

THE ROLE OF ACTION GAMES IN THE DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG PLAYERS

Д. К. Хидиров

Тошкент архитектура-қурилиш университети ўқитувчиси

ABSTRACT

With the growth and development of the child, the content of the games also changes: while the game activity is simple in the early stages, it becomes richer later. P.F. Lesgaft represents games as a means of physical education in his physical exercise system. It focuses on the child's preparation for life through play. His requirements for action games have not lost their value to this day. For example, he should set specific goals for each game, match the strengths and abilities of the participants, have a positive effect on the player, conduct them systematically and regularly, student activity,

He stressed the need to try to increase his independence. Age-appropriate games for 7-10-year-old children can be divided into the following groups according to the development of physical qualities:

1. Speed training games;
2. Strength-enhancing games.
3. Games that develop agility.
4. Games that develop endurance.
5. Games that educate flexibility;

Certain types of games can be suitable for all ages of children, that is, there are many games aimed at the development of physical qualities, in which various physical qualities can be developed one after the other.

Such consistency in games is related to the child's level of knowledge, expansion of life experience, deeper penetration into the life of adults. In fact, the growth of games from simple to complex is not limited to reflecting more and more new aspects of life, but due to the enrichment of a specific game with other aspects of its own.

Speed training games

Exercises to train speed can be performed at maximum speed. Games that require rapid response to a signal, performance of many actions within a certain time unit, and rapid movement of the whole body or part of it in space develop the quality of agility in the student. In this, more attention is paid to playing games that lead to active competition between the two groups. Games that train the reaction to the object in motion give a good result in this place. Such games can include "Who is the winner in wearing a hat?", "Four mice", "Space", "Who plays fast". For example, the game "Who is the winner in wearing a hat" is considered one of the national active games of the ancient Uzbek people and teaches the child speed and agility.

Strength developing games. In this teacher necessary muscle of groups development positive effect showing the games to choose it is necessary Strength developing in the games student own the body weight, any external weight or rival overcomes the i (resistance) of weight. Strength development for the following games recommendation will be played: "Rooster - rooster" game, "Capricorn", "From a horse" . overturn », «Lame wolf and sheep", "Deep

drop » and so on . For example , in the game " Rooster - Rooster " . children the number how much many p If so , play that's all interesting will be

Agility educator games . Clearly movement to do necessary was , to do conditions variable national in the games agility good to be developed need _ That's it relied on without agility bring up for « Exchange steps " , " Tiriltirishma " , " Urd i - ran away " , " Olacha chicken " , " Kim like agile » the games recommendation reach can _ An example for « Exchange steps » game seeing transition can _ The game whole class students for two being to play can _ Play rule : children lengthwise are lined up , then order with when drawn , the line over steps cool by doing (sequentially) . _ they pass Play three different use possible :

1. Line over his hands side towards passed on without _
2. Hands back did without _
3. Hands with start back caught without _

Endurance educator games . The majority national people mobile in their games extremely fast executable exercises because of promptness and endurance like physical adjectives is brought up . Such in the games physical cargo (nagruzka) too little by little by increasing will go For example , the field zoom in ; the field zoom out standing up of toys the number reduce _ game equipment the number multiplication (stick _ _ _ _ _ v.h.) to run the distance extension ; barriers the number increase _ complicated exercises apply and their the number increase and etc. _ Shown this methods consistency with when applied to the goal faster is achieved . This is it physical quality educator to games " Ak so q "Crow " , "Lanka" , "Shepherd" etc example by doing show can _ For example , "Lame" . crow "- relay in the style of mobile the game

The players quantity equal to there will be two in the team to each other r opara stand up , line up pulls _ From the players each one queue with his own one leg tie (handkerchief or tape) with from the calf to the number connects _ Har both command players " Prepare - Do !" command to be given with against of the team to the line until one on foot twitching they go from him after while on the legs tie taking off take and back looking they run and him own in teams next to the player they give Game tie to the teacher cause giving last to the player so far _ continue will be delivered . Tie the first being to the teacher cause gave the team winner will be

It's clay education . 11-12 years old in children flexibility to educate separately validity look at necessary because _ above as we said , this young of children flexibility quality growth will slow down .

Flexibility education in order to some muscle group and to the joints impact pointer games choice is taken This games mainly special sports equipment with the help of will be held Difficulties instead of those involved themselves too their participation possible _

Active flexibility depends on muscle strength. The stretching properties of muscles change under the influence of the central nervous system. Therefore, flexibility is high when students participate in these games with enthusiasm. Appropriate light physical exercises should be performed before games that require flexibility.

There are specific reasons for classifying the national games of the people according to the gender of children. Because there are some differences in the physical development of boys and girls of primary school age. On average, the height and weight of boys are higher, the chest is wider and the lung capacity is greater. Muscle strength is better developed in boys. Depending

on this, their mobility is different. Boys run faster, jump farther and higher. They throw better, they become stronger and more durable. Legal features of physical development are not reflected in the choice of physical education tools for boys and girls in the 1st and 2nd grades. Starting from the 3rd grade, more exercises can be given to girls than to boys. They include lifting the load and moving it from one place to another, overcoming resistance, running for a longer time, increasing the height of the jump, as well as increasing the distance between the marks in throwing.

Trainers-teachers and specialists-scientists working in all sports types develop technical and tactical skills in the development of physical qualities related to the chosen type of sport, especially in improving mental qualities such as memory, consciousness, attention, perception, thinking and will, which are very important in sports activities. confirm that dynamic games corresponding to this type of sport are of constant importance.

Therefore, as an example, we will explain the essence of the " Football Relay " game, which is one of the national dynamic games.¹

of the game . Players are divided into two or three teams. Teams line up one by one at an interval of 1-2 m . Q ators run parallel to each other . Q ators are preceded by one long line. Players start running from this line. Five seeds are picked one meter away from each team . The first players in front are given one soccer ball. They kick the ball through the balls and kick it back to their team. All players do this exercise.

Not only the quality of kicking the ball and carrying it around the balls, but also the running speed is taken into account. In this case, the team whose players finish carrying the ball between the balls first and at the same time make the least mistakes wins.

Rules of the game. 1 . Kicking the ball , he has to go around each ball - one from the right side, the other from the left side. 2. Any pebble left behind without being passed around is counted as dropped by a player. 3. The fallen grain is put in its place (according to the instructions of the leader).

Reminder. Hockey relay is a type of game . **In this, players roll a small** cloth ball (or hockey puck) between the balls by pushing it with a stick.

The characteristic movement of the game is to run quickly by kicking the ball.

USED LITERATURE

1. T.S. Usmankhujaev. Action games similar to sports.
2. Usmonodzhaev T.S., Burnashev I.I., Meliev X.A. 500 action games.

¹ T.S. Usmankhuzhaev. Action games next to sports.