



USING SPECIALIZED EXERCISES AT THE PREPARATIONAL PERIOD OF HOCKEY PLAYERS

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ABSTRACT: - The control of training loads is of particular importance. In the process of training, exercises of a specific nature are more effective, due to the increase in complex exercises. This made it possible to increase the efficiency of physical fitness and technical and tactical actions of hockey players.

KEYWORDS: Stages of the preparatory period, the ratio of complex and simple means, specialized exercises.

INTRODUCTION

In various countries of the world, especially developed in terms of hockey, significant experience has been accumulated in the preparation of top-class hockey players. The creative work of coaches in collaboration with scientists has led to the creation of noteworthy private approaches to various aspects of sportsmanship. These include work to improve various physical qualities, technical, tactical and psychological training (3). At the same time, such important components of the structural formations of the training process as a lesson, microcycles,

stages, periods, are presented very extremely insufficiently. No research papers concerning the training of hockey players at various stages in the preparatory period have been found in the foreign literature available to us.

In this regard, the goal was to be set: an increase in the effectiveness of training loads of various orientations at the stages of the preparatory period. The main task of the preparatory period: to form such a level of preparedness of hockey players and the team in general, which would allow first to

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successfully afford in the competitions of the country and international games, and, secondly, to conduct volumetric and intensive training in the intergame cycles of the competition period. The private task of the preparatory period is to achieve a high level, physical preparedness, and especially specific motor qualities, depends on the effectiveness and entertainment of the game (1,2,5).

As you know, one of the informative indicators of the loads in the hockey is the complexity of specific exercises. Its criterion is the following: compliance with the goal of attacking and defensive actions of hockey players in tasks (3.6). So, for example, if in training exercises there is a goal - the creation and implementation of the field situation, it is accepted by the criterion of the least naffych level. Another qualitative of complexity is the volume and versatility of faking tactical solutions in exercises. The difficulties are also the speed of execution of the martial arts, the number of participants in exercises, the size of the site and other restrictions. To the solution of the tasks, the following methods of research were used: 1. Analysis of the literary sources in the problem studied. 3. The organization of the research and pedagogical experiment

