



Eureka Journal of Education & Learning Technologies (EJELT)

ISSN 2760-4918 (Online) Volume 2, Issue 2, February 2026



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<https://eurekaoa.com/index.php/2>

PHYSICAL TRAINING OF SPORTS PLAYERS

Madaminov Oribdjan Nishanbayevich

Fergana State University, Faculty of Physical Culture, Department of Teaching Methodology of Physical Education and Sports Games, Lecturer.

+998-532-79-39

madaminovorifzon083@gmail.com

ORCID: <https://orcid.org/0009-0000-6050-8285>

Abstract

The higher state educational standard requires students to be specialists (bachelor) in the field of physical culture and have knowledge of socio-economic sciences: understanding the role of physical culture in human development and professional training; possessing a system of practical skills and qualifications that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities, qualities, and self-determination in physical culture; and gaining experience to achieve life and professional goals. Sports games and their teaching methodology. It can be used by students of the Faculty of Physical Education, masters and physical education teachers of secondary schools, coaches of basketball, volleyball, football and handball players of primary training groups of sports schools, organizers and instructors of physical education, and all fans of these sports.

Keywords: Sports games, physical culture, physical education, physical fitness, agility, dexterity, flexibility, endurance, physical quality.

Introduction

Physical education is the most important part of the educational and upbringing process. Its main tasks are to improve health, comprehensive physical and special development, and increase the general and special performance of the body.



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Practice and scientific research have convincingly shown that physical education plays a significant role in sports achievements. It is closely related to technical, tactical and psychological preparation. Without sufficient development of such qualities as strength, speed, endurance and agility, it is impossible to successfully use technical methods and implement planned tactical actions.

Physical training is usually divided into general and special.

General physical training is aimed at cultivating versatile physical abilities necessary for the harmonious development of participants, improving the functioning of the body, creating a solid foundation for effective work, and achieving high sportsmanship.

The correct choice of physical exercises is of great importance. Not all means of general physical training have a positive effect on the development of special qualities. There are three types of physical exercises: mutually supportive, neutral and opposite, giving a negative result.

Based on this, in gymnastics sports, simple general developmental exercises are used without equipment, with equipment (gymnastic wall, bench, rope, gymnastic pommel horse) and with objects (stuffing balls, gymnastic sticks, dumbbells, ropes).

Track and field events include cross-country, short and middle-distance running, grenade throwing, shot put, high and long jump; weightlifting includes various preparatory exercises with dumbbells; acrobatics includes handstands, crunches, somersaults, and more.

General developmental exercises are selected to involve the main muscle groups and at the same time have a general effect on those involved.

It is not enough to choose specific means of general physical training, it is necessary to determine their volume and correctly distribute them throughout the annual training cycle.

Specific physical training is a process aimed at developing the physical qualities necessary for this type of sports.



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Each sport has its own characteristics, but at the same time the nature of the movements in a particular game has many similarities: cyclicity, variety, variability of load intensity. In such conditions, long-term activity requires the development of a specific set of endurance, speed, strength, agility, and flexibility.

To this end, they use special preparatory exercises that are similar in structure to the basic game movements, as well as exercises in the technique and tactics of the type of game being studied, action games, and games in which the players specialize.

Research Problem and Objectives

Developing leg muscle strength is important for all sports. Developing the strength of other muscle groups is important for a particular game. For example, for handball and tennis players, it is equally important to develop arm muscle strength; for basketball players - arm and trunk muscle strength, etc.

In some sports, the development of specific strength is aimed at increasing the speed and accuracy of movements. Excessive increase in the physiological diameter of the main muscle groups is not recommended for those involved in sports.

A variety of resistance exercises are used to develop the strength and speed of muscle contraction: lifting a dumbbell weighing 50% or more of the maximum; exercises with a partner and overcoming your own weight; exercises with throwing objects of various weights; exercises with resistance bands, rubber bands, weighted belts, lower leg and wrist cuffs. Perform light resistance exercises in succession, repetitions to failure, with moderate weights (70-75% of the maximum result) in succession, with many repetitions to failure; gradually increase the weight to the maximum (starting at 50-60% of the athlete's maximum result). Dynamic, static and low-intensity exercises are used to develop strength.



