

METHODS OF FORMATION OF BEHAVIOR IN ATHLETES

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Annotation. The method of formation of behavior is called the method of getting used to another. In order for adolescents to learn how to move, they need to gain experience, nurturing the right behavior. To do this, moral and volitional qualities should be brought up in it, and appropriate habits should be formed.

Keywords: training, running, long-distance running, loading, power quality, output, annual training, deepened specialization stage, physical development, level of preparation.

Introduction

Types of educational conditions: demand, assignment, exercise performance and replacement. The main thing in the formation of the behavior of young athletes is the demand. In most cases, it is expressed in words like persuasion methods. Requirements can be expressed in the form of a composition, Instructions, Please, order, questionnaire.

The requirements can be as follows :

- Direct. In this, the coach gives clear instructions to the individual characteristics of the athletes. For example " don't be late for training", "pay attention to your Sports form".

- indirect direct. The consultation by the coach is used, please, as a hint: "it would be nice if we had a competition in a team", "I think the discipline in the team is up to you".

- mediation. In this case, when the team acts as a demanding subject. The highest manifestation of this type of demand is public opinion, expressed values, actions, norms and principles.

The requirement imposed by the coach can be met with resistance by young athletes. Therefore, the coach must know exactly what is required of adolescents himself.

Too tight imposed demand can also hinder the growth of the athlete or the entire team.

Discussion

The coach is obliged to explain to the young people why exactly this should be done. Of course, the imposed requirement can be shown by the coach, motivation for adolescents. For example, what is required to shoot the core far away?

Physical exercises are a system of constantly repeating actions for the development of direct volitional qualities of young athletes, the accumulation of experience, sports training, the formation of skills. A. S. As Makarenko noted, it is impossible to organize the educational process without constant involvement of students in their moral behavior. To form a good person, it is necessary to draw up such a chain of exercises that BK exercises should be repeated on a day, aimed at overcoming difficulty, from easy to difficult. It will be desirable that these exercises first become Oda, and then a necessity. The educational significance of the activities of the children's sports team lies in the fact that actions aimed at the development of character traits in adolescents require ni, in particular discipline, movements make them a habit. Exercise methods are used at almost all stages of the educational and educational process. At the same time, direct sequence and systematicity are of great importance when choosing exercises, topics related to a particular sports skill. It is during the exercise that young athletes want to give themselves independence without repeating the movement of the coach, to allow themselves to apply the methods they want when doing the exercises.

Considering the above, one can conclude that ;

- 1) the fact that young athletes perform exercises in their consciousness, with full awareness of the tasks set for them;
- 2) adolescents need to complicate the set of exercises in a strict sequence, gradually seein, acquiring knowledge, skills and abilities.
- 3) each subsequent exercise should be organized with careful Lek and be purposeful, based on the beginning.

Analysis

One of the effective ways to stimulate behavior is to make positive assessments, approvals, and alternatives. These methods are used in most cases when progress is visible in the activities of young athletes. Praise and encouragement encourage young people to work harder to achieve better results, further building their self-confidence.

The effect of stimulation is its timely implementation. According to research, there are sometimes two mistakes made in motivation. In the first, the coaches rush to encourage. As a result of this, from the 2nd - 3rd month of the team's life, 60 percent of athletes were encouraged. In the latter case, the coaches did not carry out the stimulation on time, but delayed, although the athletes deserved it. This also has a bad effect on the upbringing of adolescents. Because they lose confidence in themselves, doubt the impartiality of the coach, reduce activity.

The most important reasons for the increase in the educational significance of stimulation are their publicity, their sharpening with special rituals, taking into account the feelings of adolescents.

It is commendable that the entire team is also encouraged to support their peers in this process. If this method is applied to the candidate nominated by the team, its importance will increase even more. Observations in a number of communities have shown that adolescents value encouragement very much and rush to inform their parents, loved ones, friends and classmates about it. It shows a tendency to correct one's actions, strengthen one's position among peers and adults.

Stimulation can also be considered a means of self - education of adolescents. Therefore, the coach should encourage all the efforts of young athletes to improve their behavior, and not just the final result. For this, various tools are used: maqto, favoring the opinion of adolescents , together with them, developing and practically supporting game strategies, new methods of sports combinations, techniques.

When applying the stimulus, the coach must maintain proportion. If the stimulus is used often, inappropriately, even for an insignificant act, adolescents remain waiting for a reward, and this in turn leads to the emergence of controversial, conflict situations.

It should not be forgotten that young athletes do not always look with admiration at the successes of their peers, teammates and look at the meanness in relation to themselves as a great injustice. Therefore, the coach should bring to everyone's attention the decision to encourage whom, consult with the children. Then the reward will serve not as a feeling of envy for others, but as a desire for encouragement for others. The promotion must be carried out in such a way that all members of the team must see that the success of each one is taken into account, always carried out by common agreement.

Confidence plays a special role in the development of positive behavior of young athletes

Expressed confidence develops a sense of responsibility in adolescents, an excellent fulfillment of a given task, a desire to justify the hopes of a coach and teammates, strengthens the Will, contributes to changes in motivation.

