



SPORTS GAMES AND SPORTS DEVELOPMENT AMONG STUDENTS

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Annotation: The present work has analyzed the main aspects of the use of sports and physical activities in the system of physical activity among students. Sports games are an effective means of improving the social capabilities of a student, which is characterized by such physical activity that allows you to most successfully realize your various opportunities and actively participate in social and labor activities held for him, increase his adaptability and improve social activity.

Keywords: sports; physical education; sports games

Аннотация:

Настоящая работа проанализировала основные аспекты использования спортивных и физических видов в системе физической активности у обучающихся. Спортивные игры - действенное средство улучшения социальных возможностей студента, которое характеризуется такой физической активностью, которая позволяет наиболее удачно реализовать свои различные возможности и активно участвовать в проводимых для него мероприятиях социально-трудовых мероприятиях, повышать его адаптивность и улучшать социальную активность.

Ключевые слова:

спорт; физическая культура; спортивные игры

Introduction

The development of physical education and sports among students is a very urgent problem related to the support and promotion of health, as well as the prevention of diseases among future specialists. To do this, it is necessary to support and stimulate the desire for physical activity among students in every possible way, the desire to establish oneself, to temper one's character, and it is also worth noting that at this age the popularity of sports is quite high. [1]



Recently, there has been a tendency among students to increase the number of people with impaired health. This is due to a decrease in youth activity, primarily due to the duration of sedentary activity during the learning process, as well as environmental factors.

Thus, most students have low physical activity. To fill the so-called "muscle hunger" among students, motivation for sports should be encouraged, and sports games can be used as a "cure" for stressful situations.[3] In turn, these games can be divided into the following groups: mobile and sports.

The purpose of the work: to carry out the necessary analysis, using as a source the scientific results of various articles on this topic, to identify the advantage of sports games in the student environment.

Based on the purpose of the work, the following tasks can be distinguished:

1. Physical development (trains agility, endurance, pace and rhythm of movements);
2. Intellectual development (orientation in space, activation of mental processes in certain game moments, stimulation of quick wit);
3. Communication development (interaction with each other in a team);
4. Moral and spiritual development (self-discipline, will, and self-control are fostered).

Scientific novelty: together with the analysis of studies aimed at studying the impact of sports games on the adaptation of the human body in certain situations and orientation in space, the article presents its own research data conducted on students under the age of 24.

1.1 Features of sports games, their specific features, place in the system of physical education

A sports game can rightfully be a universal physical means for any category of people. With their help, the task of forming the foundation of physical culture and spirituality of society is achieved, as well as increasing health care resources as a value system for active and long-term implementation of a healthy lifestyle. The role of sports play is important for solving the problems of physical fitness in a fairly wide age range, for example, in forming a conscious need to master the values of health, physical culture and sports.; physical improvement and health promotion as conditions for ensuring and achieving high professionalism in socially significant activities; natural and individually acceptable development of physical



potential, ensuring the achievement of necessary and sufficient improvement in the level of physical qualities, motor skills and abilities.

Sports games are widely represented within the academic discipline of physical culture in institutions of general and vocational education. Basketball, volleyball, handball, and football are in the curriculum of schools and universities; in addition to those mentioned, table tennis, badminton, tennis, and others are being developed in extracurricular physical education and general wellness activities.

Sports games are also practiced in secondary vocational educational institutions and military educational institutions. They are used in institutions such as the army, police, Ministry of Emergency Situations, etc. to improve and maintain physical fitness. organizations.

The main features of sports games are that, unlike outdoor games, they promote the development of not only basic muscle groups, but also many other qualities such as dexterity, endurance, motor skills, and physical strength. Each sports game improves certain performance indicators of the participants.

Each sports game has its own different content, and based on it and the rules, it turns out that each sports game has its own tactics. Thus, in addition to physical qualities, sports games contribute to the development of intellectual abilities. It is also necessary to take into account theoretical and practical training.[3]

In a sports game, muscle work is very dynamic. But strength training develops muscles significantly more than short static loads. This requires essential rules for the strength training of athletes who participate in a sports game.

The strength of cyclical movements in sports games is variable. At certain points in the game, it can be large and maximum. Often, during a game, an athlete can make a stop, and therefore his playing activity stops.

Sports games place high demands on the anaerobic capabilities of the body. If the game proceeds at a very high pace (for example: football), then many body systems functioning in anaerobic conditions may not be able to withstand prolonged stress. In this regard, the rules allow you to change players. To achieve high results in these sports, along with anaerobic abilities, it is necessary to develop aerobic ones.

