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Annotation. The article describes the types of pedagogical control and methods of organizing classes on invasion throws. The methods of organizing the training process of javelin throwers, the types of organization of practical training and the formulation of the exercise are highlighted. At the same time, studies and research results have been reasonably explained in the isochoric state.

Keywords: pedagogical control, educational activity, control criteria, comparative method, research objectives, analysis of active and passive actions, comparative analysis.

Relevance of research work. Using the experience of the international educational process, it is necessary to develop and provide improved training programs and educational and methodological literature for sports and educational institutions in Olympic and Paralympic Sports [1].

The purpose of choosing the subject is to train in sports schools boson throwing athletes throwing movements under pedagogical control activities in the chosen direction are highly effective in the development of physical qualities and important for the development of competitive qualities. Training in the selected direction makes it possible to collect the effects, the application of which in the training of highly qualified athletes is one of the pressing problems.

Research objective. Determination of the relative position of the muscles of the palm and calf flexor and writer by the use of basic, additional and selected exercises in the exercises of the boson throwers.

Research tasks:

- know the modern principles of the structure of physical loads of intruders and apply and control in accordance with the individual characteristics of athletes;
- throwing consists of substantiating the development of the degree of opportunity in an experiment by applying the basic, complementary, chosen exercises in the activities of boson throwers

Research methods. Analysis of scientific and methodological literature, pedagogical observation, organization of research, pedagogical experience, mathematical-statistical methods and analysis of the results obtained.

Research results and their discussion. The article used gurukhli, individual training methods for throwing athletes in boson throwing training. Methods of organizing training in sports school the technique of throwing athletes with a push-throw is explained theoretically and practically in the practice of throwing Kham was used. In the development of the technique of throwing athletes boson, the following methods were used.

The preparation of throwers with any qualifications is a complex creative process, providing for knowledge of the modern principles of the structure of downloads and the skills of their application in accordance with the individual characteristics of athletes. The solution of these complex issues is facilitated by a system of monitoring the level of training of athletes on a special scientific basis. A large number of scientific works are devoted to the problems of control and identification of the most informative control tools in the first Gal.

Pedagogical control in physical education is understood as the sum of means, methods and methodological methods that allow assessing the state of those involved in managing the development of various aspects of athlete training on the basis of.

The change in these can be found out through the selected exercises in Aries. In this, we can state the physical indicators through the selective exercise in Aries between the observation and control guru. In the organized studies, selected exercises on the sheep were used.

1. Standing on the ground, the long jump (m.)
2. Standing up from the spot to the length, the triple jump (m.)
3. Pushing the core forward (m.)
4. Pushing the core back (m.)
5. Shooting filler balls in both hands (the ball weighs 500 gr. 1 kg.)

Before performing the above exercises in the Research guru, the following indicators are isoxified. The experience and control group involved in the study for the improvement of the boson throwing technique was determined by the physical fitness of the athletes as follows. According to him, indicators in experimental and control groups were based on a table as follows. So when the data obtained analyzes, no significant difference was observed between the experience and the physical fitness of the athletes of the control group (see Table 1).

Table 1.
Indicators of pre-research physical fitness of athletes of the young boson thrower experimental group.

№	Jump from place to length	Jump from position to length by three lengths	Core thrust front 7kg	Core thrust rqaga 7kg	Shooting filler balls in both hands
1	2.20 SM.	7.52 SM.	11.25 SM	10.25 SM	8.35 SM.
2	2.23 SM.	7.15 SM.	10.23 SM	9.23 SM	8.20 SM
3	2.19 SM.	6.80 SM.	9.85 SM	9.55 SM	9.22 SM.
4	2.17 SM.	6.31 SM.	10.05 SM	8.95 SM	8.73 SM.
5	2.23 SM.	6.45 SM.	10.35 SM	9.35 SM	8.65 SM.
6	2.19 SM.	6.55 SM.	9.15 SM	9.55 SM	9.24 SM.

Pre-research physical fitness indicators of young boson throw control group athletes (n-6)

Nº	Jump from place to length	Jump from position to length by three lengths	Core thrust front 7kg	Core thrust rqaga 7kg	Shooting filler balls in both hands
1	2.22 SM.	7.42 SM.	10.25 SM	9.25 SM	9.35 SM.
2	2.17 SM.	6.65 SM.	10.22 M	9.43 SM	8.26 SM
3	2.23 SM.	6.70 SM.	9.65 SM	8.95 SM	8.72 SM.
4	2.19 SM.	6.41 SM.	9.85 SM	9.15 SM	9.13 SM.
5	2.28 SM.	6.45 SM.	10.45 SM	9.31SM	8.85 SM.
6	2.21 SM.	6.55 SM.	9.45 SM	9.25 SM	8.86 SM.

