

SPECIFIC CHARACTERISTICS OF SPORTS GAMES

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Annotation: *Team sports games and their organization are important indicators in the field of sports. Team games are important for them in sports.*

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Since independence, Uzbek athletes have achieved high results at international competitions and world championships, as well as at the Olympic Games. Depending on the achievements of our athletes in the international arena, they are awarded the highest places on the podium. One of the factors that makes a country famous in the world is its achievements in physical culture and sports. Of course, achieving these results requires a lot of responsibility and perseverance from our athletes. Our society pays great attention to the training of young athletes, the construction of modern sports facilities and the holding of many international competitions in our country.

It is known that the promotion of physical culture and sports in our country is one of the important directions of social policy. Because sport promotes a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent harmful habits among young people. Sport also plays an important role in shaping high culture and patriotism. The achievements in this area will introduce the country to the world and make all our compatriots proud.

Sports games are formed on the basis of human-specific play activities. Play plays a big role in human life. IN childhood play - the main activity, a means of preparation for life, work, an effective means of physical education. Competitive sports-related games are divided into a separate group - sports games or team sports.

The characteristics of sports games are determined by the specific features of competitive activities that distinguish them from other sports.

Competitive confrontation in the game is carried out only in accordance with the established rules, using competitive actions specific to a particular game - game technique (technique). In this case, the presence of an opponent is mandatory. In team game types, the goal of each fragment of the competition is to bring the object of the competition (ball, puck, etc.) to a specific location on the opponent's site and prevent it from happening by itself. This defines the unity of competition - a block of actions of the "defensive-offensive" type, which also includes actions for intelligence, disinformation, conspiracy, and so on.

In team games, not the individual athletes, the whole team wins and loses. No matter how well an individual athlete plays, if a team loses, he also loses. And conversely, no matter how bad an athlete plays, if the team wins, he wins too. Thus, a sports team is the same integral sports unit as an athlete in individual sports.

Such uniqueness of team games determines a number of requirements for athletes, their attitudes, attitudes, personal qualities and the nature of their actions in the competition. Ideally, the athlete's main psychological response to the game should be a desire to fully subordinate their actions

to the interests of the team (even in spite of personal well-being, this can be “self-harming” in one way or another). Without such an attitude, every athlete on a team cannot have a strong, well-coordinated team as a whole, even if they are technically, physically and tactically individually well-prepared players.

Consequently, cultivating collectivism, the ability to sacrifice one’s own interests for the sake of team victory, the desire to see and understand the collective interest in each. this minute competition is one of the most important tasks of the preparation process in team games. Practice shows that the conditions of a team’s competitive performance itself contribute to the development of this relationship through the impact on the team’s game participants. Often such influences are very strong, powerful, effective, and help to develop appropriate personal qualities in a person.

In this regard, team games are an effective educational tool, of course, with the relevant activities of coaches, educators, teachers and others.

The complex nature of competitive play activities creates ever-changing conditions, requiring situation assessment and selection of actions, as a rule, for a limited period of time. An important factor is that the athlete has a wide arsenal of technical and tactical actions, which allows optimizing strategies that ensure the effectiveness of team actions to achieve results in conflict situations.

An important feature of sports games is that many competitive movements are game techniques. These steps should be repeated several times during the process. competitive activity (in one meeting, in a series of meetings) to achieve a sports result (in a meeting, to win a competition) - so reliability, skill stability, etc. are required.

In team games, competition activities are carried out by several athletes, and much depends on the coordination of their actions, the forms of organization of actions of athletes during the competition activities to win over the opponent.

A distinctive feature of sports games is the gradual nature of achieving sports results. In sports involving single competitive movements (e.g., jumping, throwing), the optimal combination of two factors - motor potential and rational technique (mainly even in a single attempt) leads to determining the outcome of the sport (jumping height, shooting distance, etc.) . In games, this is one type of first step - “technical and physical”. It is also necessary to organize the actions of athletes - as a way to realize the technical and physical potential in competitive activities specific to individual, group and team games.

The main criterion for the effectiveness of competitive activities in sports games is to win over the opponent. The number of victories determines the place of all participants in the tournament table. In many years of sports practice, it has become clear that the outcome of a sport - the place it occupies in competitions - has become a criterion for assessing the level of sportsmanship of a team and its members. Studies have shown that such a representation of a sports result in terms of its place in the tournament schedule for team sports does not fully reflect the level of skill of the athlete, as it is an objective indicator in quantitative terms. With the same high level of skill of all the teams participating in the competition, their different positions in the tournament table (first and last places) are inevitable. Even if the weakest teams take part in the tournament, (theoretically) the national champion will be determined and the players of the winning team will be given the right to give high marks. sports title. Thus, it is necessary to define objective indicators, on the basis of which it will be possible to successfully plan and monitor the preparation process.

The number of objective indicators in sports includes: an elementary set of game techniques (tactical aspect); the ability to quickly and accurately assess a situation, select the optimal offensive or defensive action for a particular game situation, and apply it effectively (technically); special qualities and abilities directly related to the effectiveness of the action (requirements for the

temporal, spatial and power parameters of the performance); the athlete's energy regime; emotional-motor control, etc. It is very important to quantify all of this. The availability of such information will serve as a basis for determining the content of training athletes and managing this process, developing model features, programs, plans, standards, and more.

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