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## *The Importance Of Three-Stage Model In Developing The Functional Status Of Athletes*

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### ABSTRACT

The problem of improving the effectiveness of the Athlete Training Management System is that all stages of the multi-year process of sports training are considered in terms of training tools and methods.

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### Introduction

If we analyze the recent years, we can say that the decisions, decrees and reforms in the field of sports in our country are a step towards the development of our country. Consistent measures are being taken to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities, train skilled athletes and ensure the country's worthy participation in international sports. At the same time, it is necessary to implement specific programs to promote public health in the field of physical culture and sports, to create a healthy environment, that is, to attract young people to sports and select talented athletes, to achieve high results in sports. Extensive work is being done to form national teams and create additional conditions for coaches. In order to form a comprehensively mature and physically healthy person with a high culture in the country, reforms are being carried out to prioritize the acquisition of skills and knowledge in physical culture and sports, to introduce innovative forms and methods in the selection of talented athletes.

## Main Part

At the same time, training highly qualified athletes requires hard work and great effort. Let us first reveal the essence of functional preparation. The essence of functional training is reflected in the targeted development of the body's functional system in complex environmental conditions and high physical elevations, as well as systematically associated with the ability to cope with high muscle tension, functional and psychological effects. The challenge of improving the effectiveness of an athlete training management system requires that training tools and methods be fully aligned with the goals set at all stages of the multi-year process of sports training. This problem is the focus of scientific research in our country and abroad. One way to solve this is to scientifically model the various factors that determine success in sports, along with the athlete's body.

In this case, it is advisable to consider long-term training as a general (integrated) process of training the athlete from the initial level of training to a higher level of qualification and implement it in optimal ways, subject to certain laws.

Following these considerations, A.A. Novikov and A.O. Akopia (2003) developed a hierarchical system of training management in sports.

It quantifies almost every aspect of an athlete's training and includes three steps:

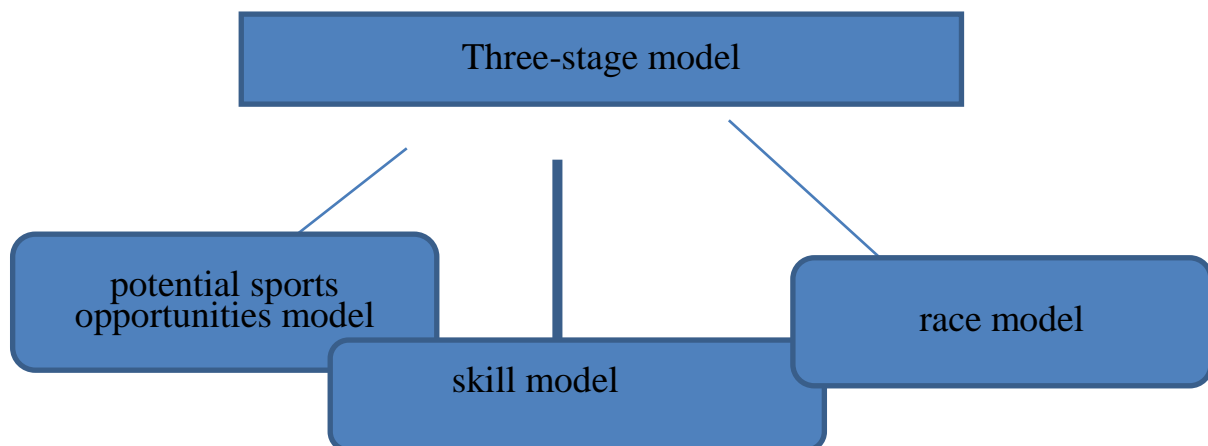
- 1) competition activity (or competition model);
- 2) the main aspects of the athlete's training (or model of sportsmanship);
- 3) the athlete's body system (or potential capacity model).

In this hierarchy, there is no doubt that the steps follow each other to train highly qualified athletes.

Addressing the challenges of adolescent development will require further research.

Sports practice has shown that early referral to success in competitions leads to unreasonable increases in results and limits the duration of an athlete's active participation. Pedagogical observations also show that in order to achieve maximum results, most wrestlers who have accelerated their training reached their limits prematurely and then were forced to end their sports activities early.

M.Y. Nabatnikova (2004) compares the scales of the three-step model in the long-term training of athletes, taking into account the specific training of adolescents, and places the steps in the following sequence:



Solving the problem of improving the effectiveness of the management system of training athletes requires that the training tools and methods be at the required level in order to fully meet the objectives set at all stages of the long-term sports training process. This problem is in the spotlight not only in our country but also abroad.

Scientific modeling is one of the ways to find a solution to a problem and includes various factors that determine the success of sports. In this case, long-term training should be considered as the only process of preparing beginners to the level of highly qualified athletes, and it should be carried out in the most optimal way, subject to certain laws.

