

## The Effectiveness of Supervising and Improving the Training Process of Highly Skilled Japanese Throwers

*Khaydarov Bekzod Shukuralievich*

*State University of Physical Education and Sports of Uzbekistan*

**Abstract:** This article describes the results of the studies conducted in track and field javelin throwing, analyzes the training loads organized during them, and on their basis the possibilities of purposeful organization and orientation of trainings are identified.

**Keywords:** Training, spears, throw, load, preparation.

### Introduction

Relevance of the topic. Today, javelin throwing is one of the most popular sports in the world, and it is praised for its place in the Olympic Games. Sports competitions held in the world are of special importance due to their high level of organization and high sports results. Of course, when we record the results in this sport, the athletes of countries such as Germany, England, Czech Republic, Poland, Russia, USA, China, India, Japan, which are leaders in the world in throwing, record high sports results. Achieving such sports results indicates the correct organization of the training system of athletes. Today, the results of our country's athletes in the field of athletics have their status and prestige in Asia, but it remains a dream that they will take high places in international competitions with this result. But it cannot be said that there are no talented and promising athletes in our country. On the other hand, the sports reserves and the students of the sports schools that are operating in practice and the training conducted with them do not meet the international standards. Currently, there are obvious deficiencies in the training of highly qualified athletes from the javelin throwing type of athletics, which shows that our athletes are lagging far behind the results of international competitions. K.T. Shakirjanova, N.T. Tokhtaboev, M.S. Olimov, I.R. Soliev, foreign experts N.N. Chesnokov, V.G. Although Nikitushkin, A. Aksenova and many other scientists and specialists have conducted a number of scientific researches, the emergence of new athletes from year to year requires improvement of the training process. This shows that the development of new programs for the training system of throwing athletes is one of the urgent tasks.

Purpose of work. Improvement of the system of preparation of javelin athletes for competitions, consists of methodology of load control at each stage of preparation.

Tasks of the research work.

- Analysis of scientific and methodical literature within the subject;
- Study of anthropometric parameters of javelin throwers;
- Analysis of training process of javelin throwers;

Published under an exclusive license by open access journals under Volume: Issue: 7 in Jul-2022

Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <https://creativecommons.org/licenses/by/4.0/>

- Proving the level of physical fitness of javelin throwers in an experiment.

Methods: Distribution and control of special loads based on the characteristics of athletes of javelin throwers based on research methods.

Methods such as scientific-methodical literature analysis, theoretical-comparative analysis, pedagogical observation, pedagogical control, comparison, pedagogical experience, mathematical statistics were used in the research.

Research results and its analysis. The results of the study show that a pedagogical experiment was conducted with the aim of improving the training of javelin athletes and the following tests were obtained:

1-30 m run, 2-60 m run, 3-standing long jump, 4-standing 3-jump, 5-barbell squats (with 60% of the maximum in 20 seconds), 6-lifting the barbell in the lying position (maximum 60% in 20 seconds), 7th lifting (60% of the maximum in 20 seconds), 8th barbell pull down (60% of the maximum in 20 seconds), 9th plank behind the head (60% of the maximum in 20 seconds), 10- javelin throw from a standing position (800 gr). 11th five-step javelin throw (800 gr).

**Table 1.**

Tests	control group				experimental group			
	T/Б	T/O	growth	B, %	T/Б	T/O	growth	B, %
1	5,28	4,86	0,42	8,6	5,17	4,47	0,7	15,7
2	9,05	8,39	0,66	7,9	8,91	8,08	0,8	10,3
3	217,5	238,5	21,0	8,8	226,6	278,8	52,2	18,7
4	676,8	741,0	64,2	8,7	695,3	841,8	146,5	17,4
5	10,8	12,0	1,12	9,4	11,2	13,4	2,2	16,2
6	13,7	14,8	1,11	7,5	14,2	17,0	2,8	16,3
7	12,2	13,5	1,37	10,1	12,1	14,8	2,8	18,7
8	13,2	14,1	0,93	6,6	13,3	15,2	1,8	12,1
9	20,3	22,1	1,75	7,9	20,1	23,1	3,0	13,0
10	37,69	41,21	3,52	8,5	37,21	45,77	8,6	18,7
11	45,82	50,55	4,73	9,4	46,17	55,67	9,5	17,1

*Note-1, the tests are given by serial number.*

Training sessions for highly skilled javelin throwers are weekly microcycles.

Day 1. Warm-up exercises that develop flexibility with a spear. Running and throwing the spear - 25 times, running and throwing - 35 times (including the lightened spear). Repeatedly running the arm back in a step with a spear, 30-40 times in total. Long and triple jump with 4-6 running steps - 12-15 times.

Day 2. Warm-up exercises with a barbell (15-20 kg), special exercises, total - 40-60 times. Exercises with barbells: push-ups, push-ups and squats 3-5 times, 15-20 approaches in total. Running from the start and walking - 20-30 m, total - 8-10 times. 100 m run - 2 times.

Day 3. Warm-up exercises with exercise balls. Running and throwing - 15-20 times, speeding up and throwing - 45 times. Five-time jumps on one and two legs at a quick run - 10-12 times in 2-4 running steps or medium jumps - 30 times. Throwing the core (4-7 kg) in different ways, in total - 30 times. Accelerated running from 100 m - 2-3 times.

Day 4. Rest., 5th day. According to the program of the 1st day., 6th day. According to the program of the 2nd day., 7th day. Rest.