The types of trust used in the children's sports team are diverse: from a one-time toppirik to the election of a teenager to the ranks of team activists. Types of trust are described as follows: by object (trust is given to a teenager, to a team); by subject (trust is provided by a coach, to a team, to a public organization audience, by administrative authorities); by the time of provision of trust (one-time, for an extended period, assignments and orders in constant circulation); by conditions (pedagogical situation, specially prepared, ; according to the expected situations (radical re - education of the personality, gradual improvement of behavior, sports results) and others.

One of the effective ways to increase the activity of adolescents is to involve them in sports competitions. The psychological basis of competitions is the spirit of healthy competition, faith in one's own abilities, the desire to be better than others, the feeling of the presence of a place in the team.

The competition method is applied to the development of physical, volitional and moral qualities, the ability to skills and their rational use in difficult conditions. When physical education is compared with other methods, it puts the highest demand for the functionality of the body and develops rapidly.

Result

Punishment is a form of coercion. Is it necessary to punish? Is it infected? Busavol causes a lot of controversy

Punishing one of the members of the team, it is required to correct the hulqi. Unki he must practice in moderation.

Punishment is a method designed not to bring a new contradiction to the surface. However, when working with "difficult", "heavy", punishment should be applied cautiously.

Better yet, the application of his punishment should be offered not by the coach, but by his peers, teammates, in which The Punisher is forced to obey the demand of the team.

However, punishment is not the only method of pedagogical influence. First, the teenager begins to persuade them. Secondly, it seems to him that everyone is against him.

Thirdly, he begins to arouse sympathy in part of the team and becomes a "victim" for someone. In this case, the opinion of the team is divided, reducing the effectiveness of punishment. Therefore, when applying punishment, hasty haste should not be allowed. Urgent decision-making in some cases leads to a violation of the attitude of the coach and athletes. The explanatory work that is carried out with the culprit should be put back., because it is necessary to analyze what he has done and allow him to think to what extent he is to blame.

In punishment, the same techniques should be avoided as in pedagogy. The more methods the coach comes up with, and the different they differ from the usual forms, the more the warnings will work. In this regard, it is very important to know the plans of the teenager, his imeonies. If the coach knows his students well, he Boldly Approaches any unexpected and difficult issues. It is impossible to punish the whole team because of the mistake of a teenager, if the team has not yet made enough jeeps. This prevents the Union of children, causes them to be divided into groups, "educate" teammates in their own way, hide each other's guilt. The speaking tone of the coach is also important when setting a penalty. Punishment should not be applied with anger, haste. But this does not mean that the coach can speak in a lofty, frivolous tone. In his restrained, chiseled emotional speech, the coach helps the teenager understand his mistake. The established punishment is necessarily carried out, since it is necessary that it does not lose its educational influence. So, in practice, punishment "in its pure form" is not used only as deprivation of something, it is necessarily accompanied by condemnation, reminding, warning. Otherwise it will lose its educational importance.

Coaches should keep in mind that some offenses can only be outside the sports field. This is a violation of the duties of young athletes or the duty of the team, since he is not only a member of the sports team, but also a representative of the senior team.

To analyze discipline disorders, it is advisable for the coach to use a psychological approach. In its implementation, the following scheme will help to analyze actions:

- what exactly happened to the essence of the offense.
- reasons for doing something wrong-objective reasons, target conditions.
motives-psychological reasons

Who helped make the wrong act-partners.

- material and moral losses of the team of negative consequences of doing wrong things
- assessment of discipline disorders.
- determination of the degree of guilt of violators.
- to determine the degree of guilt of partners.
- determination of the degree of punishment of violators and hameurs
- practical conclusions for future work, in case of violation of discipline (to the coach, for the team)

Based on such a scheme, it is possible to make an adequate analysis of the correct attitude of athletes to discipline, punishment.

Discipline is a multifaceted pedagogical phenomenon in the field of sports. It is not mumein to see only order, submission, obedience in discipline. Discipline is associated with the development of the will of a teenager, since it fosters organization, will and endurance.

Discipline as stable personality traits is gradually formed. Analyzing the discipline of a teenager in training, it is possible to use the method of individual approach in the organization of exercises.

The state of young athletes can be characterized by actions developed in psychology.

This chart shows the difficulties a teenager experienced during his early period in community life.

№	By reaction types	By case of hissy	Through intellectual function
1.	In hayajon, the main jahldor, unable to control himself	Rejoices in rare cases	Unable to concentrate, accumulate thoughts
2.	Constant internal voltage	It becomes difficult to mobilize in physical tension	
3.	Impatience, jaxl, regret is a challenge	Each exercise will experience difficulty in performing the method	Interest is preserved in some ethaps

The coach can keep his observations daily and keep records. For example: "happy is curious, but gets along well with those who respect him. It will be a lot of annoyance. Despite being well dressed, untidy, does not pack his things. Sergap. Does not know how to hear others, but requires that they listen to themselves. Quickly gets interested in work, but does not bring to the end.

Conclusion

Positive traits: hardworking, honest, tells the face of a person's mistakes and who they are, Hai even to their best friends. Loves sports, especially Gymnastics. Reads a lot

Generous. He does not spare his help all the time. Ambitious: very willing to be famous, achieving good results. "

The collected materials allow the coach with great confidence to analyze the psychological state of the team, mood, relationships, habits, general interests.

In order for athletes to become world-famous, real professionals of their craft, they are required to have patience, willpower, endurance, perseverance, and most importantly patriotism.

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