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RESULTS OF COUNTRY HIGH JUMPS BY PREPARATORY GROUPS***

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ANALYSIS OF THE POSSIBILITY OF A STAGED GROWTH OF SPORTS RESULTS OF COUNTRY HIGH JUMPS BY PREPARATORY GROUPS

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Abstract: In this article, an analysis of the possibility of training groups of high-jumper girls' sports results of our country is made, and the analysis of the possibility of step-by-step growth of the sports results of high-jumper girls of our country is widely covered.

Keywords. Types of high jump, complex training of athletes, physical development, sports results.

INTRODUCTION

New pedagogical technologies, a new look at educational training processes and unique views on their implementation are increasing the attractiveness of today's sports, not only increasing the results, but also increasing the viewership. This is causing the spread and development of sports in its place. Also, as a result of the development of sports, it provides for the improvement of training processes. Therefore, at the expense of early admission of young people to sports, achieving high sports results by forming elements of technical skills in them is becoming an urgent issue of today.

Analysis of literature on the topic (Literature review). The growth of sports results in athletics, especially in high jump, shows that the results of young athletes are increasing dramatically, based on the results of new methodological methods used in the field, management of training processes in innovative

technologies, and the results of pedagogical research, early arrival to sports or intensively accelerated training methods are used. is getting married. In this regard, early completion of sports classes and high results are achieved by paying attention to children's sports in the high jump of athletics. That is, a comprehensive approach to the functional, physical development and physical fitness of the young people is the reason for achieving high sports results.

Therefore, it was mentioned in the results of the scientific research conducted by the scientists of the field that in the complex training of the athletes involved in the high jump types of athletics, it is necessary to pay attention to the proper planning of the training process, the content of the training, the training tools and methods, and the volume of loads (Konstyapin V.G., Pyanzin A.I., Platonov V.N. Ozolin N.G., Shur M.).

It can be recognized that young athletes engaged in high jumps are little studied by local scientists in terms of managing and studying the complex preparation of training processes. Although scientists of our country (Shakirjanova K.T., Rafiev H.T., Matkarimov R.M., Olimov M.S., Ruzamukhamedov K.F.) carried out separate works on the characteristics of physical training, physical development or technical training , their youth and the problems that arise during their step-by-step transition to sports training groups have not been sufficiently studied. For this reason, the achievements and problems of youth participation in big sports are one of the urgent issues in this research.

Research methodology. Analysis of the possibility of step-by-step growth of sports results of high-jumper girls of our country in preparatory groups. 1. Analysis of scientific methodological literature on the topic. 2. Analysis of sports results of girls high jumpers in world arenas. 3. Mutual analysis of the results of sportsmen engaged in the world arenas and in our country.

Analysis and results. The most important aspect in the field of sports is the result. In order to achieve the result, it is necessary to carry out sports training in stages, to distribute the tools used in the training in accordance with the annual cycle.

From a very young age, athletes try to compete with each other and look for opportunities to compete with each other. Different types of athletics open up great opportunities for young people, that is, peer-to-peer comparisons. Therefore, if athletics is a sport that clearly and clearly shows the possibility of comparison for young people, it is possible to gradually lead to the senior sport by using athletics programs, training loads and equipment that are fully suitable for the age of this sport.

For this reason, it is necessary to pay great attention to the implementation of training plans made by coaches so that young athletes can engage in sports from the initial training period. That is, it is necessary to choose tools and methods in accordance with the content of each exercise, and to correctly distribute the volume and amount of loads. In particular, it is necessary to implement the training plan developed for them and the intensity of performance, taking into account the fact that there are features of directing young athletes to a narrow specialty in high jump training. And the used training methods serve as a continuous bridge in their transition to the big sport.

In addition to the analysis of the given sports results, if we pay attention to the average age of the finalists of our national championship in the last 3 years, in 2020 Svetlana Radzevil is 1.89 m. the winner with the result was 33 years old (average 20.8 years), in 2021 Safina Sadullaeva won with 1.96 m and her age was 23 years old (average 21.8 years). In the competitions held in 2022, Safina Sadullaeva was 1.90 m. won with and the athlete was 24 years old (18.5).