In the training process, the above indicators were determined when pre-training physical indicators were performed in experimental and control groups.

Pedagogical control is the main task for obtaining information about the activities and status of the athlete. It is used to determine the effectiveness of training tools and techniques used in accordance with the established control standards, determine the dynamics of the development of Sports form and predict sports results.

The functions of pedagogical control include:

1. Accounting of training downloads
2. Determination of the level of physical technical and tactical training of athletes,
3. To determine the chances of achieving the planned sports result.

The main methods of pedagogical control are control exercises that represent the degree of tension of physiological functions that ensure their maximum manifestation on various sides of the training of systematized pedagogical observers and athletes. Depending on the state of the athlete, three main types of control are distinguished, each of which stores a certain amount of information.

- phase control reflects its effect on the mesocycle (Moon, preparatory stage).
- the current control relieves the effect of rapid training after several sessions.
- quick control assesses the effect of a single exercise or part of it.

In sports metrology, three types of regulatory indicators are distinguished.

These are comparative, individual and necessary norms. In the system of training management of young athletes, the necessary norms are of great importance. They are based on the analysis of what a person needs to know what to do in order to successfully solve the tasks that he puts before life.

In other words, control standards should fully meet the level of sports results planned at a certain stage of multi-year training for a young athlete. When choosing evaluation criteria, either different scales, or the following methods: medium and standards method, dynamic observations method are used. The essence of the first method is to develop standards obtained as a result of mass inspections of a group of athletes of a certain age and gender and qualifications.

Determining the norms by dynamic observations implies regular recording of some kind of indicators to the same athletes themselves for a fairly long time. In speed-strength and technically complex Sports, Complex Control implies the determination of the physical and technical training of

athletes by marfofunctional signs, the degree of manifestation of the characteristics and personal qualities of higher nervous activity, coordination abilities.

It is necessary to objectively assess the abilities of young throwers, not even reaching conclusions about their potential capabilities. Those who advanced in development (axlerates) qualified for the Junior Championship, after which they usually end their non-long athletic career. Retardants walk slowly forward, but achieve much greater alignments. Informational indicators have been determined by a number of authors to quickly control the state and level of development of physical fitness of athletes qualified in speed-strength disciplines of athletics, in particular, the latent time of the start of the movement, the time of one movement, the maximum speed of movements of small amplitude, full-fledged ability, dynamometer of arms and torso, the asymmetry coefficient to run, tests that evaluate the core from bottom to front. Studies have been conducted on many of these control tests and their compatibility level norms have been developed.

In athletics throwing disciplines, the following tests are recommended to determine the level of speed and strength qualities of athletes:

1. From where you stand and jump three lengths.
2. Sit-ups with a barbell.
3. Lifting the barbell to the chest.
4. Cast lifting of barbell.
5. Run from the start and standing to 30 m.

The following exercises for special physical training:

1. Shoot the core from bottom to front.
2. Throw the core back over the head.
3. Throw the core in one hand from where it stands.

Such control pedagogical exercises make it possible to determine the general speed-strength training of the thrower. However, these tests make it possible to assess the potential capabilities of the intruder and its potential only indirectly. In addition, stanging and getting it to the chest Ham exercises are at some point nerve training tools. Also, in the training process, various projectiles are used with a core disc throw (from bottom to back, back, etc.k) related tests have been recommended and implementation will come. At the same time, these control tests, despite their advantage, are not targeted at a specific sports result. In setting the necessary norms, the method of étalon calculation is objective.

The first is to determine intermediate sports results at different stages of the annual cycle, based on the target results you are planning,

The second - determination of the necessary norms in movement-control exercises is carried out separately for each athlete according to the following formula: $N = ku \cdot x \cdot UB$: where N is the normative indicator; ku is the coefficient characteristic of athletes with a higher discharge in this exercise; UB is the result in the intermediate stage. The Etalon calculation method made it possible to develop objective control indicators to assess the general and special training of young athletes in various sports.

Table 3.

The structure of the microcycle, which develops ujt and MJT – during the preparatory period of bokon throwers

Day	Structural structure of training	
	Content of the download	Charge and norm of loading