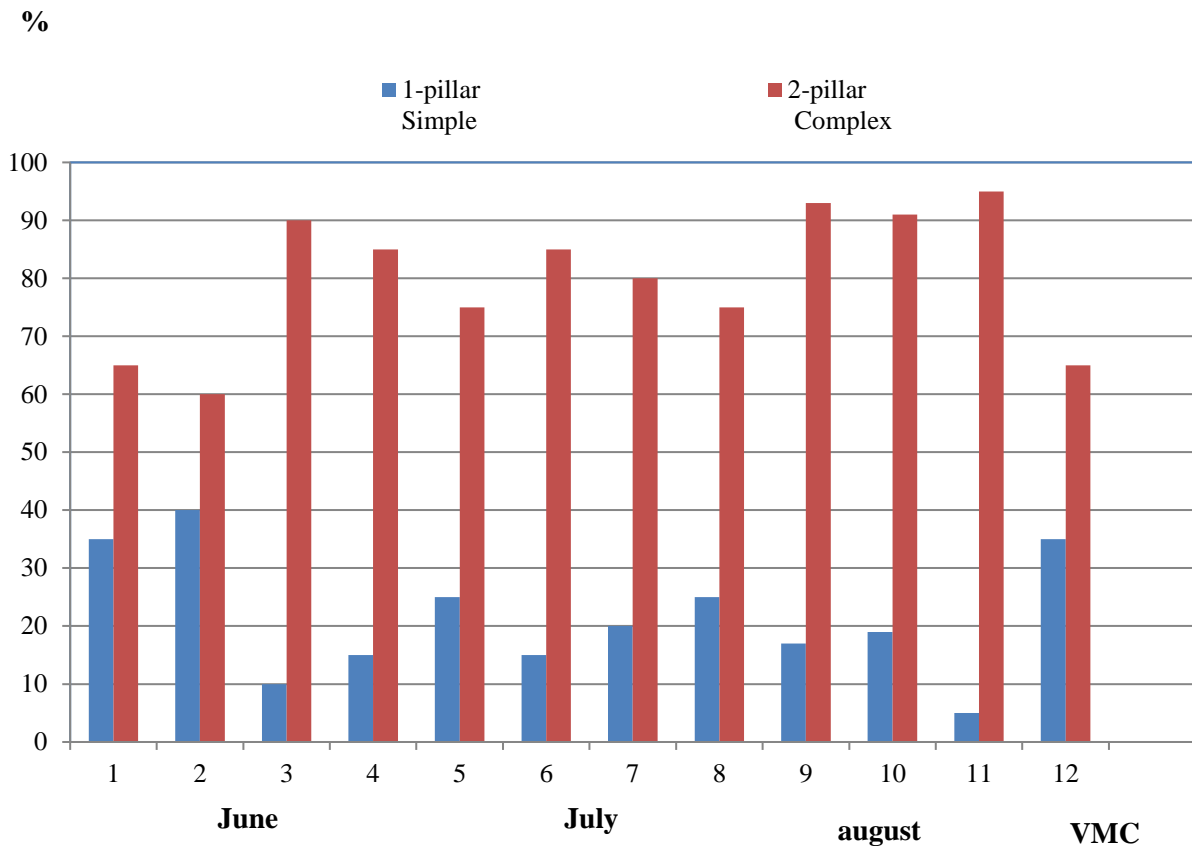
Analysis of literature sources was the first and one of the main methods in work, was carried out to establish the tasks of the study, discussing the results of different authors and comparison with them. With respect to special literature on the test problem, studied: the problems of periodicization of the training process in the year's hykkeshic cycle; structure and dynamics of the workload of the preparatory period of qualified hockey players; questions of informational support of the training process during loading. This method allowed to formulate the goal of the study to identify tasks and generalize the theoretical conclusions. The generalization of practical experience was conducted during the

observations of training and training training teams of the highest and first league of Uzbekistan in the preparatory period, analyzed over 120 classes, studied, as well as documents of planning training training, and the estimates of the teams, the volumes and their ratios in the periods of the period were also discussed.

The number of training activities, duration of classes, time spent on every exercise, the number of repetitions, the intensity of exercise, the nature of the rest, the site size and the number of players who took part in the exercise of the exercises, the number of touches (in the exercises with the ball). In the study and preliminary experiment, hockey players of the team of the Higher Hockey League of the Commute of the team "Hamo" Tashkent in the number of 32 people were taken. The results of the observations were analyzed in conjunction with the coach teams. The conclusions were made on the basis of which were developed by the programs of the main pedagogical experiment.

Results of the research: Figure 1. Illustrate the dynamics of complex and simple specialized exercises used by hockey players in the preparatory period. As we see the team used a large number of complex specialized exercises from 60 to 90% in the period. The largest percentage is observed at the special-preparatory stage (9, 10, 11 nmz) that it is quite corresponding to the objectives and tasks of this stage. The reduction to 65% in 12 microcycles is due to the sparing training regime before the first calendar game. In general, the ratio of complex and simple specific exercises corresponds to the methodological recommendations for training hockey players in the preparatory period. However, it seems more appropriate gradual and constantly growing the dynamics of complex exercises in microcycles of the period.

