

STATUS OF DIRECTION AND COMPETITION IN SPORTS SPORTS SPECIALTY

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Annotation: Among the factors determining the level of development in a particular sport, great importance is attached to the selection, which is an integral part of many years of sports training and one of the important tasks.

Keywords: sport, gifted children, sports orientation, sports competition, Sports competition stages, Competition.

As a first step in the process of training highly qualified athletes in the system of long-term training, the issue of directing them to sports specialization is increasingly attracting the attention of specialists and scientists in various fields. In particular, the fact that this topic has become a topical issue in the research of educators, coaches, doctors, biologists and psychiatrists, determines its place in the development of modern sports.

Most of the research is devoted to the choice of some sports and only a few to the issue of adaptation. The starting point in the activities of the direction is not the sport, but the advice on which sport activity is more convenient for him, for the recommended person.

The main thing in the competition is the type of activity in which the candidate is selected. Competing means screening athletes, leaving them among those involved in a particular sport, but only selecting the right ones. The direction includes a completely different goal - to help a person to choose a sport that suits his physical abilities, character, taste. The right direction creates a harmony of human aspirations and capabilities - say many experts.[1,2,3,4,5]

AA Gugalovsky incorporated its meaningful and qualifying basis into the term "Sports Direction and Types of Competition", highlighting the abandonment of the term "Sports Competition Stages" and the following main aspects of orientation and selection to sports specialization:

1. General sports direction and competition aimed at attracting more children to sports and selecting talented children and adolescents to play sports in BOSM. This view of direction and choice is the starting point of the whole system of multi-year training of sports stocks.

2. Type orientation and selection aimed at determining whether children and adolescents are fit for a particular sport.

3. Specialization direction and selection related to determining whether young athletes fit into a limited specialization in the sport of their choice.

4. Role orientation and selection aimed at determining the specific game or team position of young athletes.

5. The competition direction and competition aims to select the best from among the equally talented candidates and coordinate their performances in a particular part of the competition program.[7,8,9,10]

There are two approaches to predicting athletic ability:

1. to study the stability of the personal level of development;

2. to study the growth rates of indicators.

When it comes to sustainability, it is generally understood that hereditary interrelated characteristics change poorly under the influence of the external environment (exercise;), or retain the initial content of the study at all ontogenetic periods even if significantly changed under the

influence of exercise.

Assessing the growth rates in the first year and a half of training, it is possible to make a satisfactory prediction of the sports results obtained after 4-4.5 years of training.

Numerous studies have shown that the accuracy of the prediction is higher when the initial level of the studied indicators and their growth are taken into account. It is emphasized that the ability and character of a person to determine the ability to train in various sports is the subject of prediction.

Among the factors determining the level of development in a particular sport, great importance is attached to the selection, which is an integral part of many years of sports training and one of the important tasks.[11,12,13,14,15]

The development of the scientific and methodological basis of the selection system is based on theoretical rules, knowledge of methodologies, the nature and method of organization of the competition, as well as the basic requirements for the athlete in a particular sport.

It is known that martial arts is characterized by a combination of a number of requirements for athletes. In the management of research tasks, reliance on the data obtained on the issues of competition in different types of sports, primarily in wrestling, ensures coherence.

The new scientific order - sports prediction, which is a key part of sports prediction and the opinion of others, is used in solving the tasks of their goals and the basic rules of professional adaptation.

Sports orientation and sports specialization represent the phases of an integrated process that begins with the search and discovery of talented children and is specifically focused on specialized activities.[16,17,18,19,20]

Orientation to sports can be considered as a specific form of orientation, deep in its theoretical and methodological foundations. Therefore, the basic theoretical foundations of career guidance are also applied in sports competitions.

Many authors and others have interpreted their concepts in terms of "sports competition" and "sports orientation" when discussing sports competition and young athlete training management.

In general, expressed by different authors and the content of the above is deeply close. This is a system of organizational and methodological measures, including a set of research methods of sports competition (pedagogical, psychological, medical-biological, sociological), identifying gifted children, adolescents and young people to predict their suitability for training in a particular sport or group of sports. allows you to talk about

Orientation to sports is a form of social adaptation aimed at providing organizational assistance to children and youth in choosing the subject of sports specialization, taking into account their personal abilities, passions and interests.

The purpose of the selection, sports orientation (which is the basis of the development of talent) is a comprehensive study and discovery of personal talents and characteristics of the participants that meet the requirements of a particular sport.

As the sports competition gradually achieves its goals and objectives, it plays an important role not only in any stage of preparation, but in all its stages.

The essence of the sports competition has been extensively described by experts in sports games, including volleyball. According to them, the competition in sports involves the discovery of athletes with a high level of ability in game activities and the successful acquisition of the body's game skills, a high level of competitiveness and reliable efficiency of competition activities. As the quality changes, the competition will collaborate on the multi-year preparation of the sports games throughout the period.[21,22]

Athlete selection and training was based on the knowledge of a set of features (model

description) that have strong athletes in a particular sport and constitute a description of athletic ability. In this regard, a number of authors believe that in managing the effective selection and training of athletes, the coach must have an objective model (appropriate athlete, the current state of the team and the model to achieve that). The existence of a close correlation between the data obtained from the initial and final results of the trainees indicates that effective selection and athletic ability are reliably predicted.

The question of the stages of selection is an important theoretical rule of sports prediction. The analysis of the research showed that during the development of scientific understanding, the content and quantity of the selection stages changed. Thus, expert scientists distinguish two stages of selection:

1. The purpose of specialization in a particular sport and the selection of new ones.

2. Selection of candidates for national teams depending on the level of readiness to participate in competitions.

Later, some authors suggested dividing the competition into three stages.

To address the issues of choice, data confirming that the long-term study and research of the athlete through several stages of testing and measurement have significantly increased the practical accuracy and reliability of the conclusions obtained are of great importance.

The above, as well as the authors' research on competition issues in sports, swimming, gymnastics, weightlifting, athletics, show that the solution of competition issues is based on the principles of perennial approach to the interests and abilities of athletes and the requirements of sports activities.

In order to increase the effectiveness of the competition, it is necessary to know the exact quantitative and leading factors that can best meet the requirements of a particular sport, the characteristic characteristics of the structure of the athlete's personality.[23,24,25]

However, based on the results of many years of research and the generalization of many literatures, a number of authors have concluded that more or even more attention should be paid to hereditary aspects of exercise. This is especially important at the initial stage of selection and preparation.

Determining the composition of muscle tissue is an important factor in sports competition, as well as its slow and fast aspects. It is emphasized that the composition of muscle tissue is genetically based and that it is specific to absolutely all muscles of the individual.

Studies in twin couples play an important role in understanding the type of genetic factors accounted for in the selection and training of young athletes.

According to experts, the research on the integrity of the signs of talent and ability is also of great interest.

It shows that there is not only a direct but also an inverse relationship between talent and ability. According to scientists, ability is a specific system that is stable enough, although it is a personal trait that varies under the influence of learning, upbringing, training.

Scientists say that ability is the development of talents that embody all the innate functional (biological, vegetative, motor, sensory, intellectual) characteristics of man, manifested in work at different levels of complexity, depending on the differences in human capabilities.

Ability is defined only in activity. The surest way to determine abilities is to show that they are growing in the learning process. This allows you to have a clear idea of the size, strengths and weaknesses of the ability.

Mobility structure research is as integrative as large mobility structure research. Differentiation of motor skills occurs with age, and exercise accelerates this process. From this it

can be concluded that at the age of 9-12 years it is possible to determine only the real passion for a particular sport. Because at this age, a mobile child can show himself in many sports

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