

THE TECHNIQUE OF DEVELOPING SPEED QUALITIES IN ATHLETES' TRAINING

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Annotation: *In this article, improving the effectiveness of physical training of young athletes, ensuring the implementation of these decisions is one of the main tasks of today.*

Key words: *Development of the most optimal option for training the means and methods for increasing the quality of agility of track and field athletes.*

Аннотация: *В данной статье повышение эффективности физической подготовки юных спортсменов, обеспечение реализации этих решений является одной из главных задач современности.*

Ключевые слова: *Разработка наиболее оптимального варианта тренировки средств и методов повышения качества ловкости легкоатлетов.*

Annatatsiya: *Ushbu maqolada yosh sportchilarni jismoniy tarbiya mashg'ulotlarilarini samaradorligini oshirish ushbu chiqarilgan qarorlarni ijrosini ta'minlash bugungi kunning asosiy vazifalaridan biridir.*

Kalit so'zlar: *Yengil atletikachilarni tezkorlik sifatini oshirish bilan shug'illanishda vosita-usullarni o'rgatishning eng optimal variantini ishlab chiqish.*

At Present, the Reform of the Education System and the Increase of Teaching Efficiency in Our Country

Today, great attention is being paid to reforming the education system in our country and increasing the efficiency of teaching, which serves to educate talented young boys and girls and to enhance their professional skills. In this regard, improving the effectiveness of physical education sessions for young athletes is one of the main tasks aimed at implementing the recently adopted resolutions.

Therefore, it is becoming increasingly important to develop the most optimal methods and tools for teaching jumping techniques when working on improving the speed qualities of young track and field athletes.

Creating an effective system for selecting and training promising and talented young athletes, forming a quality sports reserve for the national teams and professional sports clubs, as well as training, retraining, and improving the qualifications of young athletes, coaches, and referees in accordance with international requirements and standards are among the key priorities.

At the initiative of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, the Strategy for the Development of New Uzbekistan was developed. In this strategy, it is emphasized that “The development of physical education and sports is an important factor in ensuring public health.”

Furthermore, Goal 67 of the 2022–2026 Development Strategy of New Uzbekistan sets the objective of increasing the number of citizens who regularly engage in physical education and sports, with a target of raising this figure to 33 percent by 2026.

The high expectations set by the head of our state for the fields of physical education and sports aim not only to nurture physically developed individuals, but also to raise well-rounded, culturally refined, and morally upright human beings.

The main task of athletics clubs and sections should be to strengthen students’ health and to foster the development of morally and spiritually mature personalities. In schools, athletics activities – such as walking, running, throwing, and jumping – should be organized in accordance with students’ interests and abilities to encourage them to participate in this type of sport.

The educational material of this program is intended for student groups of all age categories. In the beginner training group (ages 11–12), the main focus is on strengthening health, developing general physical fitness, coordination abilities (agility), speed, flexibility, and endurance.

In the adolescent group (ages 13–14), young track and field athletes continue their comprehensive physical development and training, and depending on their abilities, they are directed toward specific types of athletics that require endurance, speed, or strength.

The development of effective systems of means, methods, and techniques for improving speed in young athletes requires scientific study and substantiation. The research topic examines issues of developing endurance and speed qualities in young athletes, which are among the most important aspects of physical development.

At present, many coaches acknowledge that the technique of sprint running is highly individual and, despite certain biomechanical characteristics, largely depends on the athlete’s personal features as well as the level of speed and intensity they achieve. However, this does not negate the existence of general, rational elements of technique that are common to all and continue to be improved.

Purpose: The aim of the research is to develop effective means and methods for training the speed qualities of 13–14-year-old track and field athletes and to determine their efficiency indicators. Based on the results obtained, it was observed that in the initial sessions, athletes ran a 60-meter distance with relatively low efficiency.

During daily training sessions, more emphasis was placed on exercises aimed at improving speed. The structure, forms, and content of training sessions were carefully organized. For all athletes, the main organizational form of training was group work, with individual training sessions lasting about two hours or more. Shorter sessions could also be conducted. The main training was carried out daily, while less intense morning exercises and additional homework tasks were performed at other times of the day.

In all forms of training, the following basic principles were observed: training should begin gradually, then move on to the main workload, and intensity should be reduced at the end. This gradual change in load intensity is a necessary condition for any type of athletic training session. Training sessions were structured according to a generally accepted model consisting of three or four parts. Depending on the goal, content, training period, and preparation level of the athletes, one of two variants was applied.

In the third week, during games and individual exercises, the athletes demonstrated better performance results compared to previous weeks. Improvements in speed qualities were especially noticeable in 30-, 40-, and 50-meter sprint runs.

From the initial results, it was found that the movement performance of young athletes in the experimental group did not meet the test standards. The findings show that properly directed training sessions – that is, using standard exercises and specially selected methods aimed at improving the speed qualities of young athletes – led to significant changes after the experiment, demonstrating the effectiveness of the work carried out during the training process.

A survey was conducted among professors and lecturers of the Department of Physical Education and Sports. Twenty people participated in the survey. According to the results:

In response to the question “Should young athletes be fast regardless of the type of athletics?”, 80% of the respondents answered yes.

To the question “Should athletes be fast in throwing events?”, 40% answered yes.

To the question “Should athletes be fast in jumping events?”, 90% answered yes.

To the final question “If an athlete’s speed quality is not well developed in running events, can it still benefit them?”, 100% of the respondents answered yes.

The research shows that the development of speed qualities in young track and field athletes consists of the following components:

- Starting speed;
- Starting speed in ordinary situations;
- Starting speed in complex situations;
- Absolute (maximum) speed;
- Speed of performing push-off techniques.

Each of these elements has its own place in the training activities of track and field athletes. Young athletes usually train under complex conditions. Examples of exercises that increase starting speed in such situations include short-distance sprints. To analyze the technique of sprint running, it is conventionally divided into the following stages:

Start acceleration;

Running along the distance;

Finishing.

Start. In short-distance running, according to competition rules, a low start is used, which involves the use of starting blocks. The placement of starting blocks is highly individual and depends on the athlete’s level of skill and physical capabilities (see Figure 1). In practice, there are four types of low starts depending on the placement of the blocks:

Standard start;

Extended start;

Close start;

Narrow start.

When the runner takes the starting position, they must avoid unnecessary tension or stiffness in their movements. At the same time, they should be poised like a compressed spring, ready to explode into motion. Upon receiving the command, they must immediately initiate a reactive movement and push off from the start.

Moreover, the time interval between the commands “Set!” and “Go!” is not fixed by competition rules and depends on the starter. Upon hearing the signal (such as a gunshot or verbal command), the runner must instantly begin moving forward.

In conclusion, it can be stated that speed quality is essential for every young athlete. During training sessions, greater emphasis should be placed on exercises that develop speed and agility. The results indicate that with properly directed training – using standard exercises and specially selected methods aimed at improving the speed qualities of young track and field athletes – significant improvements were observed after the study. This confirms the effectiveness of the training program.

The results on speed qualities demonstrate that all groups, especially the experimental ones, showed noticeable progress.

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