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STUDYING THE STATE OF PHYSICAL AND TECHNICAL FITNESS OF YOUNG HOCKEY PLAYERS UNDER THE AGE 12-14

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ABSTRACT: - The article explains the increasing level of physical and technical training of 12-14 pilots.

KEYWORDS: Physical training, technical training, speed-strength quality.

INTRODUCTION

In order to turn winter sports into the most popular sport in Uzbekistan, establish a system for selecting and training highly gifted young athletes, bringing winter sports to a level that can compete with developed countries, training specialists in accordance with international requirements and standards, creating and developing infrastructure, effective organization of the training process in youth sports schools and national teams, holding international winter sports competitions in our country, large-scale work is being carried out in this industry. Holding major winter sports competitions in our country, including the championships of the Republic in hockey among children and youth.

The importance of the research. Increasing the level of technical and physical fitness of athletes is one of the main reserves for improving sports results [5]. Therefore, the search for ways to increase the effectiveness of sports equipment and physical fitness is a key task for a researcher of sports motor actions. Ice hockey is a complex coordination sport, many complex motor actions are often

performed by players in non-standard conditions of tough competitive struggle, in this regard, the study of the technique of various motor actions and the improvement of physical fitness in hockey is still relevant and paramount [1,2, 3.4].

The purpose of the research is to increase the level of technical and physical fitness of young hockey players.

Based on the purpose of the research, the following main tasks were set:

1. Determining the informative indicators of technical and physical readiness of young hockey players.

2. Developing the norms of technical and physical readiness of hockey players.

3. Preparing the guidelines for improving sports training in the sport of hockey.

When determining the level of preparedness of young hockey players, it is necessary to be guided by the following methodological principles:

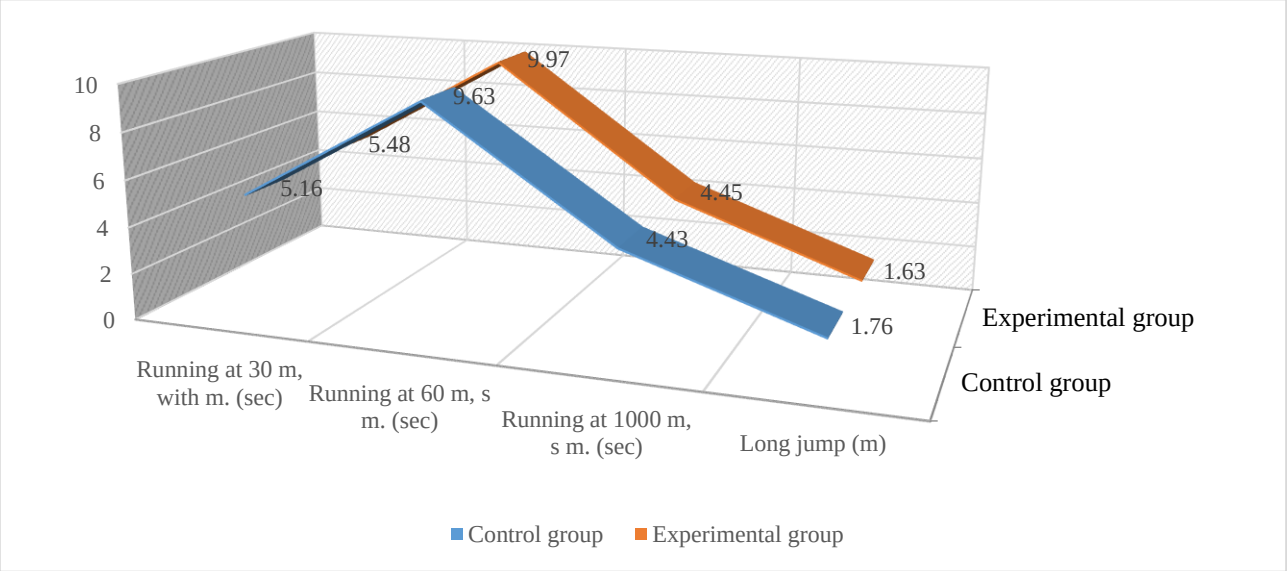
1. Compliance of control tests with the requirements of modern metrology.

