

## **Preliminary Criteria and Stages of Selection of Young Students for Running in Sports Schools**

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**Abstract:** One of the important tasks is to optimize the modern training system in the preparation of athletes and reserves who are members of the national teams of the Republic of Uzbekistan. At the same time, the strategy of developing innovative processes is considered one of the most important tasks at the moment.

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### **Introduction**

At present, the development of the organizational and methodological bases of the system of selecting children and adolescents to the Sports School has been largely completed. The selection process of young athletes is organized into 4 stages.

A sports school is an educational institution that should help to form a healthy lifestyle, find one's way in the profession, develop physical, intellectual and spiritual abilities, and achieve high results in sports.

Long-term training includes a long period of formation of an athlete from a young athlete to an international master of sports. In children's and youth sports schools and specialized children's and youth Olympic reserve schools, it is important to use advanced methods and training methods for the successful implementation of long-term training of athletes and their goals. In addition, it is important to use training methods, methods of training and educational process organization.

### **Discussion**

The level of results of modern sports is so high that in order to achieve them, the athlete must meet requirements such as rare morphological characteristics, balance of physical and psychological preparation aspects. And they must be at the highest level of development.

**Sports selection** is a process of searching for talented athletes who have the opportunity to achieve high results in a certain type of sport. According to V.N. Nikitushkin, F.A. Kerimov, M.N. Umarov, and others, sports selection is a process that can train high-skilled athletes in the future. While this process solves the problem of identifying promising athletes, sports orientation determines the teaching and tactics of this preparation. Selection and orientation to sports are closely related to the structure of improving the athlete's skills for many years. Based on this, at a certain stage of long-term training, the question arises: "Can the athletes solve the problems?" In order to get an answer to this question, it is appropriate to specify the fifth stage of the selection separately. Accordingly, the main tasks of the selection at each stage are specified.

During the first and initial period of sports qualification, there will be no recommendations prohibiting sports. At the same time, the evaluations are mainly of an approximate and advisory nature. In the next stages, the grades will become more accurate. These processes are conducted to draw conclusions based on collective research and the sum of results. The variety of athletics exercises in the sports selection, the variation of muscle power in strength and speed exercises during walking, running, jumping, throwing, makes it possible for children and adults of

different ages and genders to participate in athletics training. Athletics training is held in physical education classes at school, in athletics sports clubs of the school. In the physical education program of general education schoolchildren and young people, athletics exercises are given a wide place.

In order to assess the level of preparation of athletics participants, plan their participation in this sport and organize competitions at a high level, it is necessary to regularly involve them in sports training. The content of athletic training with children, adolescents and teenagers should depend on their age characteristics. At the same time, it is necessary to take this into account when planning and conducting training.

One of the main factors in children's success in sports is the age at which they start practicing. Achieving sports success in athletics sections of children's and teenagers' general education schools in sports training increases the interest in health in young athletes. This helps the athlete to feel the results of his work and to believe in his own strength. In order to achieve high sports results of young athletes, it is necessary to perform special and preparatory exercises throughout the year. It helps in the development of sports technique skills. Based on this, the involvement of children in athletics training from the age of 9-10 years will lead to excellent results.

The features of modern sports training place very high demands on the athlete's body. As a result, children who started playing sports early leave the sport early. Pedagogical research shows that children who start athletics training at the age of 9-10, in most cases, in sports at the age of 15-27, that is, they leave when they reach the most reasonable age to achieve the same high results. It is important to pay attention to the qualities and abilities that ensure high results at the time of evaluating the prospects of school children. On the other hand, their economic conditions are the reason for this. Signs that are temporary in nature and can appear only during training cannot be used as a selection criterion. For example, the ability to quickly learn the technique of a sport cannot be decisive when determining abilities. Because, according to experiments, short and thin children learn sports techniques better during primary education. And they can achieve high results. But these children cannot go to the first stage of long-term training. At the same time, thin and tall children often have difficulties in mastering the technique at the beginning. However, later they become highly skilled athletes in various sports. Therefore, it is necessary to pay attention to unchanging signs in the initial period of selection in athletics training at school. It is important to evaluate the health of children during the selection process for athletics.

Absence of deviations in the activities of the athletes' body is one of the most important conditions for success in modern sports. Even small changes in health can dramatically reduce the body's ability to adapt. Simple pedagogical tests are widely used to determine the mobility of children in the initial period of the selection process. Priority should be given to tests that determine speed qualities, intensity zones, and special tests that allow assessing the child's endurance during aerobic and anaerobic training. It is also very important to take into account psychological indicators. In qualifying for athletics and other sports, the main thing is psychological indicators. In doing sports, striving to get high marks while doing exercises with enthusiasm, persistence and diligence, not being afraid while doing unfamiliar exercises, and bravery are important qualities.

