



Application of Innovative Technologies in the Process of Preparing Young Sprinters

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Annotation: *The article deals with the methodological approach to the use of complexes of special preparatory exercises, which allow to increase the efficiency of the training process, to achieve effective indicators of the special performance of young sprinters.*

Keywords: *sports training, means, methodology, sprinters, and special preparatory exercises.*

Date of Submission: 25-9-2022

Date of Acceptance: 25-10-2022

Introduction. The theory and methodology of sports training has accumulated a wealth of experience in training highly qualified athletes in various sports [1]. It is based on numerous studies developed in Russia by teachers, trainers, scientists of various professions. Today, experts can confidently predict the results in individual sports and taking into account the different stages of long-term training of athletes [2, 3]. At the same time, there are still unresolved problems in the prediction of sports results and methods of training sprinters [5, 6].

A significant lag of Uzbek sprinters from the world sports elite obliges coaches and researchers to constantly search for the most effective ways in the system of long-term training of sprinters, starting from the initial stages of their sports specialization [7, 8, 9].

Even in the last century, in studies on youth sports, there was a tendency and direction of the methodology, when the training of adult sprinters was mechanically transferred to the sports training of children and adolescents. It is indicated that this approach does not fully ensure the progressive growth of sportsmanship involved [10, 11].

Specialists focus on the fact that improving the quality of sports training of qualified sprinters can be achieved only through a scientifically based solution to the problem of managing the running structure, which provides for the identification and observance of the technology for performing special preparatory exercises in classes that have the proper values of the kinematic and dynamic characteristics of the competitive structure. Exercises that increase the efficiency of the motor potential of athletes [12, 13, 14]

The lack of clear recommendations in the organization of the training process, which ensure the interaction of basic and special-preparatory exercises, taking into account the functional capabilities of the body of young sprinters, reduces the effectiveness of the training process as a whole [15, 16].

In this regard, the development of a new technology for the use of complexes of special exercises at certain stages of the annual training cycle for young sprinters is an urgent and important problem that has not yet received its sufficient scientific justification.

According to leading experts, the main and distinctive feature of sports training should be the fulfillment of such training tasks, which would be a powerful lever for transforming and improving the motor abilities of those involved. It is important to train those systems that primarily ensure the progressive growth of the special working capacity of runners [17, 18].

The scientific and methodological literature quite widely reflects recommendations on the use of various means and methods of training sprinters [19, 20].

In turn, all means of training are divided into groups in accordance with the tasks set, that is, education, development, and improvement of the physical, technical, tactical, psychological, moral and volitional preparedness of athletes [21, 22].

Naturally, in the long-term training process, it is not always possible to distinguish between the belonging of one or another means to the group of the same name. It is important to take into account the relationship between the proposed exercises and their effects for the development of special performance. No one doubts that a simple increase in the volume and intensity of training loads in the process of preparing sprinters often does not lead to the planned result. For sports practice, the issues of determining the effective ratios between the main training means and special preparatory exercises, as well as their organization of training sessions not only at individual stages of training, but also in the annual cycle, remain relevant.

At the present stage of the development of methodological provisions in sports training in sprinting, experts recommend paying attention to the implementation of specialized effects on the athlete's body with specific preparatory exercises that have a direct relationship with the competitive exercise.

However, the developments of recent years on the use of special preparatory exercises in the process of preparing sprinters can not be fully adopted by coaches due to the lack of evidence-based recommendations in this direction. This is due to the fact that among the trainers there is no consensus on the volume of use of special preparatory exercises at certain stages of the annual cycle.

It is well known that the direct transfer of methodological recommendations without scientific justification for their application often leads to inconsistency between the proposed loads and the functional capabilities of the body involved. It has been established that the transition of the limits of functional adaptability to physical loads in most cases leads to overwork of the autonomic functions of the body, the musculoskeletal and neuromuscular apparatus, overstrain, injuries and, ultimately, large losses of gifted youth.

Conclusions. Experts recommend following the principles and methodological requirements of the general theory and methodology of children's and youth sports, on which the management of the training of young athletes is based, namely, the target orientation in relation to sports excellence. It is important to observe the proportionality of the development of the main motor qualities depending on age characteristics, taking into account the leading factors at different stages of the preparation of a long-term training, systematization of the educational-training process, and correction of the functional load of various directions.

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