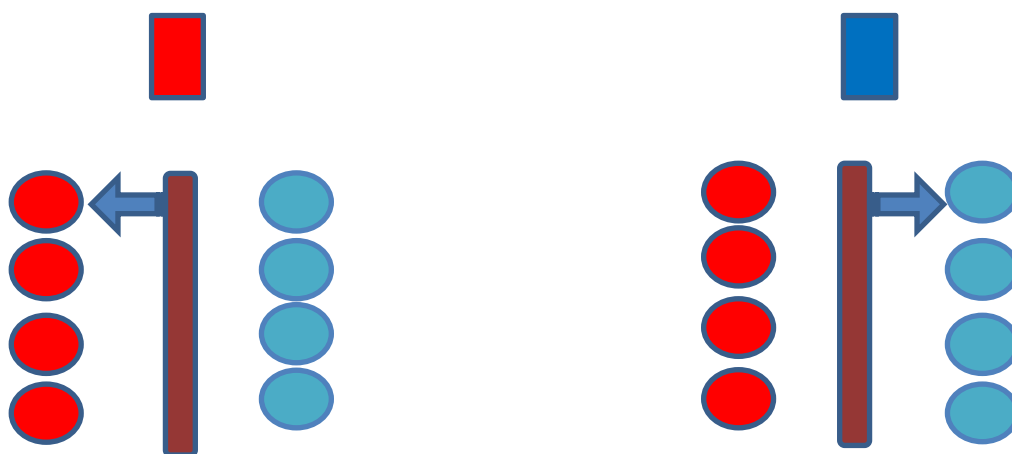
Our research was conducted for one year. We used the following exercises from the switched on program to improve the physical fitness of young athletes:

1. Attention development exercise - In this exercise, we need 4 different colored chips:



In this case, in the central location, the chips are mainly placed around the sides, and the focus is on the switched on program. Whichever color the program shows, the athlete moves his leg in that direction. The Switched on program is placed in the center of the participant.

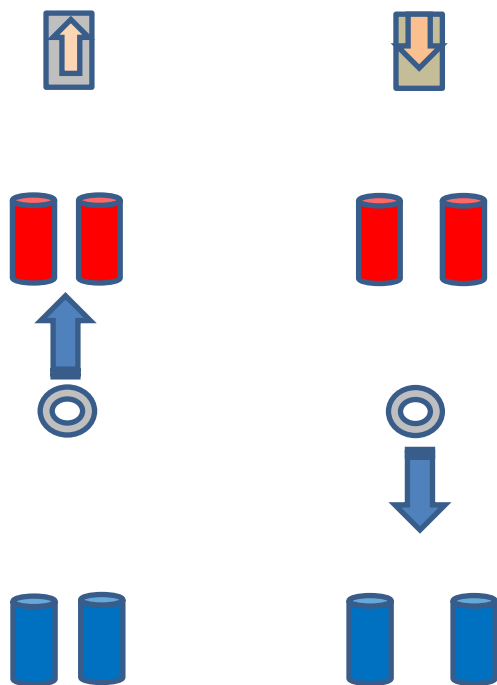
2. Match the same colors: In this exercise, we will need 10 chips of 2 different colors and a gymnastic chair:



In this, the gymnast places the chair between the legs and keeps the legs open. The Switched on program is placed in the center opposite the exerciser, whichever

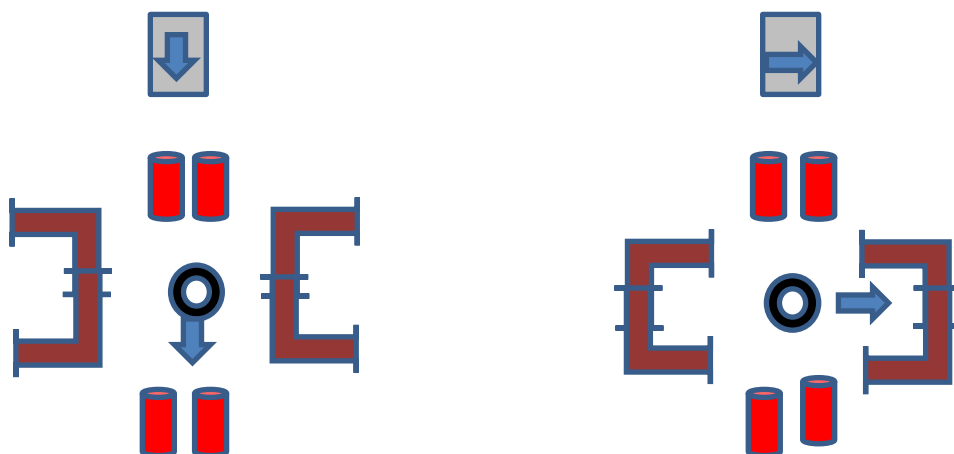
color is shown in the program, brings the color to the gymnastic seat and collects it in one place.