According to most researchers, 15-20% of 11-12-year-old children have early physical development. They are superior to their peers in terms of height, weight, muscle, mobility, and especially good mastery of sports techniques. Although these differences are not large, they are 4-8% higher than typically developing children. However, they have a significant advantage in the volume of training and the level of results.

These tasks can be solved on the basis of complex analysis. In this, it is necessary to take into account the morphological, functional, psychological characteristics of young athletes, their skills, capabilities, sensitivity to training and competition loads, as well as the acquisition and improvement of new movements. In athletics, there are periodic directions that require

performing exercises with maximum, submaximal, high and moderate power, and non-periodic speed-power, coordinated speed-power directions. Body structure, somatic development characteristics have a great influence on the performance of these exercises. At the initial stage of training of young athletics children, the method of visual assessment of a person is the main one for coaches in determining the level of ability of children for athletics sports. Therefore, in order to determine whether the indicators of visual assessment of the person are suitable for the selected sports specialty, it is necessary to compare the dimensions of the body structure with the indicators of athletes who have achieved high results. At the same time, it is appropriate to indicate a number of indicator criteria common to all sports.

- Athlete's health condition. This criterion is used at all stages of the multi-year preparation. The main task of this criterion is to identify the symptoms that prevent the participation in the chosen sport.
- The state of the athlete's organs and systems This criterion is used at all stages of the multi-year preparation. This is especially important when determining fitness to continue playing sports.
- Physical development as a complex of morphofunctional indicators. Based on these criteria, it is used from the first and second stages of determining fitness for sports.

According to the researches of many leading scientists, the prospects of young athletes in speed-power and periodic sports are mainly determined by their physical qualities. Complex coordination movements are determined based on the suitability for sports in the existing sport, opening up the possibilities of coordination of the participants. The prospects of a young athlete in athletics are determined by his or her characteristics of solving technical and tactical tasks in the course of sports activities. Qualifying in athletics is conducted by studying the ability of young athletes to accurately and successfully perform a complex combination of physical qualities and movements within a limited period of time. At the same time, it is conducted by studying the possibilities of evaluating the opponent's actions. When determining fitness for sports, it is necessary to pay attention to the development characteristics of the children's body.

After the age of 11-12, children's various organs and body systems develop rapidly. At such a young age, the nervous system is sufficiently developed. This leads to high speeds, the observation of the nervous system's responsiveness, the rapid acquisition of movement skills and difficult movement techniques.

### **Stages of sports selection in athletics departments in sports schools**

At present, the development of the organizational and methodological bases of the system of selecting children and adolescents for Sports Schools has been largely completed. The selection process of young athletes is organized into 4 stages:

- 1) Stage of primary screening of children and adolescents;
- 2) The stage of in-depth examination of the selected athletes' compliance with the requirements for successful specialization in the chosen sport (secondary stage of selection);
- 3) Stage of orientation to sports;
- 4) Qualifying stage for national teams of the Republic. This qualification can be done outside of sports schools;

The tasks of the first qualification stage is to determine whether children and adults are suitable for improvement in sports. This is done by determining their abilities, talents, and assessing the level of activity.

A large number of talented children and adults with athletic abilities are involved in sports activities. Sports, including, weightlifting are widely promoted. It is desirable to organize sports sections in educational schools. Weightlifting classes are held here under the guidance of a physical education teacher and with the participation of a sports school coach. Promising

students are identified during trainings and competitions throughout the year. It is possible to determine the student's desire to improve in sports during physical education classes and training. In addition, it is possible to determine the ability and interest of young athletes to successfully acquire movement skills and abilities.

It is also necessary to take into account the family's attitude to sports. For this purpose, the coach should conduct interviews and questionnaires with parents. The physical education teacher's direct communication with students is important.

At the end of the first qualifying round, athletics screenings, control tests and competitions will be held. It is appropriate to hold these events at the end of the academic year. Pre-selected students are admitted to summer sports camps. Here they can practice under the guidance of sports school coaches. It is possible to continue to determine the abilities of children and adults on the basis of psychological and pedagogical controls at the sports camp.

The main task of the second qualifying stage is to check the compliance of the initially selected children with the requirements for successful specialization in the chosen sport. The presence of special pictures, personal qualities and simple training allows to determine the skill level of children and adults to improve their sports talent.