This system covers almost every aspect of an athlete's training, from their quantitative appearance

Studies have shown that a temporary lack of focus on success in competitions can lead to unreasonable increases in results, which in turn limits an athlete's performance time. Also, pedagogical observations show that many athletes whose training is mandatory in order to achieve maximum results have reached their limits ahead of time and then unreasonably stopped playing sports.

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Training at an early age should be focused on the development of the athlete's body, so it is advisable to identify the basic model of potential capabilities in the body, which determines the nature of physical development, because there is a big difference between strength, agility, speed, flexibility, endurance. At the same time, in wrestling, the focus should be on technical and tactical movements when teaching complex offensive movements, different tactical training methods and combinations. In order to form the individual style of this athlete, attention should be paid to the individual qualities of the athlete in order to further develop them. In addition, from the age of 16, a competitive model prevails, reaching a maximum value between the ages of 18-19. The first place is taken by the competitive activity of the athlete.

To determine the nature of the dynamics of models in a three-tier system, it is important to determine at what stage it is necessary to pay more attention to the appropriate level of training for targeted use of training tools, i.e., rationalization of the learning process means to unite.

The model of potential sports opportunities is determined by the activity in sports, ie experience, physical development, ie the age of the adolescent's biological development, as well as the functional readiness of the athlete's body.

The skill model is characterized by indicators that determine (measure or evaluate) the level of development of key qualities and the level of mastery of technical and tactical actions.

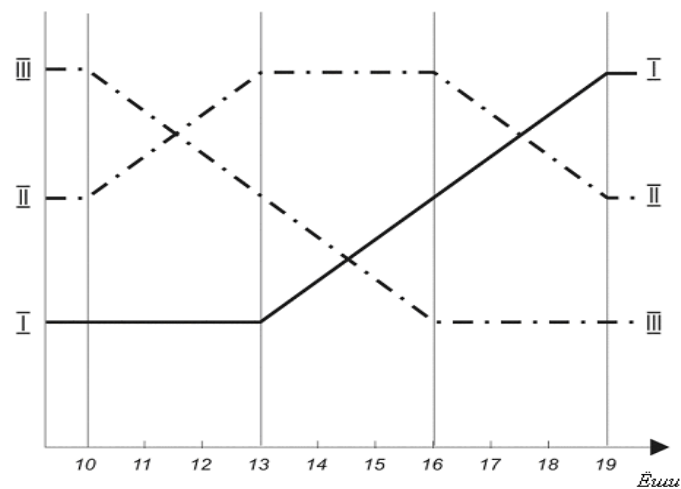
The competition model reflects the characteristics of the competitive activities during the competition.

Thus, if the system of sports training is based on the set goals, then it is possible to observe how changes in the hierarchy of levels occur. They are: if the potential opportunity model is at the forefront

before engaging in sports (during adolescence), the sports activity model is at the forefront of training highly qualified athletes.

Naturally, at some point in the multi-year training process, there is a reorientation of the steps in the training programs.

Analysis of the scientific and methodological literature, observation of competitions and sports training programs has helped us to develop and justify a model of the dynamics of the importance of steps in the management of training.



### The model of the dynamics of the value of levels in the management of long-term training of athletes

Levels of models:

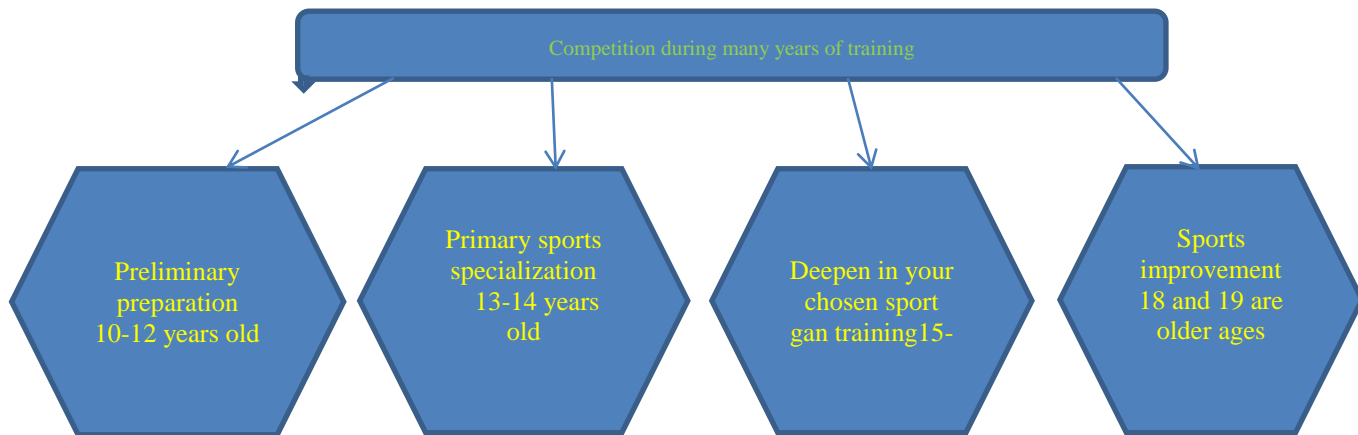
I - competition activities;

II - skill model;

III - potential capacity model.

