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MECHANISM FOR IMPROVING THE TRAINING OF YOUNG ATHLETES IN THE SPORT OF TRACK AND FIELD ATHLETICS

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A B S T R A C T

This article discusses mechanisms for improving the process of training young athletes in track and field, modern pedagogical and innovative approaches, planning the training process, individualizing loads, and developing psychological and functional training. It also considers ways to form an effective training system based on international experience.

A R T I C L E I N F O

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Introduction

Track and field is a sport based on natural human movements, which includes running, jumping and throwing exercises. This sport is widely popular in the world and is governed by World Athletics. In Uzbekistan, the system of developing track and field and training young athletes is implemented through the activities of the Uzbekistan Track and Field Federation. Effective training of young athletes is a long-term, step-by-step complex pedagogical and biological process. Therefore, improving the training mechanism is one of the important issues that meet the requirements of modern sports. Stages of the preparation process The process of training young athletes is divided into the following stages: Initial preparation stage (7–10 years old): Development of general physical qualities through active games Increasing coordination and flexibility Arousing interest in sports Initial specialization stage (11–14 years old): In-depth training of the elements of athletics. Development of speed and endurance Formation of technical skills Deep specialization stage (15–18 years old): Strengthening specific physical training Increasing competition experience Determining individual sports direction Directions for improving the preparation mechanism Individualized approach It is necessary to determine the training loads depending on the age, level of physical development and functional capabilities of each athlete. This will prevent overexertion and injuries. b) Modern monitoring system.

Training efficiency can be increased by monitoring heart rate, lactate level, speed and strength indicators. Digital technologies and sports tests play an important role in this process. c) Psychological preparation It is necessary to form willpower, motivation and skills to manage pre-competition excitement in young athletes. Psychological stability is an important factor in achieving high results. d) Scientific and methodological support Coaches should use methods based on modern scientific research. When planning the training process, special attention should be paid to the ratio of load and recovery e) Rehabilitation and recovery processes Massage, swimming, proper nutrition and sleep regime accelerate the recovery process of young athletes. This increases the possibility of achieving high sports results. International experience and innovative approach In developed countries, the long-term sports training model (LTAD) is used in the training of young athletes. This model involves a gradual increase in load and technical training in accordance with the age characteristics of the athlete. In the experience of Europe and the USA, close cooperation has been established between sports schools, scientific laboratories and federations. As a result, the system of selection and development of young athletes is working effectively. Suggestions and recommendations The following are recommended to improve the mechanism of training young athletes for track and field: Introduction of innovative pedagogical technologies into the training process Establishment of a functional diagnostic system in sports schools Regular improvement of the qualifications of coaches Widely implementing the results of scientific research into practice Strengthening the system of social and psychological support for young athletes Improving the mechanism of training young athletes for track and field is a complex, multi-factorial process that requires a scientifically based, individualized and step-by-step system. High results can be achieved by combining modern technologies, a scientific approach and elements of psychological preparation. On this basis, an effective training mechanism will serve to fully realize the physical, technical and mental potential of young athletes. Improving the mechanism for training young athletes in the sport of track and field requires a multifaceted and systematic approach. High sports results can be achieved by combining a scientifically based training system, individualized loading, modern monitoring tools and psychological preparation. The improved mechanism developed on this basis will serve to fully demonstrate the physical, technical and mental potential of young athletes and make a worthy contribution to the development of national sports.

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