2. Correspondence of tests to the age characteristics of those involved.

3. The presence of various tests according to the degree of difficulty, but relatively simple and accessible to hockey players with varying degrees of preparedness.

The level of physical fitness was assessed during staged control in our research. Testing was carried out in the preparatory period. Control of the physical fitness of young hockey players at certain stages of the preparatory period was necessary both to assess the dynamics of fitness and to identify the adequacy of the means and methods of training used.

The following tests were used to assess the speed-strength qualities: running - 30m running from a place - assessment of the starting speed; running 60m from a place - an assessment of the distance speed; jumping - jump up with a push with two legs - an assessment of the explosive strength of the legs; running 1000 meters - general endurance. The use of these tests in our study was due to the fact that they meet the requirements of reliability and informativeness.

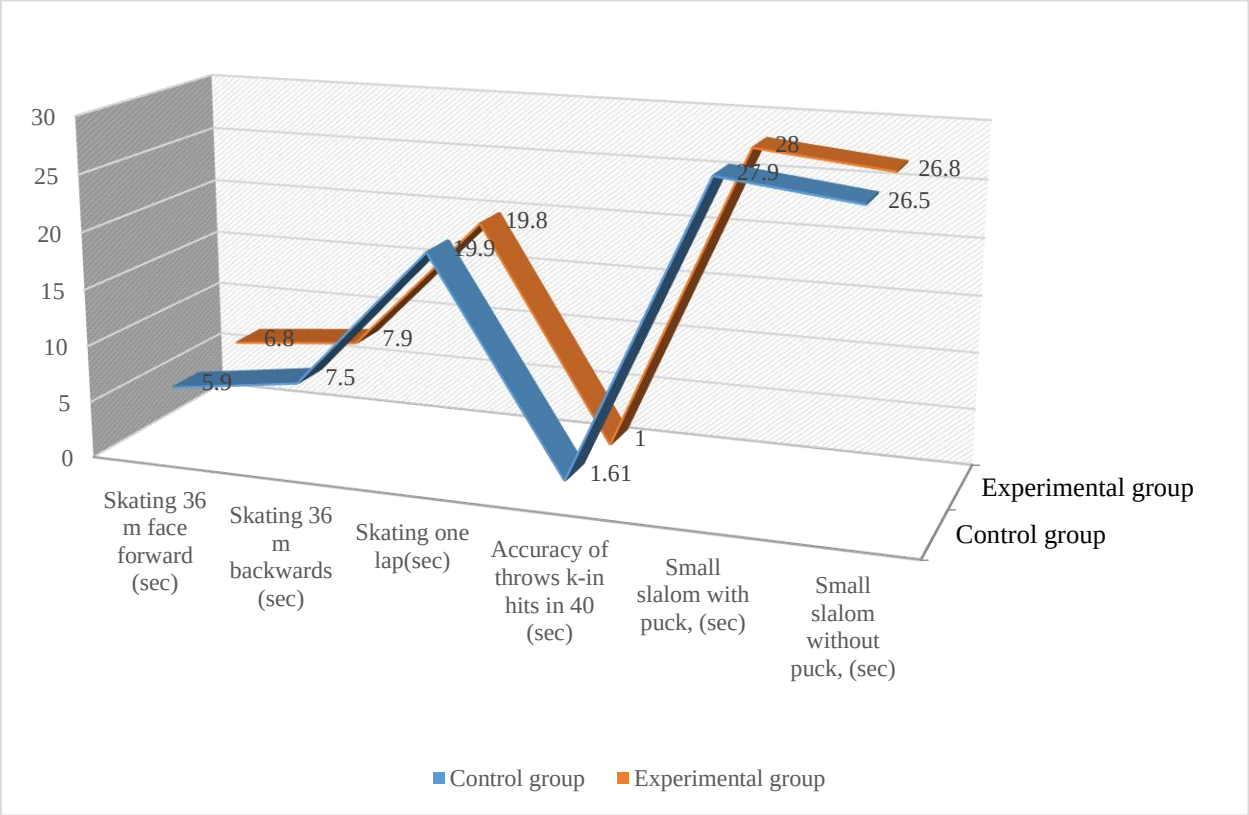


picture. 1. Dynamics tests on physical fitness of young hockey players under the age 12-14 (n=18)

When choosing a testing procedure and specific tests, we proceeded from the following requirements, namely:

- the tests used should objectively assess the quality being measured and meet the requirements of reliability and informativeness;
- the control program should provide maximum information and not require large time expenditures;
- the test results should be sent to the coach immediately after the end of the examination;
- indicators of individual tests should be comparable to each other, regardless of the units in which they are measured.