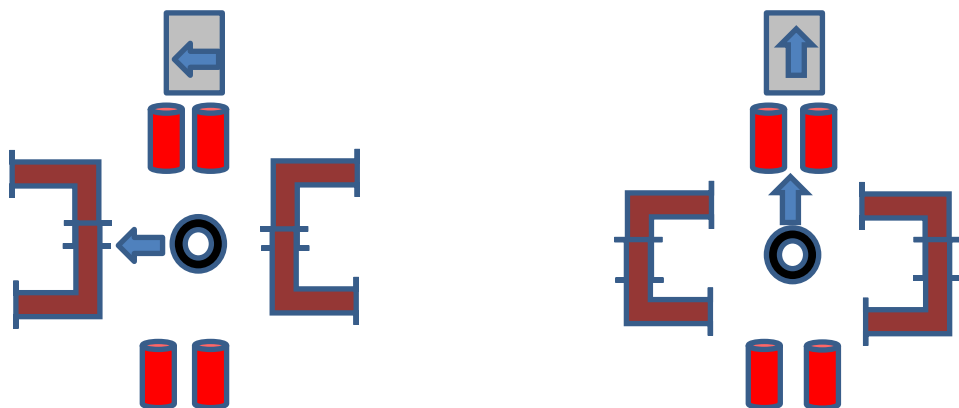
3. Two-way movement: This movement is mainly performed in two ways, the 1st method is performed on the sand field, and the 2nd method is performed on the sports field.



In this exercise, we need 4 tiles of the same color, the player stands in the center of the sand area. 2 chips are placed 3 meters in front of the player, and 2 chips are placed 3 meters behind him. The Switched On program is placed in the center of the participant and the program shows the participant to move forward or backward, after which the participant moves forward or backward according to the command of the switched on program. This exercise is performed in 2 different ways: on a sandy field and on a sports field, the difference is that sand prevents active movement on a sandy field, and on a sports field, the movement is performed relatively easily.

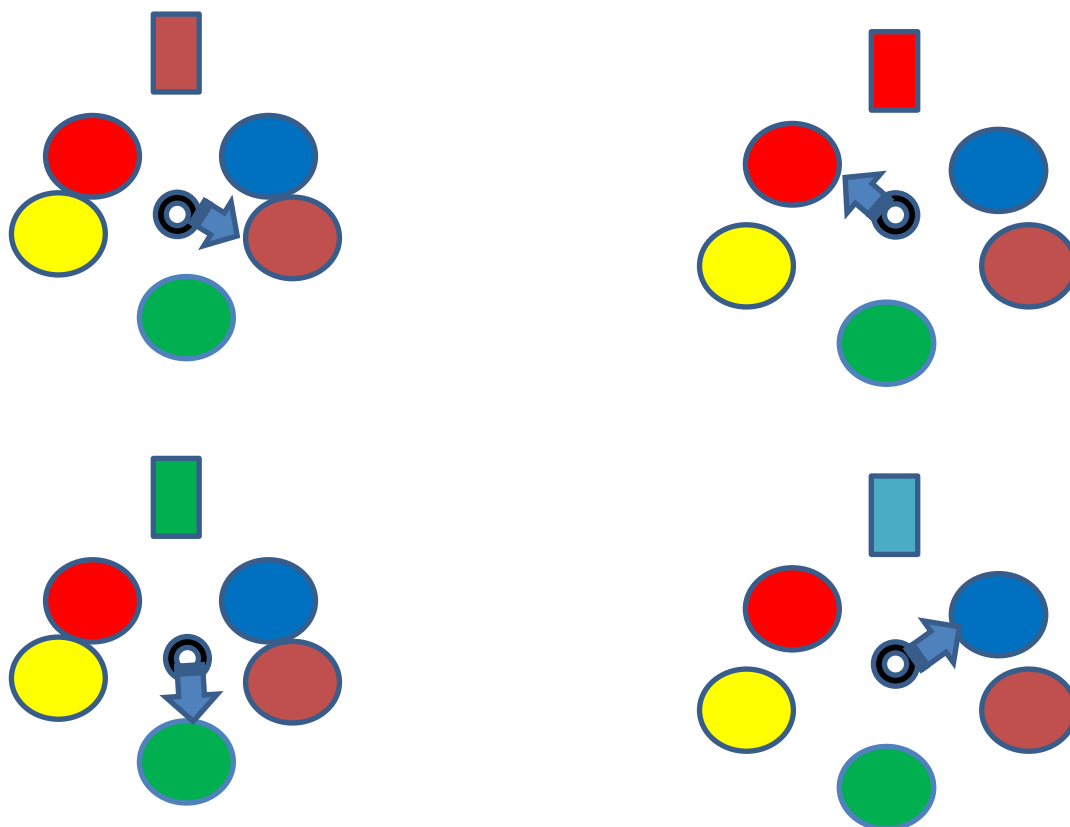
4. Four-way movement: In this exercise, we'll need some curls and barrel inverts.

