

**BOSQUE THROWERS SPORT MANY YEARS OF WORK
PROCEDURE FOR PLANNING. (On the example of athletes aged 14-16)**

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Annotation: This article describes the organization of the training process, the correct solution of the tasks set during the training. When writing the work, it was noted the correct distribution of the duration of training and competitions according to the annual plan, as well as the orderly performance of physical exercises with strength.

Key words: exercises, exercise regimen, distribution of physical strength, execution of movements, plan of physical activity, movement technique, muscle strength, speed.

Those who begin to engage in invading throwing should be able to overcome 40-50 kg of pulling force, which occurs as a result of not very fast movements of the intruder as early as the first training session. In order to successfully teach the technique of throwing an invasion, the learner must be strong enough and adept.

Some exercises should be done slowly before throwing. Then, in order to maintain the correctness of the technique, it is necessary to gradually increase the pace and try to bring it to the maximum level.

At the beginning of training, it is possible to practice the initial rotation, train the rotation without a projectile, and practice throwing the core, stone, Packer, filling balls. Of great importance when learning to give the last strength is the improvement of the previously mentioned exercise technique.

When learning to throw an invasion, it is imperative to observe precautions. An invasion throw should only be carried out in places equipped according to the rules of the competition. For this, the following special and general exercises are of fundamental importance.

1. Showing them the technique from the side of a highly qualified intruder thrower or teacher.

2. Explaining the structure of the invasion, telling about the place of throwing and the rules of the competition.

3. Show and explain the technique of throwing an invasion and the main moments of the technique, rotating three times with the help of visual aids (posters, pictures, filmograms). Showing the throwing technique on a film screen.

2-task. To form an idea of \ u200b \ u200bThe correct capture of the intruder, to start teaching the initial rotation.

Means.

1. Practicing the correct grip of the bosom handle.

2. Hold two supports of the invasion and rotate without acceleration.

3. Turning the invasion by accelerating in a Normal standing position. Those who are engaged can only say "Let The Invasion be taken!" only after the command is given can they go out to the landing to bring the invasion.

Methodical instructions. The initial rotation should be performed in a semi-sitting position, without shifting the weight of the torso from foot to foot, which is directed opposite to the invasion. It is important to identify the correct rotation surface of the invasion during the initial rotation. The initial rotation should be performed at an awal flat rate. After sufficiently learning to perform it, 3-4 revolutions are accelerated and performed, and by hitting the invader to the ground, this movement is stopped or it can be thrown left-back up by inertia. To raise a stable balance, it is recommended to do the above exercises with the eyes closed.

Exercise with the invader and other heavy items: rotate the invader with one support (left and right hand) and sitting up; rotate other instruments (ball with ribbon filling, packerstone, sandbag, weighted invader or two invades, lightened and shortened invader) is of paramount importance for mastering the initial rotation technique.

3-Task. To maintain balance when teaching the technique of turning, to resist the force of pulling the invasion.

Means.

1. Turn without invasion:

a) with a number (by "one" — the first half of the turn, by "two" — the second half;)

b) countless same speed.

1. Forward-down turn with a hand stick.

2. Turn by turning the invasion along the horizontal level without acceleration ("undulating").

3. Hence to perform itself by accelerating each subsequent turn.

4. Turning the invasion along a sloping surface, without accelerating ("wave") movements.

5. Hence to do itself, accelerating each subsequent turn.

Methodical instructions. When you do the turn correctly, the balloon of the intruder should always slide after the thrower's torso. When teaching a new student the throwing technique, it should be remembered that performing a turn following the step of the throwing torso is the most important exercise. When mastering the invading throwing technique, turns with increasing speed while maintaining a stable balance are the main exercises. With the help of these exercises, the necessary skills of movement are strengthened. The correct maror of movements is formed, balance storage is improved, the work of the vestibular apparatus is improved. The speed of performing turns depends on the speed of movement of the legs. Therefore, it is necessary to pay more attention to the correct execution of leg movements.

At the time of the turns, the tip of the left foot should be turned slightly to the left, keeping the legs half-bent.

It is also necessary to perform turns with the eyes closed. This contributes to the good development of the "feeling of invasion".

After performing the turn exercises, the invasion should be stopped by hitting the ground or slowing down the movement.

When rotating with an invasion, the following error is often made: moving the arms, sometimes up and sometimes down, excessively tilting the plane of rotation of the projectile. Eunday in motion, the invasion from the thrower advanced and the "feeling of the projectile" disappears.

During solitary support, the torso cannot be bent forward, since the thrower will not be able to actively influence the invasion. In such cases, the hargal goes out of the throwing circle to a greater distance in the turn, often in a sawing shift. Even in the stand-alone position, the thrower's torso should be ahead of the invasion and pull the projectile as it rotates.

Special exercises should be widely used to teach the technique of turns and to perfect it. These include the displacement of turns with the initial rotation. For example: one round initial rotation and

turn, one round initial rotation and two turns, two round initial rotation and turn, two round initial rotation and two times turns, and different weight invasions, initial rotation and turns with them, etc.k.

4-task. Teaching to give the last strength. Means.

1. Throwing the invasion and other instruments from one turn (release by inertia).
2. Throw the invader and other instruments with one turn and the last active rape.
3. Throwing the invasion and other instruments from three turns. Two turns are slow, the third is accelerated, and the last movement is actively performed.

Methodical instructions. The best exercise for teaching the last excellent throwing technique is to throw the intruder from one turn, since in this the Intruder does not have time to move forward from the thrower's torso. In addition, when performing the throw with one turn, it will be possible to stand in the most comfortable position to give the last excellent.

In addition to these, the following special exercises are recommended: throwing different tools from one turn, throwing from place to place after the initial rotation of the invasion, throwing different items from place to place with two supports and left hands, throwing different tools (core, filling ball, stone, etc.).k.) standing from place forward, backward, Head Over Heels, two supports and one support throw etc.k.

It is also necessary to do the invasion with the eyes closed when turning and throwing.

5-task. Teaching the technique of throwing an invasion while turning. Means.

1. Throwing the intruder, standing in a circle and outside the circle, by three turns, without the last respite, by inertia.
2. The intruder stood in the circle and out of the circle, throwing with three turns and the last active rap.

Methodical instructions. There are also cases when new disciples do a good turn three times outside-he, however, when entering the circle, loses himself and does the turn incorrectly. In these cases, it is necessary to go to gradually shrink the turning area. To do this, draw a circle with a diameter of 2-5 meters on the ground, and for several sessions bring it to the form of an astasekin normal circle (2,135 m). The newly arrived Apprentice can draw a line on the ground and, after correctly performing the movements within this circle, take the Iron flange invasion into the cement circle.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

Light invading, tripping short or extended invasions of heavy (or two) invasions are the most common special exercises. This also includes throwing tools and heavy objects of different weights with three turns with both hands and with the left hand.

The execution of all the above-mentioned exercises in the invading exercises according to an orderly plan will help to achieve a high result in the process of training and competition.

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