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Monday	Confused writing exercises	15-20 minutes
	Exercises that develop flexibility	10-15 minutes
	Special running exercises	10-15 minutes
	Jump up the stairs from bottom to top making the legs shoulder-width apart	10 minutes
	Restorative running	800 m.
Tuesday	Confused writing exercises	15-20 minutes
	Exercises that develop flexibility	10-15 minutes
	Special running exercises	10-15 minutes
	Lowering the barbell or dumbbell up with the limb muscles forward, without the foot touching the ground	4 times from 4 Series, 16 kg of dumbbells or 20 kg. performed with a barbell
	Sports	15 minutes
	Sauna transfer	
Wednesday	Sports	60 Minutes
	4x600 m	Each attempt with a speed of 1.30 seconds
	Exercise for abdominal muscles	4 series from 20 times
	Restorative running	800 m.
Thursday	Confused writing exercises	15-20 minutes
	Exercises that develop flexibility	10-15 minutes
	Special running exercises	10-15 minutes
	Walking with a 30 kg barbell on the shoulder	100 m 10 times run with a strength of 60-70 %
	100 m run	2 times 70-80% strength running
	Confused writing exercises	10 minutes
Friday	Cross. 1 hour of running	Running with 60-70% strength
	High jump on a pair of legs	10 * 4mart.
	Confused wrote (gymnastic exercises) exercises	10-15 minutes
	Sports	10-15 minutes
Saturday	Confused writing exercises	15-20 minutes
	Exercises that develop flexibility	10-15 minutes

	Special running exercises	10-15 minutes
	100 m run	2 times 60-70% strength running
	Working with a core of 5 kg	2 times 10m * 4 60-70% strength running
	Working with floor stone	Running 2 times towards ung, 2 times to left with 60-70% force
	30 kg barbell lying down and lifting	2 times* 10 runs with a strength of 60-70 %
	Confused writing exercises	5-10 minutes
Sunday	Rest	

Table 4
Indicators of post-research physical fitness of athletes of the young boson thrower experimental group (n-6)

Nº	Jump from place to length	Jump from position to length by three lengths	Core thrust front 7kg	Core thrust rqaga 7kg	Shooting filler balls in both hands
1	2.61 cm.	8.12 cm.	13.25 cm	12.25 cm	9.55 cm.
2	2.38 cm.	7.35 cm.	11.23 cm	10.23 cm	8.57 cm
3	2.29 cm.	6.93 cm.	10.85 cm	10.35 cm	9.43 cm.
4	2.32 cm.	6.51 cm.	11.05 cm	9.95 cm	8.87 cm.
5	2.32 cm.	6.65 cm.	10.55 cm	9.55 cm	8.92 cm.
6	2.39 cm.	6.73 cm.	10.05 cm	9.83 cm	9.41 cm.

Table 5
Indicators of post-research physical fitness of athletes of the young boson thrower experimental group (n-6)

Nº	Jump from place to length	Jump from position to length by three lengths	Core thrust front 7kg	Core thrust rqaga 7kg	Shooting filler balls in both hands
1	2.52 cm.	7.52 cm.	10.32 cm	10.25 cm	9.43 cm.
2	2.27 cm.	6.72 cm.	11.22 cm	9.83 cm	8.42 cm
3	2.33 cm.	6.82 cm.	9.93 cm	9.95 cm	9.12 cm.
4	2.31 cm.	6.61 cm.	10.05 cm	9.32 cm	9.23 cm.
5	2.32 cm.	6.53 cm.	10.51 cm	9.51cm	9.35 cm.

6	2.31 см.	6.61 см.	9.79 см	9.65 см	9.26 см.
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Following the study, the following results were shown in the experimental and control groups on the above applied control test indicators.

Jump from place to length after study

The experimental group was recorded 2.61 cm after the study, 2.52 CM in the control group.

Jump from position to length by three lengths;

After the experimental group research 8.12 CM, in the control group 7.52 CM. it was noted.

Core thrust front;

The experimental group was recorded 13.25 cm in front, 12.25 CM back after the study, 10.32 CM in front of the control group, 10.25 CM back.

Experiment Group shooting filler balls in both hands;

after the study, 9.55 CM was recorded, 9.43 CM in the control group.

Using the selected mashlarlan in the experiment and control groups carried out in the training process, we made it possible to see the research feces. The boson thrower in a group takes various forms of physical exercise, which is given when the athlete's organism takes into account its physical condition. This Returns a response advertisement to the exercises given from the pedagogical nature, in which the athlete's organism is different. The results of the study, which we used to study, showed that properly selected exercise has a huge impact on the positive growth of the athlete's body. This is what we guvoksi during the research. The results gave results of the level of demand compared to the previous case from the study.

Conclusion. During the study and analysis of scientific and methodological literature, it became known that under the system of pedagogical control of young Bosan throwing athletes, research work was carried out by scientists, but we were able to further determine the state of physical growth through the exercises of our choice. The use of relative indicators characteristic of qualified athletes as a target in the system of pedagogical control of young novice athletes ensures a more closely related continuity of regulatory requirements. The article also describes how to integrate physical and spiritual-moral education in the personality of the student. The training process should ensure that young athletes get to the limit of relative indicators inherent in the level of examination sports-technical skill of the use of their individual capabilities. At the same time, the slow strength training of throwers should assess its growth for the breasts and legs, and for each separately taken joint of the body, rather than the level of increase in the strength of the overall exercise.

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