Also, the technical side of the preparedness of young hockey players was taken into account in the process of the study. It can be seen that out of 6 indicators for determining technical training, there is also no significant difference.



picture 2. Dynamics tests on technical readiness of young hockey playersunder the age 12-14 years old (n=18)

As you can see, the analysis of the test results shows that the technical preparedness of the control group is better, this is due to the fact that the hockey players in the control group train more in terms of time than the experimental group. But the performance of the test result of the experimental group skating per lap is 19.87±0.62 better than that of the control group 19.99±0.57. The skating test for one lap has basically simple actions in

terms of coordination. In this regard, this indicator for the control group was successful.

Table 1

Physical and technical readiness of young hockey players in training groups aged 12-14 in the preparatory period (n=18)

№	Stages of examination	Control group		Experimental group		Student's criterion	Reliability of differences
	Stat.indicators / Tests	$\bar{x} \pm \sigma$	V %	$\bar{x} \pm \sigma$	V		
1.	Running at 30 m, with m. (sec)	5,16±0,31	5,9	5,48±0,36	6,6	0,6	p>0,05
2.	Running at 60 m, with m. (sec)	9,63±0,18	1,9	9,97±0,40	3,9	0,7	p>0,05
3.	Running at 1000 m, with m. (sec)	4,43±0,09	1,9	4,45±0,11	2,5	0,1	p>0,05
4.	Long jump (cm)	176,9±9,65	5,5	163,1±11,0	6,7	0,9	p>0,05
5.	Skating 36 m face forward, with	5,9±0,2	3,2	6,8±0,4	7,0	1,8	p>0,05
6.	Skating 36 m backwards, with	7,5±0,38	5,0	7,9±0,6	8,2	0,6	p>0,05
7.	Skating one lap, with	19,99±0,57	2,9	19,87±0,62	3,1	0,4	p>0,05
8.	Accuracy of throws to-in hits in 40 seconds	1,61±1,29	80,1	1,00±0,91	90,7	0,3	p>0,05
9.	"Small slalom" with a puck, with	27,92±1,39	5,0	28,05±1,37	4,9	0,1	p>0,05

10.	"Small slalom" without puck, with	26,52±1,45	5,5	26,86±1,60	5,9	0,2	p>0,05

Table 1 shows that the dynamics of physical and technical readiness of young hockey players in the preparatory period of the control and experimental groups. In the control group were selected hockey players involved in hockey for more than two years, and in the experimental group there was a selection of hockey players involved in hockey for 1.2 years. Analysis of the obtained data shows that in the process of preparation, none of the ten tests showed significant differences. But as you can see in the table, the results of tests for general physical fitness of the control group are significantly higher than running 30 meters (5.16 ± 0.31), running 60 meters (9.63 ± 0.18), jumping from a place in length (176.9 ± 9.65), since the experimental group had lower indicators of these tests in 30-meter running (5.48 ± 0.36), 60-meter running (9.97 ± 0.40), standing long jump (163.1±11.0), but in the test for 1000 meters, where the overall endurance is determined, the difference between the results is not large in the control group 4.43±0.09, and in the experimental group 4.45±0 ,eleven. According to theoretical concepts, the task of the preparatory period is to increase aerobic capacity and improve in the running test, which is an indicator of overall endurance.

CONCLUSIONS

The analysis carried out the accordance data of pedagogical observations of the training sessions of the studied groups showed that it does not correspond to the theoretical provisions of the foundations of sports training.

This situation was the result of low rates of physical and technical fitness testing. Particularly indicative in this regard are the results shown in tests for speed and speed-strength qualities. In terms of technical readiness, there was no increase in results.

Thus, the analysis of the materials of this chapter allows us to conclude that in the future it is necessary to make significant changes in the training of young hockey players, namely: to increase the amount of hours, to develop and use training tools that effectively affect various aspects of training.

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