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# The importance of physical exercises in forming the technical condition of students

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**Abstract:** This article discusses the importance of physical exercises in the formation of the technical condition of students, the possibility of using physical exercises in the formation of the technical condition of students.

**Keywords:** Endurance, strength, speed, agility, psychological stability.

**Introduction:** Physical exercises are very important in forming the technical condition of students. Physical exercises help not only to increase general fitness, but also to develop and strengthen technical skills. Below we will focus on the importance of physical exercises:

- **1. Increase physical fitness** Exercise helps develop important physical attributes such as general endurance, strength, agility, balance and flexibility. These features are important for the effective performance of technical activities by students.
- **1.1. Endurance** it is the body's ability to withstand physical stress for a long time. Durability is divided into two main types:
- **General durability** adaptation of the cardiovascular system and respiratory activity to long-term loads.
- **Special durability** adapting to a certain sport or physical activity. Endurance exercises:
- Running (long distance)
- Riding a bike
- Swimming
- ✓ HIIT (High Intensity Interval Training)
- ✓ Jumping rope
- **1.2. Strength** is the ability of human muscles to move against external resistance. Strength plays an important role in many sports as well as in everyday activities.

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Power is divided into the following types:

- Maximum power the greatest force that can be produced by human muscles.
- **Instant power** qisqa vaqt ichida katta kuch hosil qilish qobiliyati.
- **Enduring power** the ability to work muscles for a long time.
- Strength training:
- ✓ Weightlifting (weightlifting)
- Exercises with own weight (arm loading, push-ups, press)
- ✓ Plyometric exercises (jumps)
- Exercises with rubber bands
- **1.3. Speed** is the ability to perform actions as quickly as possible. This is important in sports, especially running, football, basketball, boxing and other sports that require movement.

Speed can take the following forms:

- **Reaction rate** speed of response to external signals (for example, the start signal or ball movement).
- the speed of response to external signals (for example, the start signal or ball movement)— perform a specific action at maximum speed.
- **Multiple speed** the ability to perform short runs or repeated exercises.
- Speed training:
- Sprinting (moving from low to high speed)
- Plyometric exercises (stepping, jumping)
- Exercises aimed at increasing the speed of reaction (exercises with a tennis ball)
- Running fast for a short distance
- **2.** Increase accuracy and consistency of technical actions Through physical exercises, students learn to perform their actions in a precise and coordinated manner. For example, special exercises are performed to automate movements that are important in sports.
- **3.** Increase the speed of reaction Physical exercise, especially activities that develop quickness and agility, improves students' reactions. It plays an important role in sports or technical activities.
- **3.1. Agility** it is a person's ability to perform quick and coordinated movements, which is important in sports and everyday life. Agility plays a big role in many areas that require physical activity, especially in sports such as football, basketball, boxing, and tennis.
- 3.2. Basic aspects of agility
- 1 Act quickly the ability to move the body quickly

and in a balanced manner.

- **2 Flexibility** ability to adapt movement to the environment or obstacles.
- Reaction rate quick response to external factors (for example, the movement of the opponent or the direction of the ball).
- 4 coordination the ability to accurately control the limbs and body.
- 3.3. Exercises to develop agility
- 3.3. 1. Fast movement to the side (agility drills)
- " L"-shaped or "8"-shaped running
- Zigzagging through the cones
- Quickly change the direction of the step
- 3.3. 2. Plyometric exercises (increasing explosive power and agility)
- ✓ Jump on the platform (box jumps)
- ✓ Side jumps (lateral jumps)
- ✓ Jumps on two legs and one leg
- 3.3. 3. Reaction and quick decision-making exercises
- Exercise with a tennis ball (throwing and catching the ball quickly)
- Responding to sudden signals (for example, running in the other direction when the trainer signals)
- Improve agility by dribbling soccer or basketball
- 3.3. 4. Short sprints and change of direction
- Running quickly for 10-20 meters and suddenly changing direction
- Short interval runs (eg 5 meters forward, then 5 meters back)
- 3.3. 5. Improve coordination and balance
- ✓ Walking on one leg
- ✓ Basic gymnastic movements
- ✓ Balance exercises with TRX bands
- **4.** Increase flexibility of muscles and joints Students with good physical fitness do not have difficulties in performing complex technical elements. Flexibility exercises increase joint mobility and help prevent injuries.
- **5.** Development of balance and coordination It is important to keep the body in balance while performing technical movements. Through special balance and coordination exercises, students will be able to perform their movements more precisely.
- **6.** Increase psychological stability and self-confidence Physical exercises have a positive effect not only on

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physical fitness, but also on psychological fitness. Regular training increases students' self-confidence and prepares them for complex technical movements.

## CONCLUSION

In conclusion, it should be noted that- Physical exercises are an important tool for forming and strengthening students' technical skills. They are of great importance in improving general physical condition, accurate performance of movements, development of flexibility and balance, and increase of psychological preparation. Developing agility is beneficial not only for athletes, but for any person. Through special exercises, it is possible to move quickly, reduce reaction time and improve coordination. As a result, actions become more precise and effective. Therefore, special attention should be paid to physical exercises in order to master technical movements perfectly.

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