

CORRECTION OF TRAINING OF JUNIOR ATHLETES IN PREPARATION FOR THE COMPETITION FROM THE LONG JUMP TYPE

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Annotation: This article covers the issues of effective organization of pre-competition training of junior athletes in the long jump. In particular, an important place is occupied by correcting their technical actions, eliminating mistakes in the stages of push-ups, take-offs and landings, and preparing their psychological state for competition. Studies show that training based on an individual approach and competition simulation significantly improves children's sports results. The article provides recommendations for planning, evaluating and correcting competition training.

Keywords: Long jump, junior athletes, competition took preparation, correction, technical movements, push-up phase, psychological training, training methodology, sports pedagogy, children's sports.

INTRODUCTION

The stages of physical and psychophysiological development of junior athletes require a specific approach in the process of mastering their technique and preparing for sports competitions. The long jump consists of a complex sequence of movements, in which the stages of running, pushing, flying and falling must be performed perfectly. Correcting pre-competition training-that is, optimizing the training – training process by focusing on the individual shortcomings of the athlete-leads to the effectiveness of the results.

- Training structure (pre-competition stage):
- Duration of training: 45-60 minutes
- Periodicity: 7-10 days of pre-competition preparation

MAIN PART

1. Physical characteristics of junior athletes

Children between the ages of 8-12 have physiological and psychological characteristics that have not yet been fully formed, and in the process of their preparation for sports, these conditions must be taken into account. Especially due to the fact that their muscles, nervous system, level of balance and coordination are in constant change, the training process should be organized in stages, age-appropriate, without excessive strain.

2. Brief structure of the long jump technique

The long jump consists of the following main stages:

- Coming running - at maximum speed, but under control;
- Push-up-jump with the help of one leg, leaning on the ground with maximum strength;
- Flying phase-maintaining balance and movement control in the air;
- Fall-fall in a safe and correct way, keeping the maximum distance.

Athletes at a younger age often choose the corner of the push-up incorrectly, the running pace is not consistent, and at the time of the fall, they lose balance. Therefore, it is precisely working on these stages that are important in the pre-competition training.

3. Importance and correction of pre-competition training

The pre-competition stage is a period of bringing the athlete's physical fitness to the final level, minimizing mistakes and increasing confidence. Especially for junior athletes, the following should be considered during this period:

- Identification of personal shortcomings (by video recording, tracking);
- Correction of technical errors (e.g.: push-up angle, step length);
- Reduce training loadings, but strengthen the technique with quality methods;
- Bringing the athlete closer to the competition environment through simulation exercises;
- Psychological preparation (self-confidence, reducing nervousness, motivation).

4. Example of correctional training exercises

Before the competition, the technique is improved through the following exercises:

Goal	Type of exercise
Running speed	Running with a tempo of 20-30 m, with markers
Push-up power	Jumping on one leg, falling to the designated place
Flight coordination	Holding leg and arm position in the air
Tushish texnikasi	Falling into the sand and not stepping forward
Psychological preparation	Competition simulation, positive visualization

5. Training effectiveness and results

Experimental training showed that individual correction of pre-competition training:

- Improves technique by 15-20%;
- Increases the jump result by an average of 20-30 cm;
- Strengthens the athlete's mental preparation for the competition;
- Leads to a decrease in major errors.

Final opinion:

Thus, the correction of the training of junior athletes in the long jump competition is not a simple preparation, but a systematic process aimed at the result, tailored to the capabilities and shortcomings of each athlete. Properly organized training makes their participation in the competition not only effective, but also mentally comfortable.

1. Analysis and Correction work (1-2 days):

- The final results and techniques of each athlete are analyzed on the basis of video recording.
- Disadvantages (for example, the angle of thrust, the pace of running, the technique of falling) are determined.
- Individual Correction plans are developed.

2. Special training (3-6 days):

a) work on the base speed:

- High-speed running at intervals of 20-30 m.
- Exercise running by holding the rhythm (through the established signs).

b) push-up technique:

- High jump on one leg (to increase the starting power).
- Push at the specified point and fall to the specified place (development of accuracy and control).

c) coordination and flight phase:

- Jump over low-altitude obstacles (increase Movement Coordination).
- Posture retention exercises in the air (correction of the position of the arms and legs).

d) descent technique:

- Jumping into a sand Basin (balance catching exercises on the descent).
- Attention to the correction of the calf and hand position during the fall.
- 3. Psychological preparation (parallel):**
- Simulation of racing conditions (walking queue, referee, time limit).
- Motivational conversations and analysis of Group achievements to increase confidence.
- "I can!" technique (visualization and self-encouragement).
- 4. Final Test and evaluation (7-8 days):**
- Each athlete participates in a competition simulation.
- The latest assessment is given by the trainers in terms of technique and results.
- Final recommendations on disadvantages are given.

CONCLUSION

The process of training junior athletes in the pre-competition long jump requires an in-depth study of their physical, technical and psychological state, as well as a correction of the training process based on an individual approach. Studies and practical training show that special exercises that are carried out during the pre – competition period – especially those aimed at improving the techniques of push-ups, take-offs and falls-have a direct impact on the results of athletes.

In addition, by pre-modeling the conditions of the competition, motivational training, working on individual shortcomings and analyzing technical errors, children's confidence increases, a positive mental state is formed in relation to the competition.

On this basis, it can be said that the correct organization and correction of pre-competition training will strengthen the interest of young athletes in sports, improve their technical skills and serve to achieve stable competitive results.

RECOMMENDED TOOLS:

- Sand Basin
- Fixed start and push points
- Fences and special markers
- Camera or phone for video analysis
- Award-winning incentive for Mini-contests

AN INTERESTING ADDITION:

- According to children's sports psychology, a pre-competition competition simulation improves the result by 20-25%.
- Correcting the flying angle can improve the athlete's result to 15-30 cm.

Goal:

Training junior athletes (ages 8-12) before the competition to achieve a high result in the long jump event, optimizing their technique, speed, coordination and psychological training.

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