Total: javelin throws - 180-150 times, dumbbells, double-handed throwing of cores - 30 times, special exercises - 120-80 times, barbell exercises, total - 40-30 approaches, repetitions - 150-120, jumps - 100 - 80 times, sprint running - 1.5-1.3 km.

Day 5. 1. Flexibility development and warm-up exercises. 2. 2x40m sprint, 2x40m deer jump. 3. Jumping three times on one leg. 4. 8-10 jumps on each leg, 2-4 repetitions. 5. Throwing the javelin on the shoulder and stretching both hands over the javelin in a mixed step running 4x40m. 6. Jump up running in the same position 4x40m. 7. 4x40m running with the knees up, holding the 2.5 kg barbell forward with both hands. 8. Sprint 4x40m. 9. Frog jump 4x40 m. 10. Deer jump 6x50 m. 11. Sprint 2x40m. Stretching and stretching exercises.

Day 6. Rest. Sauna or swimming pool.

Day 7. Rest.

We studied the level of physical fitness of the subjects of the control and experimental groups who participated in this study. According to it, we can see that in the 30m running test, the control group's time was 5.28 seconds before the study, and it improved to 4.86 seconds after the study. We can see that the experimental group's average time of this test was 5.17 seconds at the beginning of the study, and it improved to 4.47 seconds by the end of the study. In our second test, the control group averaged 9.05 seconds in the 60 m sprint at the beginning of the study, and improved to 8.39 seconds by the end of the study. At the end of the study, the experimental group showed a result of 8.91 seconds at the beginning of the study and 8.08 seconds at the end of the study. In the standing long jump test, we can see that the athletes of the control group jumped to an average height of 217.5 cm at the beginning of the study, and by the end of the study, it increased to 238.5 cm. In this test, the subjects of the experimental group showed a result of 226.6 cm at the beginning of the study, and 278.8 cm at the end of the study. we can see that it has improved by the end of the study. In the standing 3-bar jump test, we can see that the control group's 676.8 cm increased by a percentage of 8.7% to 741 cm at the end of the study. In the same test, the experimental group's test results were 695.3 cm at the beginning of the study and 841.8 cm at the end of the study, which is a percentage increase of 17.4%. In the exercise of sitting with a barbell, the athlete lifted 60% of the weight he lifted for 20 seconds, while the subjects of the control group lifted 10.8 times at the end of the study, on average, 12 times. During the experiment, we can see that the experimental group's test scores for this test were 11.2 times at the beginning of the study, and

**Published under an exclusive license by open access journals under Volume: Issue: 7 in Jul-2022**

**Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <https://creativecommons.org/licenses/by/4.0/>**

13.4 times at the end of the study. in the exercise of lifting a barbell in a lying position (max 60% for 20 s), the subjects of the control group lifted 13.7 times at the beginning of the study and 14.8 times at the end of the study. We can see that in the experimental group, the percentage of this test was 12.2 times at the beginning of the study, and it changed to 17.0 times at the end of the study, which is a good result of 16.3%. In the deadlift exercise, subjects in the control group performed an average of 12.2 lifts at the beginning of the study and improved to 13.5 at the end of the study, an increase of 10.1%, while subjects in the experimental group performed an average of 12.1 lifts, increasing to 14.8 at the end of the study and 18 increased by 7%.

We saw a 6.6% increase in deadlifts compared to 13.2 reps in the control group at the beginning of the study, and 14.1 reps at the end of the study. During our research, we found that the subjects of the experimental group performed 13.3 times, and after the study, they performed 15.2 times, a percentage increase of 12.1%. In the shoulder exercise, the control group lifted 20.3 times at the beginning of the study and 22.1 times at the end of the study. It can be seen that the experimental group's score on this test increased to 23.1 times at the end of the study. In the 800-gram javelin throw exercise from a standing position, it can be seen that the test group of the control group showed a result of 37.69 cm at the beginning of the study, while at the end of the study it increased to 41.21 cm. At the end of our study, we found that the experimental group of test subjects grew from 37.21 cm to 45.77 cm. In the 800g javelin five-step exercise, we can see that the control group subjects grew by a percentage of 9.4% from 45.82 cm at the beginning of the study to 50.55 cm. In this test, the subjects of the experimental group threw 46.17 cm at the beginning of the study, and at the end it showed 55.67 cm, a percentage increase of 17.1%.

The obtained results were expressed by the growth percentage diagram.

**Conclusion:** The analysis of the scientific researches of our country and foreign scientists on the topic of the research shows that many scientific researches have been conducted on the distribution of training loads of the javelin throwing type of athletics.

During the study, the effect of planned training loads on the results of athletes increased significantly. It is well known that strength is the most important physical quality for throwers. The use of weightlifting exercises in training with them helps the development of physical qualities of athletes and the growth of sports results.

#### **USED LITERATURE:**

1. Jhilkin A. I., Kuzmin V. S., Sidorchuk E. V. Legkaya athletics (Ucheb. posobie dlya stud. vyssh. ucheb. zaveden. str. 237-238. M.: 2009 g.).
2. Nikitushkin V.G., Uchebnik. Theory and methodology of children's and youth sports. 201 st. M.: 2010 g.
3. Ozolin N.G., Khomenkov L.S. and Dr. Uchebnik is a trainer for athletics. 77-78 str. M.: 1986

4. Shakirjanova K.T., Javelin throwing training manual 8 b/t. Page 131. T.: 2011
5. Olimov M.S., Soliev I.R., Khaidarov B.Sh. Improving sports pedagogical skills. pp. 125-133. Textbook T.: 2017y.