It is clear that the training process at an early age should focus on the development of the athlete's body, so the training program should be based on a model of potential opportunities that determine the nature of physical development.

During the long-term training, it is advisable to conditionally divide the competition into four stages:



The duration of the training stages depends on the specifics of the trainees, so there is no limit between the stages.

In determining the dynamics of models in a three-step system, we believe that it is important to determine at what stage special attention should be paid to the appropriate level of preparation for the targeted use of training tools. In other words, a rational organization of the training process is a combination of training goals, tools and methods. This model can also be used to program the training process after diagnostic analysis of athletes' training. In this case, the nature of the hierarchy at this stage in the training program serves as a defining goal.

In today's volleyball, which is the most popular in the world in terms of the number of participants, the technical and tactical methods performed in accordance with the requirements of emergencies in the most rapidly changing directions, the volume of rapid movements, jumps, falls, ensuring their effectiveness. and the intensity is increasing. In modern volleyball, almost all modes of play (attacking, blocking, passing, passing) are performed without support, ie by jumping. A.V. Suxanov, Y.V. Fomin, L.V. According to data from Bulikina's (2012) study, during 5-party tournament games, each player, depending on their game function, only 110-130 times for attacking shots and blocking; L.R. According to Hayrapetyans (2006), the team performed a total of 1,567, 1,533, and 3,100 offensive strokes and jumping exercises in training, pre-race, and race cycles.

If this exercise includes the number of jumps used to pass the ball, enter the ball, receive the flying balls, as well as distracting jumps, then all the technical and tactical methods of jumping are performed. and it becomes clear how high physical work ability is a necessary factor in players to perform other intense movements effectively. Therefore, in today's volleyball, especially in the volleyball players of our country, it is very important to study the ability to work, to evaluate it using new innovative methods and to form it on the basis of modeled exercises.

It is well known that "physical ability" is a term with a multifaceted and comprehensive integral meaning, and its constituent general (speed-strength, agility, aerobic endurance) and special physical qualities (for example, physical qualities specific to volleyball) including jumping, jumping, agility-strength qualities, anaerobic endurance), as well as the volume and intensity of technical-tactical actions VP Filin (1995), L.P. Matveyev (1999), L.P. Volkov (2002), V.N. Platonov (2013), M.A. Godik (2006),

Y.F. Kuramshin (2007), Yu.V. Verxoshanskiy (2007), J.N. Kholodov (2014), V.S. Kuznetsov (2014), A.V. Dukalskaya (1995), L.V. Researched by scientists such as Kozireva (2003).

The problem of technical training of players in the stages of advanced specialization and sports improvement will always remain relevant. A number of scientific studies have been conducted on this problem (V.M. Zatsiorsky, P.N. Kazakov, G.A. Smirnov (1975); Y.S. Sedov (1968)).

Many authors' research emphasizes that the formation of highly qualified players is closely linked to the level of development of youth football. They teach football techniques such as kicking the ball, stopping the ball, carrying the ball, and cheating. Some sources have identified factors that determine the accuracy of shots on goal in training and competitions, developed theoretical foundations and methods of controlling the technical skills of players. In sports and movement games, questions aimed at improving accuracy in various areas are also available. 'studied. Questions to improve the accuracy of technical methods in football are also well studied.

Observations have shown that there are many experimental and methodological developments in the training of young players in Uzbekistan and abroad, which were carried out in different conditions, in athletes of different ages and skills, without a system, limited to solving specific tasks.

There are conflicting guidelines on the rational combination of training loads in different directions and intensities, which are the most important factors in improving the necessary movement qualities and, in particular, efficiency in football, speed, endurance and shows the need to continue research on the development of rapid power capabilities.

Sport in modern society is of great ideological and economic importance. The sports movement is a social movement, the main focus of which is the practice, spread and development of sports. Today, the sports movement is an international and human movement, a factor that attracts and unites more and more people. At the same time, it is a tool that does not lose the characteristics of national cultures and develops society according to the characteristics of certain social formations.

### **Conclusion**

So, today it is important to train highly qualified specialists, because the high qualification of personnel in this field allows athletes to easily compete side by side with world masters of sports in international sports arenas. This will pave the way for the training of athletes and world champions who will glorify their homeland. This, in turn, indicates economic stability and a favorable environment and the level of development of the state.

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