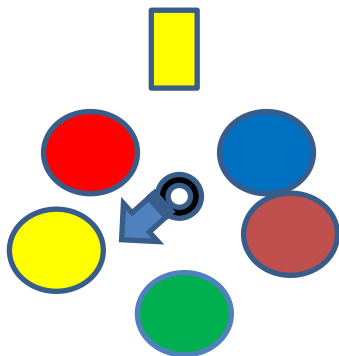




According to the location, the athlete is placed in the center of the sports inverts, chips are placed in front and behind the athlete, and barrels are placed on the right and left sides. According to the movement, the switched on program is placed in the front center of the exerciser and shows the exerciser one of the four-way movements, according to which the exerciser moves.

5. Five moves: In this exercise we need five different colored tiles. The player is placed in the center of the chips according to their location, the distance between each chip and the player is 1 meter. According to its movement, the switched on program is in front of the participant, i.e. in his center, and shows him the direction of the chip to which he needs to move.





We have been performing these exercises for one year, the main goal of which is to form the coordination abilities of the participants, according to our post-research results (Table 2).

According to our research, the coordination abilities of the participants increased from 9.08 to 8.25 in the 60-meter run, 11.15 to 10.37 in the 4x10 sprint, and 2.03 to 2.37 meters in the standing long jump.

**5 boys and 5 girls aged 15-16
post-study results**

Table 2

O/n	Last name	60m	4x10m	Standing long jump
1	Kadirbayev Siroj	7.96	10.24	2.43
2	Shermetov Ali	7.72	10.12	2.55
3	Davronov Farrukh	7.51	9.84	2.72
4	Khojanyozov Yodgor	7.43	10.02	2.48
5	Yakubov Sarvar	7.39	9.90	2.60
6	Mamatova Pearl	8.76	10.54	2.16
7	Sultanbayeva Sarvinoz	8.58	10.62	2.23
8	Orazmetova Zumrad	8.77	10.74	2.32
9	Aminova Gulguncha	9.50	11.28	2.18
10	Tillayeva Barchinoy	8.93	10.49	2.05
	Total:	8.25	10.37	2.37

Conclusion.

Today, athletics is especially in demand among sports. The main quality in athletics is coordination. Its advantage is to overcome various obstacles in athletics at once. We used the switched on program to develop the coordination ability of the participants. Its advantage lies in the fact that the athlete's full attention is on the

program, this program clearly shows the athlete how and in which direction to move. During our research, we used 5 exercises. These sets of exercises are interconnected and move from simple to complex. From our attention development exercise, to our same color matching exercise, followed by a set of two-footed movements, then four-footed movements and five-footed movements. Its simple to complex is that it has changed from one-step movement to five-step movement. We managed to develop the coordination ability of the participants in this study.

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