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Theoretical Framework

The following methods are mainly used to develop physical qualities in sports: uniform, interval, repetition, variable, performance to failure, and competition.

The interval method is used to develop speed-strength endurance. Participants perform exercises or run in segments of distance (for example, 10x20 m) for a period of time with certain shortened rest intervals and play intense two-way games for 10-15 minutes. With a gradual reduction in active rest breaks or relatively constant rest intervals, full recovery of performance does not occur during this period, or they are performed in a row, repeating the exercises.

The repetition method involves repeating certain exercises or the game in general over and over again after a long period of rest to ensure adequate recovery.

The alternating method is most suited to the nature of movements in games. Using it, the coach alternates exercises that require a lot of effort with exercises performed with a small load, changing the duration of their execution.

Procedure

Structural elements of educational cooperation technologies:

The game method is most often used in training for sports games. Its essence is the use of various games, often active games, to develop movement skills, primarily agility and speed.

The competitive method is also widely used in the development of movement qualities. For this purpose, competitions are held in running, jumping, throwing, swimming, cross-country skiing, and sports games.

Recently, combined and mixed methods have become increasingly widespread. Combined methods - special movement skills are improved using special weights on the arms (wrist cuffs), legs (weighted boots) and torso (weighted vests, belts). It allows you to develop strength, speed, and endurance at the same time. In this case, the size of the weights is very important (excessive amounts lead to distortions in the movement structure being improved).



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One of the types of combined methods is also considered to be the improvement of technique against the background of high intensity of motor activity, which allows to achieve resistance of motor skills to the harmful effects of fatigue.

Principles of Educational Collaboration Technologies

Our research has shown that a systematic approach to the physical training of athletes involves the integration of training, competitions and other factors. Here it is very important to know the level of preparation of athletes at a given time (complex of indicators, sports results), select a set of training methods and tools, organize training and competition schedules, organize all components of the athlete's activity and general lifestyle.

Cooperative Learning Signs of Technology

A systematic approach to the physical training of athletes involves the integration of training, competitions and other factors. Here it is very important to know the level of preparation of athletes (complex of indicators, sports results) for a given period, select a set of methods and means of training, organize training and competition schedules, organize all components of the athlete's activity and life.

Collaborative teaching technologies are based on the principle of “pedagog-student cooperation” and are used in the following forms:

- conducting small researches;
- participation in the competition on the topic;
- preparation for science Olympiads;
- preparation of joint projects;
- publication of scientific articles in creative cooperation;
- creation of educational resources in creative cooperation.

Requirements for the use of collaborative learning technologies:

- cooperation with partners and groups;



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- active work, a responsible approach to tasks;
- positive attitude towards cooperation to tasks;
- not only for his own benefit, but also for the success of his partner and the group and a sense of responsibility.

The procedure for using joint educational technologies:

- requirements (4-5 people) work in small groups;
- uniform training material for the team;
- each group finds an answer to a separate question;
- an expert group will be formed;
- this group has the opportunity to assess the performance of each student separately;
- the points scored by the students are summarized and based on the activity of the small group evaluated;
- the team with the highest score is the winner.

The educational process is extremely complex, and in this process society requires high efficiency of education based on its socio-political and economic needs.

Coeducation, which is a relationship between a teacher and a student-students will have coeducation based on technology. Thus, improving the quality of cooperation technologies in the field of education, increasing the effectiveness of education, making decisions about mutual relations between teachers, students, student group, as well as the community, ideological and moral to achieve unity, to strive for a condition for the realization of the inner potential of each student and for his/her manifestation as a person.



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ISSN 2760-4918 (Online) Volume 2, Issue 2, February 2026



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