For about 3-6 months, the coach of Sports Schools determines the capabilities of students based on pedagogical observations, interviews, control tests. As a result, educational groups are formed from among the most talented children. During this period, children's stable sports interests, their initiative and concentration during training sessions are determined.

At the end of the second qualifying round, the commission chaired by the director of sports schools will consider the applications of parents and the personal affairs of sports school entrants. A decision will be made to admit them to a sports school.

In the third qualifying stage, young people are trained in specific sports activities. Coaches study the student deeply and comprehensively for several years. Based on this, the narrow sports specialization of young athletes are formed. As before, at this stage, pedagogic observations, control tests, medical-biological, sociological and psychological studies are carried out. In this way, the sports fitness of the participants are determined.

In the fourth qualifying round, the in-depth study of the characteristics of the sport will be continued. At the same time, the skill level of the participants are evaluated. Based on this, the agencies are selected for the republican junior and youth national team.

The problem of selecting young athletes can be solved only on the basis of long-term and carefully organized comprehensive examinations of athletes. It is important to have a well-chosen set of research methods that provide a comprehensive study of the athlete's personality by means of pedagogical, medical-physiological and sociological methods. Through these methods, it is possible to determine the talent of students for sports.

Pedagogical selection criteria represent physical qualities of young athletes, technical-tactical preparation, level of development of technical skills, growth rates of sports results, coordination capabilities, ability to solve tasks in intense combat conditions.

The medical and biological criteria of selection represent the athlete's state of health, his biological age, morphofunctional signs, the state of functional and sensory systems of learning, individual characteristics of the nervous system.

The psychological criteria of the selection includes indicators that testify about the possibilities of improving various mental qualities, the level of development of willpower, character and temperament characteristics, depending on the requirements of the sport.

The sociological criteria of selection include the description of student interests and requirements. At the same time, it includes indicators that express the formative influence of sports, family, and community. Effective selection depends on timely identification of children's and adults' interest in one or another sport.

Children and adults with well-developed muscles and high speed-strength qualities will have an advantage in the selection processes of speed-power sports.

Thus, based on the above points, the following conclusions can be drawn.

Qualifying in sports is done step by step. Each of its stages has its own tasks and goals. It will be possible to carry out an effective selection on the basis of long-term comprehensive research. These studies involve the analysis of sportsman's morals and sports skills based on pedagogical, medical-biological psychological and sociological criteria of selection.

One of the necessary conditions for the growth of sports skills is long-term planned training. At the same time, a strict and sequential setting of tasks is important in this preparation process. In addition, it is important to choose training tools and methods in accordance with the age characteristics and level of training of athletes. The whole process of long-term preparation of an athlete at a sports school is divided into four main stages. These stages are interrelated with years of education in educational groups.

**Results**

Stage of sports and wellness. At this stage of preparation, children who want to do athletics are accepted. Healthy children aged 9-17 are accepted, regardless of their talent, ability, physical development and level of preparation.

Initial preparatory stage. Students of general education schools who have a desire to do sports and have a written permission from a pediatrician are accepted. At this stage, physical health and educational work aimed at all-round physical training, as well as the fulfillment of the standards for mastering the basics of the chosen sport. At the same time, the selection of a sports specialty, the implementation of control standards for transitioning to the training stage of preparation is carried out.

Training stage. A group is formed based on a selection of healthy students who have passed the necessary training for at least 1 year and have fulfilled the admission criteria for physical and special training. Transfer from a group to a group by years of education is carried out by students on the condition that they fulfill the control standards for general physical and special training.

**Order of filling of groups and educational work**

**Table 1.5.**

Academic year	Minimum age to enter	The minimum number of students in the group	The maximum number of study hours per week	Requirements for physical and special training at the beginning of the academic year
<b>Sports and wellness groups</b>				
1 year	9-10	16	4	80-20%
2 years	10-11	16	6	75-25%
<b>Primary training groups</b>				
1 year	9-10	16	6	75-20%
2 years	10-11	14	6	70-30%
3 years	11-12	14	6	65-35%
<b>Training groups</b>				
1 year	11-12	14	6	70-30%
2 years	12-13	12	6	60-40%
3 years	13-14	12	8	50-50%
4 years	14-15	8	8	40-60%
5 years	15-16	8	8	30-70%

## **Conclusion**

To sum up, we can say that the methodological part of the program includes approximate training plans for the main types of training. On conducting training classes; according to the years of education; according to distribution in the annual cycle; according to the volume of training and competition loads; on planning the results of sports; contains practical materials and methodological recommendations on organizing and conducting pedagogical and medical-biological control.

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