



## SELECTION OF EFFECTIVE TRAINING EQUIPMENT AND FEATURES OF TRAINING YOUNG TAEKWONDO SPORTSMEN'S

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### Abstract

In the course of the study, the authors improved the complexes of special preparatory exercises, taking into account the peculiarities of the phase structure of the shock actions of young taekwondo fighters, taking into account the need to use simulators. The effectiveness of the use of special preparatory exercises for teaching basic technical actions at the stage of initial training of young taekwondo sportsmen's has been proven.

**Keywords:** young taekwondo sportsmen's, taekwondo, training aids, special exercises, training process.

### Introduction

The variety and specificity of taekwondo techniques, which are performed with hands and feet, have made it a universal type of martial arts, which is very popular in the Republic of Uzbekistan. Special preparatory exercises, the structure of which includes the main phases of the blow, are most effective in teaching the technical actions of young taekwondo sportsmen at the initial stage of training [1, 2]. An improved technique for teaching young taekwondo sportsmen should include the parallel use of complexes of special preparatory exercises of speed-strength and coordination orientation, performed in various modes of intensity in accordance with the objectives of training, using simulators. The stage of initial training is very important in the process of many years of training of young athletes. It is focused on the formation of motor skills and the development of physical properties [3, 4, 5]. However, a limited number of studies have been devoted to the specifics of training young taekwondo sportsmen's. Therefore, the actual problem of sports science regarding the choice of the most effective training means for the development of physical qualities and the main elements of the technique of young taekwondo sportsmen at the stage of initial training has not received sufficient scientific justification [6, 7].

The choice of effective training means and the development of a methodology for teaching young taekwondo sportsmen's using special preparatory exercises at the stage of initial training is an urgent task that requires its scientific solution. The purpose of the study was:

- 1) Scientific substantiation of the need to improve the methodology for training young taekwondo sportsmen at the initial stage;
- 2) Development of complexes of special preparatory exercises and justification of the methodology for their application in order to accelerate the formation of special technical skills and the development of



physical qualities of young taekwondo fighters and increase the effectiveness of the educational and training process at the initial stage of their preparation [8, 9, 10].

To achieve the stated goals, it was necessary to solve the following tasks:

- To explore the structure and determine the ratio of attacking blows in competitive fights among young taekwondo sportsmen's;
- To develop complexes of special preparatory exercises aimed at the formation of special motor actions of young taekwondo sportsmen's when teaching the technique of kicks, taking into account the need to use simulators;
- To develop and experimentally substantiate the methodology for using complexes of special preparatory exercises in teaching young taekwondo fighters kicks at the stage of initial training, taking into account the expediency of using simulators [11, 12].

As a result of the study:

- The complexes of special preparatory exercises have been improved, taking into account the peculiarities of the phase structure of the shock actions of young taekwondo sportsmen's, taking into account the need to use simulators;
- The structure of attacking blows in competitive fights of young taekwondo sportsmen's was found;
- An experimentally substantiated method of using complexes of special preparatory exercises in teaching young taekwondo sportsmen's kicks at the stage of initial training, taking into account the expediency of using simulators;
- The effectiveness of the use of special preparatory exercises for teaching basic technical actions at the stage of initial training of young taekwondo sportsmen has been proven [13, 14].

The application of the results of the study in the training process made it possible to increase its effectiveness in the formation of the technical skills of young taekwondo sportsmen's.

The developed methodological approaches can be used:

- When developing training programs for young taekwondo sportsmen's;
- When selecting special preparatory exercises for teaching young athletes the technique of taekwondo;
- In the preparation of coaches and athletes in taekwondo and other martial arts;
- When planning the training process of taekwondo sportsmen's in sports clubs [15, 16].

It should be noted that the issues of improving the methodology for preparing and developing complexes of special preparatory exercises and substantiating the methodology for their application in order to accelerate the formation of special technical skills and the development of physical qualities of young taekwondo sportsmen's and increase the effectiveness of the training process at the initial stage of their preparation have not been adequately reflected in the scientific literature.

In the study of the structure of technical actions, we relied on the research of specialists in the field of taekwondo and conducted a phase analysis of technical actions. We have improved the phase structure by making it more detailed. The developed structure of attacking actions, in our opinion, is more informative and receptive for teaching young taekwondo sportsmen's. At the same time, we were interested in both leading, contributing to the development of the technique of movements, and developing preparatory exercises (mainly aimed at developing coordination and speed-strength



qualities). We have selected the most effective auxiliary exercises that prevent technical errors of young taekwondo sportsmen's when performing a strike. Preparatory exercises used in the training process, taking into account the division of attacking actions into phases, allow you to quickly master the phase structure of a strike.

The use of complexes of special preparatory exercises was carried out depending on the objectives of the training session. Coordination tasks aimed at teaching both the elements of technology and its holistic content were better solved during periods of low-intensity loads. When mastering the newest parts, coordination complexes were carried out, the main task of which was the formation of a dynamic stereotype of the newest movements. Two or three lessons were devoted to this. Then, on the basis of the learned elements and movements, speed-strength complexes were produced. Their task is to improve the technique of blows, giving them the necessary motor qualities. At the first stage of training, athletes were asked to perform complexes of special preparatory exercises, first in the training mode, and then, as they mastered each subsequent complex, in a developing mode, with three approaches in each exercise. At the second stage, in each lesson, the athletes performed two sets of different directions. The objectives of this stage were to repeat and consolidate the previously studied material. In these complexes, athletes performed two or three approaches in each exercise. At the third stage, it was necessary to perform two sets of exercises with two approaches in each exercise. The complexes included a combination of strikes of different types, which allowed us to reduce the intensity of the load of young taekwondo athletes due to the work of different muscle groups. The difference of the fourth stage was the combination of complexes of special preparatory exercises, which were built on the principle of combining similar blows. This combination made it possible to increase the load due to the work of the synergistic muscles of young taekwondo sportsmen's, to increase the strength endurance of these muscles and their speed indicators. When preparing for the competition, young taekwondo sportsmen's at the final stage were offered the following conditions for performing complexes of special preparatory exercises: perform three complexes for different strikes for each lesson; perform each exercise in the complex one approach, the number of repetitions - depending on the mode of execution; at the end of the week, the complexes should be performed in a developing mode and two of the three complexes of a speed-strength orientation. Thus, the lowest load was in the middle of the week, the average load was at the beginning, and at the end of the microcycle, the greatest load was offered. The obtained statistically significant differences in the indications of the control and experimental groups indicate that the developed technique contributes to a faster learning of kicking techniques for young taekwondo sportsmen's.

## Conclusions

1. The developed complexes of special preparatory exercises for young taekwondo sportsmen contribute to the development of coordination and speed-strength physical qualities and improve the technique of kicks. Each complex is basic for all strokes, since the exercises are similar, aimed at developing the muscle groups involved in the stroke, or synergistic muscles. 2. Algorithms for the use of complexes of special preparatory exercises take into account that in the first half of the year training should be aimed



at the formation of motor skills with a one-time sequential application of complexes of special preparatory exercises at each training session, taking into account the complication of the means used. 3. The developed methodology for the use of complexes of special preparatory exercises in the annual training cycle allows you to get positive changes in the physical and functional capabilities of young taekwondo sportsmen's.

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