Sports games promote the development of speed, strength, agility and special endurance to perform a special type of work. A large number of training loads also require the development of general endurance.



The motor experience of participants in sports games varies. Their difficulties arise due to the fact that the athlete must perform a maneuver with the ball, perform several serves, and other playing techniques while moving quickly around the court. Sports games require the automation of motor skills. The higher it is, the better the athlete will work. Individual game techniques must be performed automatically and with elements of complex action. But there are often situations in the game in which keeping simple movements becomes ineffective. Therefore, the stereotypes of an athlete's activity should be changed depending on the conditions that have arisen. It is achieved through extrapolation, which occurs both consciously and automatically. Therefore, movement patterns in sports games should be easily changed during the game.

Sports play improves the functioning of the nervous system. Mobile nervous processes are necessary not only for the speed and pace of changes in structures and movements, but also in response to changes in the activity of the respiratory and circulatory systems. These organs need to increase their function quickly enough by increasing the workforce and recover quickly when it decreases. Playing requires speed, coordination, and precision of movement. This requires timely and clear information about the position of the players on the court, as well as the position of their own body and the condition of their muscles.[2]

1.2. Sports games and their characteristics

In the process of gaming, a person has formed a sports game. The game plays a huge role in human life. Already in childhood, it is the main activity in which a child is given certain knowledge, skills, and skill development. Parents and educators of teachers are required to prepare competently for the game so that later a person develops various types of activities: cognitive, creative, physical. In the course of the development of human gaming activity, sports games have become a separate subgroup. These are, first of all, games related to the competitive moment, sports.

A sports game is a confrontation between two sides, taking place according to certain rules, and aimed at gaining an advantage over an opponent, estimated by number, in order to achieve a certain goal. The achievement of the opponent's goal - hitting the ball into the goal, court or basket, getting ahead of the opponent in an attempt to fulfill certain conditions, and so on is evaluated by the number of goals scored, the number of points scored, etc., while the activity in the game is determined by the rules specific to each game. [1]



The complex nature of competitive and gaming activities creates an ever-changing environment that makes it necessary to assess the situation and choose actions, usually with limited time. An important factor is the presence of a wide range of technical and tactical actions in the athlete, which will optimize the strategy that ensures the effectiveness of the team's actions in a conflict situation. An important feature of sports games is a large number of tactics. It is necessary that techniques are repeated many times in the process of competitive activity – hence the requirements for reliability, stability of skills, etc.

In team games, the competition is conducted by several athletes, and much depends on their joint actions, on the forms of organization of athletes' actions during competitive activities in order to achieve victory over an opponent. A feature of sports games is a step-by-step system for achieving results. The optimal combination of two factors - motor potential and rational technique - leads to the consolidation of sports results, in games this is a kind of first step - "technical and physical". It is also required to organize the actions of athletes – individual, group and team, as a way to realize their technical and physical potentials in specific sports activities for the games.[2]

The main criterion of effectiveness based on the principle of action in sports games is a victory over an opponent or another team. In the long term, sports practice has developed in such a way that sports performance has become a criterion for assessing the level of sportsmanship, selection and its members. As the research results have shown, such an expressive result in terms of an athlete's position in the tournament table in sports games does not fully reflect his level of skill, since there are no objective indicators in quantitative form. With the same high skill of all the teams participating in the competition, they will inevitably occupy different positions in the table of the first and last places of the tournament. Even in a tournament where obviously weak teams will be identified by the theoretical champions of the country, the winning players will receive the right to assign high sports knowledge. Therefore, it is necessary to establish objective indicators by which it will be possible to successfully conduct training and monitor the process.

Objective parameters of a sports game include: an elementary complex of game tactics; the ability to quickly and correctly assess a situation, select and effectively apply an aspect of technique that is optimal for specific game situations; special abilities and skills that depend on the effectiveness of direct fulfillment of the requirements of time, space and power performance parameters. It is very important to quantify all this. The availability of such information is the basis for determining



the content of athletes' training, managing processes, developing models, programs, plans, etc.

As a means of physical education, sports games have their own characteristics or specific characteristics, without which fruitful pedagogical activity is impossible.

The most characteristic of them are the following:

1 A complex effect on the body of athletes, that is, a simultaneous increase in basic motor qualities – strength, speed, endurance, agility, and body functions, such as breathing, etc. However, simultaneous improvement does not mean equal improvement. Some physical qualities that are developed with the help of sports alone do not develop enough arm strength, as well as chest, flexibility, and so on. Thus, sports activities should include exercises that promote the comprehensive development of physical activity and training.

