

PEDAGOGICAL CHARACTERISTICS OF THE DEVELOPMENT OF PHYSICAL QUALITIES OF ADOLESCENTS

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Abstract. In this article, experts have different opinions on which of them should be preferred in the development of physical qualities. A group of experts has provided information such as emphasizing speed, quickness-strength qualities and coordination ability.

Keywords: qualified athletes, speed - strength, technical-tactical preparation, psychological preparation, gymnastic elements.

Physical education and sports are related to the laws of change of physical qualities, functional and psychological capabilities in the ontogenetic development of human physical development.

Physical adjectives development process different qualified athletes preparation system priority and indispensable to the part belongs to Many studies that's it shows that this adjectives development efficiency movement qualifications to teach The deadline is the qualifications appropriation the pace determines [1,2,3,4,5,6,7,8,9,10,11,12,13].

The last in years of elements complicated to go or athletes physical qualities development and improvement to the issue separately attention is being directed.

Physical to exercises initial to teach in the process children coaches mostly cases to problems face coming observed stands _ Including even _ the most to the simple element technique in teaching certain physical of adjectives development level is relied upon. But often of these qualities development level gymnastic elements, effective mastery enable does not give So in the situation usually two in the direction organize to be done special from training use recommendation will be done. This type of training from directions one this movement ability formation, the second movement skills education _ Q _ done tasks separately independent and together solution reach from possible strictly nazar, according to physical too one on the way development necessary will be Modern exercises efficient assimilation priority in terms of economized physical preparation depends. Physical preparation common and special physical adjectives development includes [14,15,16,17,18,19,20,21,22,23,24].

Specialist scientists to his opinion according to initial preparation stage engaged in in students at this age comfortable passing physical qualities, including speed, strength, agility, agility and separately coordination adjectives to develop it is necessary.

This physical adjectives in development their which to one superiority with approach in the matter of specialists opinion different. A group specialists qualities of speed, quickness - strength and coordination ability accent to give that it is necessary they emphasize. They are like that superiority of these qualities to be given to the age characteristics of children proportionate the fact that with they explain. Other one group scientists physical adjectives between organic dependence attention received without this age in children all adjectives equal to development importance attention they look [25,26,27,28,29,30,31,32,33,34,35,36,37].

With that one in line students physical of preparation main physical qualities different direction, including physical _ to the elements suitable in the direction learning according to held studies free no the fact that observed.

Strength and quickness - strength qualities education _ Modern sports training quality of power in practice incomparable important has _

Sportsman how movement if he does, this action efficiency with power depends. In addition, the force is technical and tactical psychological preparation in the process main factor being service does _ Strength training of students with complicated physical elements appropriation between organic connection presence confession done [38,39,40,41,42,43,44,45,46,47,48].

Some researchers bring up more difficult has been relative technical results of force positive effect that it will those who identified

Note done from the data apparently qualities of strength to develop directed exercises classified way children and teenagers in training full shed apply can.. With that one in line considerate place is 6-9 years old athletes son qualities of strength in children which in the direction development necessity enough level proof not done

The majority scientists speed - strength skills learning as a result their intense growth from 9-10 years starting from 13-14 years old continue is enough said to the conclusion came. School in their students agility strength skills certain movement qualifications execution in reaching maximum muscle of strength short time between manifestation to be with explained [49,50,51,52,53,54,55,56,57,58,59,60,61].

Physical preparation formation within promptness quality development separately important has _ Because exactly movement quickness with only in athletes in top sports too own expression finds _ According to a number of experts, the most favorable period for developing the quality of speed is 9-13 years old. It is known that one of the effective means of developing movement speed is running. VP Filin offers a running tool from 20 meters to 60 meters for developing maximum and near-maximum speed. Some researchers have come to the conclusion that running at maximum speed does not always have a positive effect on children's bodies [62,63,64,65,67,68,69,70,71,72,73].

Many experts said that it is desirable that the speed exercises should be similar in terms of their amplitude and nature to the movement skills being taught. According to them, it is possible to use games with movements that are close to or suitable for the movement techniques being taught in this regard.

The quality of endurance is also considered very important in the preparation of students [74,75,76,77,78,79,80,81,82,83,84].

In recent years, due to the growing age of the athlete, static elements in free physical combinations are losing their place.

V.M. According to Smalyovchki's point of view, the disappearance of such elements or the fact that athletes do not have the skills to skillfully perform static elements is explained by their physical immaturity [85,86,87,88,89,90,91,92,93,94,95]. Experience shows that trainers, in most cases, start training in static exercises during the training period of a candidate for master of sports program. But as mentioned, it is necessary to pay attention to strength training, including static strength exercises, from childhood. According to these expert scientists, childhood athletes can successfully master complex static elements.

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