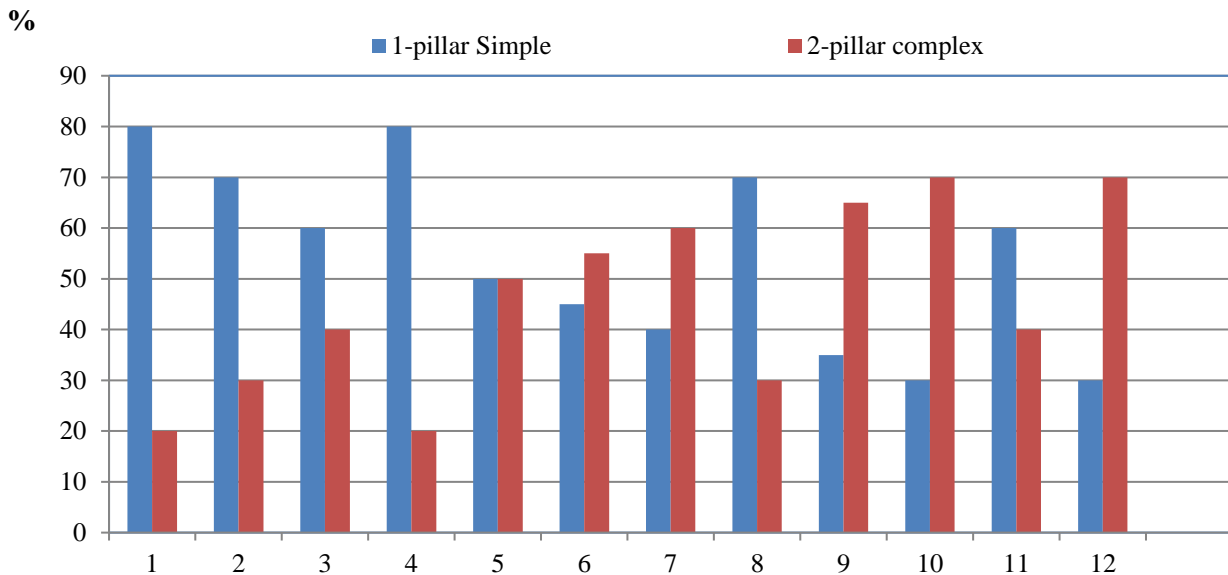
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Picture1. The ratio of the dynamics of complex and simple special exercises

In Figure 2 shows the proposed dynamics of the ratio of complex and simple specialized exercises. It differs from the existing option, primarily as follows: constantly and gradually growing the dynamics of complex specialized exercises; the total volume of complex exercises increases by the end of the

preparatory period to 80%; during periodically, the coefficients of complexity are expected. For example, if 6 and 7 nmC, the volume of complex exercises was 55-60%, then in 8 nmz it falls up to 30%, and in 9 and 10 nmz again, it is sharply rise to 65-70%.



PICTURE 2. The proposed dynamics of the ratio of complex and simple specialized exercises is the relationship

CONCLUSIONS

The ratios of complex and simple specific exercises are associated with the objectives and tasks of planning the loads at the stages and VMCs. In those moments when the coaches plan to work on raising speed and especially high-speed and general endurance, the complex-coordination exercises are not suitable. Since they are difficult, and sometimes it is impossible to regulate the intensity of the work done.

The ratio of complex (60-90%) and simple (10-40%) specific means corresponds to the methodological recommendations for training of hockey players, but it is necessary to gradually and constantly growing the dynamics of complex exercises in the period.

Practical recommendations: the results of the research and their conclusions allow for the use of the hockey, as well as the control and planning of the workloads of qualified hockey players, it is advisable to use informative indicators:

1. The volume and magnitude of the loads; the coefficients of the specialization and complexity of training exercises; the indicators of the direction of training.
2. In the preparatory period, it is necessary to highlight the stages, the duration of which would allow to solve the tasks planned for each stage. The most optimal variants of duration are: tightening - 2 weeks; the basic general preparation is 4 weeks; basic special-prepared - 4 weeks; the basic special-preparatory - 4 weeks; pre-consistent - 2 weeks.
3. In order to efficiently training the private process, in the preparatory period, it is necessary to provide for the comprehensive ratio of the total prepared period, the exercise of various orientations; in the structure of the preparatory period, the exercises of different directions; in the structure of the preparatory of the hockey players, the most effective in the regular period are loads of anaerobic and anaerobic glycolitical regimens.

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4. At the end of each preparative period, the conduct testing is carried out to the determination of the effectiveness of funds and their optimality of the ratio.

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