2. Most sports games are characterized by teamwork. During classes and competitions, with proper pedagogical guidance, students will learn to subordinate their personal interests to the interests of the whole team.

3. Sudden changes in the gaming environment require a quick and rational solution. The independence of initiative and functionality when choosing a game action, combined with tactical disciplines during a sports game, create optimal conditions for the manifestation of individual characteristics.

4. The high level of emotionality and entertaining nature of sports games create certain difficulties in organizing the pedagogical process. The desire to start the game faster often leads to an irresponsible attitude towards general physical fitness and learning the technical basics. When using specific examples with sufficient tactics, the teacher should inform students about the need for all forms of learning in general. In the process of preparation, friendly and calendar meetings between the players, a conflict may arise related to injuries during the activity.

Practitioners react very sharply to imaginary and actual mistakes of sports referees. The personal example of the teacher is important here. His correct and friendly approach to the judges and the absence of external irritation due to possible mistakes - all this contributes to the formation of students' endurance. Because no matter how important the indicators and awards are, the teacher must first of all educate his students with the qualities of a real well-mannered person.

5. Some difficulty may arise in regulating the load during sports games. Even in groups that are homogeneous in age and gender, the physical development of the participants differs. A number of differences were also found in the overall



coordination of movements, spatial orientation and concentration of attention. If we take into account that the character and temperament of each student are different, it becomes clear that even during the same activity, the physical and mental stress of students is far from the same. [3]

The teacher should carefully study the results of the doctors' control, and during classes, carefully observe each student, guided mainly by objective indications, such as fatigue, impaired coordination of movements, profuse sweating. Individual fatigue indicators (if the student says that he is not tired, but his physical abilities have decreased) should be strictly monitored and taken into account, depending on the personal characteristics of the players. The use of increased exercise is possible only with an appropriate medical examination of their effects on the athlete's health.

The competition in the game is conducted in accordance with the established rules, using only a specific game of competitive techniques – techniques. There must be an opponent. In team sports, the task of each element of the competition is to transfer the object of the competition – the ball, puck, etc. to a certain opponent's court, and also to prevent this from happening to oneself. This is determined by the unit of competition - a block of actions, such as "defense - attack", which also includes actions for reconnaissance and de-escalation. Most of the sports games are team games.

In a team game, the team will win and lose as a whole, not individual players. No matter how well one of the individual athletes played, if the team lost, then he also lost. Conversely, if an athlete is playing poorly, and the team won at that time, then he won. Therefore, a sports team is the same integral sports unit as an athlete in individual sports. This feature of team play determines the set of requirements of athletes, their views, attitudes, personal qualities, and the nature of actions in competition. Ideally, an athlete's main psychological attitude to the game should be the desire to completely subordinate their own actions to the interests of the team, even despite personal well-being. In the absence of such a configuration, each athlete cannot have a strong, well-coordinated team as a whole, even if it consists of individually well-trained technical, physical and tactical players.

Thus, the formation of teamwork, the ability to sacrifice one's interests for the sake of the team's victory, the desire to see and understand the collective interest at every moment of the competition is one of the main tasks of the preparation process for team games. Practice shows that the very conditions of team competition contribute to the formation of this attitude through the influence of the team on the players. Often such an impact is very harsh, strong, effective,



contributing to the development of the corresponding personal quality of a person. Thus, team play is an effective means of education, naturally, in accordance with the activities of the coach, educator, teacher, etc.

Conclusion

The game is primarily an exercise for proper behavior in unusual, extremely difficult situations. The rules of the game, the number of races, the referee, the audience, and then the opponent - all this creates a unique and constantly unique range of external effects in a variety that requires players to maximize their participation in the work and behavior in the game.

Sports play is not only a means of physical development, but also a means of personal education. Here, the most active factor in personality formation is the team. The most active factor in personality formation in the activity under consideration is the team. Its influence is greater the more powerful and authoritative each of its members is.

Sports play is widely used in the training of athletes in almost all sports as an effective means of general physical education, increasing physical potential and improving the motor skills of athletes, especially young ones. In sports, "others" in comparison with the chosen game are also included in the means of general and special physical education.

Proper organized exercise, regardless of systematization or episodization, has a positive effect on the body of athletes. And in many cases, with sustained interest, a favorite type of physical training may appear, under the influence of which high levels of physical fitness, physical fitness and athletic training can be achieved.

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