Table 1

Analysis of the results of the strongest jumpers in the world and Asia

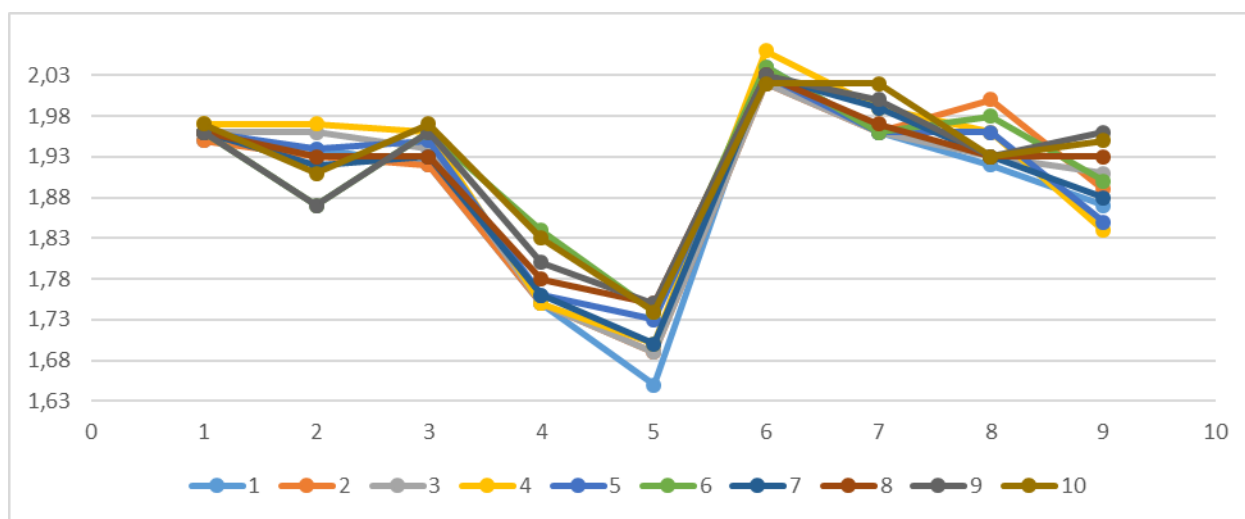
№	Name and surname	1	2	3	4	5	6	7	8	9	10
1	С.Радзевил – 35	1.9 5	1.9 5	1.9 6	1.9 7	1.9 6	1.9 6	1.9 6	1.9 6	1.9 6	1.9 7
2	Н.Дусанова –	1.9	1.9	1.9	1.9	1.9	1.8	1.9	1.9	1.8	1.9

	35	4	3	6	7	4	7	2	3	7	1
3	С.Садуллаева – 24	1.9 2	1.9 2	1.9 4	1.9 6	1.9 5	1.9 6	1.9 3	1.9 3	1.9 6	1.9 7
4	Б.Сайфуллаева – 16	1.7 5	1.7 5	1.7 5	1.7 5	1.7 6	1.8 4	1.7 6	1.7 8	1.8 0	1.8 3
5	В.Горбатова – 17	1.6 5	1.6 9	1.6 9	1.7 0	1.7 3	1.7 4	1.7 0	1.7 5	1.7 5	1.7 4
6	Я.Могучик – 21	2.0 4	2.0 2	2.0 2	2.0 6	2.0 3	2.0 4	2.0 3	2.0 3	2.0 3	2.0 2
7	Э.Паттерсон – 26	1.9 6	1.9 6	1.9 6	1.9 9	1.9 6	1.9 6	1.9 9	1.9 7	2.0 0	2.0 2
8	Н.Добовитиска я – 24	1.9 2	2.0 0	1.9 3	1.9 6	1.9 6	1.9 8	1.9 3	1.9 3	1.9 3	1.9 3
9	К.Бруус – 17	1.8 7	1.8 9	1.9 1	1.8 4	1.8 5	1.9 0	1.8 8	1.9 3	1.9 6	1.9 5

The results of women and girls in high jump in our country in international arenas are encouraging. In particular, in the last 3 Asian Games (Jakarta 2018, Inchuan 2014, Guangzhou 2010) and 4 Asian Championships (Puna 2013, Wuhan 2015, Budaneshwar 2017, Doha 2019), our women won gold medals in the high jump of athletics. This is apparently unmatched in the Asian region in more than 10 years.

Below are the sports results of women and girls high jumpers. There are currently 2 adults (Ya. Maguchik, E. Patterson), 1 among youth (K. Bruus), 3 in the Asian region (S. Radzevil, N. Dusanova, N. Dobovitskaya) and among the youth who are currently considered leaders. The results of 1 athlete (B. Saifullaeva) in the Asian region are shown.

Figure 1. Dynamics of results of highly skilled athletes.



The results of the study of high jump sports showed that the dynamics of sports results in prestigious competitions held over the years changed by 2-3 cm, but the average age of winners and participants is getting younger. It was won by a 24-year-old athlete (Eleanor Patterson, 2.02 m) at the last World Championship, at the Olympic Games in Rio de Janeiro by a 35-year-old athlete (Ruth Bitiya, 1.97 m), and at Tokyo 2020 by a 28-year-old athlete (Maria Lasitskene, 2.04 m) the athlete won.

To date, the results of young athletes in the high jump, like all types of athletics, are improving. On the contrary, it can be seen that the age of the participants is getting younger. This can be seen in the World Athletics Ranking (World Athletics Ranking). For example, in the Top-100 there are 18 young athletes, i.e. under the age of 17, while in the Top-200 this figure is 35. The main thing is that at least 6 competitions of athletes in domestic and international competitions were taken into account when entering this rating of athletes under 17 years of age. The highest sports result shown by them is Carmen Bruus (Estonia) 1.96 m. This can ensure that these young athletes will gain world leadership in the future. The entry of young athletes into major sports competitions requires them to work on their skills, and it is necessary to prevent overloading in the future. In the

practice of the world, it is mentioned that when young people enter sports, first of all, they should be given loads of the necessary size.

Conclusions and recommendations. The conducted analysis showed that the female athletes of our country achieved a very good result in the high jump of athletics, and we can see that the results are high. In particular, it can be noted that 3 times the winner of the Asian Games, 4 times the winner of the Asian Championship, and two of our athletes are the Asian high jump record holders (1m 97 cm). It is also worth mentioning that one of our athletes won the WA Diamond League. So, it can be seen that in the system of training athletes, the training of the athletes of the main team and the reserve team, especially in high jump, is on the right track.

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