

TECHNICAL AND TACTICAL TRAINING OF ATHLETES

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**Abstract:** *physical preparation of physical education in educational institutions for young people and improving the main directions of modernization of the system, physical education and sports for students on improvement of action to deal with the system, as well as to increase the effectiveness of the lessons of physical education compulsory in the education system should perform with you to give you recommendations. For this purpose, the state policy in the sphere of physical culture and sport in uzbekistan today also at the level of the gene pool many folks improvement and development of physical and intellectual capacities, and guarantee the generation of important strategic area being used as a tool in promoting the idea of national independence.*

**Keywords:** *sports, tactical training, technical training, healthy lifestyle.*

The technical preparations of the athletes in the sport of actions and activities which serve as a means of maintaining or debate workout tool it is said to learn the technique. Learn the technique of special technical and selected athletes in the process of preparation of action sport on the sport of specialization related to qonuniyat will know, will go to the improvement of skills and qualifications of members mastered the necessary action. The purpose of the technical preparation of general physical preparedness of athletes, the technique the expansion of knowledge in the field of physical exercise, regular, extensive use of sport to achieve it in practice and skill improvement. The difference between general and specific training athletes physical education qualification and skills of action which is related to the formation, improvement of physical exercise along with exercise is to master the technique of on the type of sports specialization.

**Preparation of the tactical athlete** closely together with the technical preparation is conducted. Tactical preparation teaches their application to the industry. Sport tactics sports industry in the short to argue the definition of can also. Sports tactics, the capacity of the athletes, the opponent of taking the characteristics of the conditions of competition and to participate in the competitions konkret worthwhile. The importance of all types of sports in the form of the tactic and its diversity. Sports games, and more extensive and results in the perfect tactic alone will be included in the fight changing. All conditions are the same tactical preparation methods of preparation and will be a decisive factor in the victory without. Mastering the tactical athlete tactical sport in the preparation of the theoretical basics, the possibility of your opponent and the study of conditions of competition, tactical methods, combinations and tactical skill level, to take thought for you to achieve tactical skill, mental and spiritual also plays an important role in the preparation of the will. Tactical athletes the



train of thought proceeding from the results of physical and technical preparation in the conditions of competition, you will develop the ability to use.

Both general and special tactical training is a type of tactical training. The theory of general tactical preparation technique according to the type of sport and in the case of sports, you will develop the ability to use in practice. Preparations for the overall tactical sports in general similar to each other in the form. Special tactical training and the tactical of the chosen type of physical exercise to try the sport specific skills, qualifications and abilities improvement is to expose comprehension. Always be in compliance with the technical preparation of tactical preparation do not duplicate each other to fill. Tactical athletes achieved the level of technical skill, which is the form of thought go. With a high level of tactical thinking to be applied in any sport in addition to the type of workout techniques a set of suitable conditions should be formed. Only then will create an opportunity to exercise and perform select actions. Technical and tactical training of athletes in addition to theoretical lessons with practical exercises in lectures, conversations, film, and video analysis is held.

**The spiritual training of athletes:** the athlete the pedagogical aspects of their training from the essence of the spiritual sports activities will be adapted to the conditions performed and ethical education is the process of bringing up the will. Tasks which are solved in the process of preparation of athletes of the spiritual will, the moral is to go to the improvement of quality members in sports activities. The feeling of patriotism, the pride of the team to uphold the glory of the motherland to the world, to spread the improvement of the quality of human triumph to get all the way to the wide use of opportunities in the improvement of the quality, will constitute the basis of the preparation of the spiritual. At the same time the character of will in the form of the spiritual in the preparation of athletes. This hard-working as a character, to wholeheartedly pursuing victory, athletes of ethics to the spiritual will, moral qualities such as pride sports reflects.

Sports-mardonavor that will require you to show the full quality of often the type of activity is even painful. A strong will, aspiration towards the goal of the initiative is stricter, persistence and courage, stamina and self-management will remain an integral part of the preparation of the quality of nurturing the spiritual will. The moral and spiritual qualities in all types of sports in the preparations should be the same. Every athlete on the same level because of the will of every athlete requires preparation. Concert will be the manifestation of the qualities of sports to show the different sides of the process will be related to the conditions that will be out of increases. With this general and special preparation of the will are different from each other.

One of the most important special functions fulfilled in the process of preparing a will-formation used to give direct competition to the target in accordance with the instructions, on the basis of which appear to overcome negative emotions and athletes for competitions psychic provides the opportunity to manage the condition. According to the general principles of the moral will sport in the preparation of moral education, moral education tools using the style is created [18,19,20]. The importance of sports is also important. It is the main factor in bringing up the will and character in athletes. To follow a strict agenda, to give downloads to withstand heavy physical negative emotions to overcome internal and external challenges and competition in the process of workout voluntary quality sports athlete character to fight with and educate small form factor. Sports activities are also

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the conditions in the conscious discipline, friendship, community, patriotism, diligence and other moral emotions and creates opportunities for nurturing qualities awfully big.

**Theoretical tyranny.** Prep athletes theory of tactical, technical and other types in close contact with. There is such a wide range of knowledge that are necessary for athletes that no one part of their preparation does not enter. History of physical education and sports, sociologist study, workout of sports, sports physiology, hygiene, medical supervision in sports, sports workout of knowledge on the theoretical basis of such a part. To get mastered these skills will form part of the theoretical preparations. Sports theoretical development along with preparation the role has evolved. Sports workout the mechanisms of the body, a deep understanding of the factors of culture and development activities of life, high level of intellectual abilities and the factor of the major achievements will serve as a means of sport. The combination of theoretical training sessions in addition to the development of comprehensive partnership with the person conscious and organizes sports a successful deal.

Mental and theoretical training of athletes, mostly in the form which is characteristic independent information to read is conducted. Workout theoretical education and sports direct in technical, tactical and physical preparation in conjunction with a view of the moral will is as practical lessons.

Much has specific characteristics and the process of preparation of general and special sided athletes. Is in conformity they mutual. Physical basis of preparation and will create the conditions for the solution of technical and tactical preparation task. At the same time assesses the results of the level of technical and tactical preparation physical preparation. The spiritual sports athletes in the preparation of the will, the attitude for training and competitions shape. It allows the analysis of modern methods for theoretical training while sports.

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