
THE PECULIARITY OF THE ISSUE OF CHOOSING YOUNG ATHLETES FOR TABLE TENNIS

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Abstract:	Keywords
This article provides information on the distribution of participants by sports schools, sports sectors and clubs specializing in table tennis, and the problems that arise in this process. There are also instructions for choosing participants of this sport.	Sports competitions, sports sectors, morphological indicators, physical development, mental abilities, stages of sports competitions, orientation in sports.

Introduction

Today, consistent measures are implemented in our republic to popularize the field of physical education and sports, promote a healthy lifestyle among the population, especially young people, develop mass sports and create the necessary conditions for the participation of all segments of the population in sports, ensure the worthy participation of our country in international sports fields. Experts note that in recent years in our country, the main part of athletes who occupy high positions in national and Olympic sports is made up of athletes who are engaged in sports schools, specialized sports schools. This is a vivid reflection of the large-scale and systematic work carried out in the field of physical education and sports. Indeed, the measures taken in order to popularize sports among the navqiran generation are paying off today. One of the main things that should be done so that athletes who are engaged in sports schools can show a high result is the correct selection of athletes for sports at the right time. These activities will set the stage for those who have the opportunity and ability to play sports to choose children and become highly qualified athletes in the future.

In the process of sorting into sports, selection work should be organized taking into account the specificity of each participant: the structure of the torso, the degree of physical development (Total and partial dimensions of the body), physical abilities, the level of technical training, psychological training and such individual characteristics, that is, taking into account the fact that in the future.

The optimal age limits of the multi-year preparatory stages are established, which make it possible to successfully train highly qualified athletes. At each stage of multi-year sports training, there is an interplay of purpose, task and methods of selection, as well as the choice of an athlete.

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In modern sports practice, including the sport of table tennis, it is important to identify individuals who can achieve high results in the future. Ability in sports consists of the following components:

- a) impeccable morphological indicators;
- б) compatibility of physical and mental capabilities;
- в) high variation and adaptation that are bounded for the organism;

Selection treatment and correct orientation in the sport are an important task in the process of multi-year training of the athlete. Selection in sports (selection) is the search and knowledge of talented children who can achieve high results in a specific sport.

Sports orientation comes from assessing the capabilities of a particular person, on the basis of which the choice of the most suitable sport for him is carried out.

The sports competition is held among students of the general education school engaged in sports sections, clubs, as well as athletes. Sports competition begins in childhood and ends in the national teams of the country to participate in the Olympic Games.

There are 4 stages of the sports competition:

1. Preliminary stage – to determine whether it is advisable to play sports, whether it is possible to engage in it, the presence of prospects. It is decided at the first (initial) stage of multi-year preparation. In the first stage of the competition - public viewing with the aim of directing a contingent of children aged 6-10 to engage in one sport or another. Sport is admitted to the primary preparatory groups of schools according to the age established in this sport, the criteria for sports orientation are the recommendations of the physical education teacher, medical examination data, anthropometric measurements and their assessment from the point of view.

2. Intermediate stage – to determine if he has the ability to engage in a specific sport (narrow sports specialty), to effectively improve the ability in the process of strong training. It is decided at the previous and specialized basal stage of perennial preparation. The competition is carried out in preliminary preparation groups according to the program in the last year of study: assessment of Health; implementation of control and conversion standards, anthropometric measurements; determination of growth rates of physical qualities and sports results. For the final determination of the individual sports specialization of each student, a systematic study is carried out.

3. Closing stage – determination of the possibility of achieving excellent results in athletes. It is decided at the stage of maximum implementation of the individual capabilities of the athlete. At the third stage of the competition - the search for promising athletes and their inclusion in the Olympic training centers, attracting groups for the development of sports.

4. Improvement phase – the possibility and prospect of maintaining high results in athletes. In the achievement retention stage, the transition of a highly qualified athlete to another sport, discipline, another program or another ampoule (defender, midfielder, striker) is decided. In the fourth stage of the competition - viewing training camps.

The selection of candidates is carried out taking into account the following indicators:

- 1) sports-technical results by years of training and their dynamics (start, peak, decline);
- 2) the degree of strengthening the technique of performing the most unstable elements when performing exercises in extreme conditions;
- 3) level of resistance to disruptive factors in the conditions of technical training and competitive activity of the athlete.

Sports competitions serve as the main form of qualifying candidates for the national teams of the country.

Selection for the Sport is carried out at admission to sports schools, sports sectors and clubs. The sports coach decides on the basis of the permission of the doctor of the physical education dispensary, telling the selected athlete in a conversation what type of sport he has the opportunity to play.

A selfless coach leads a goal-oriented contest among kindergarten children and schoolchildren, campaigning for children and parents to engage in specific sports.

When admitting children to sports schools, it is necessary to take into account the appropriate age for playing sports, but it is also in the literature that some well-known athletes began to play sports much later.

The age norms for starting sports are as follows: girls start playing sports 1-2 years earlier than boys, achieve high results even faster, and leave Sports earlier than boys. Practicing and specializing in sports that require strength and endurance, starting 2 – 4 years later than the types that require coordination and speed.

Athletes with their ideal anthropometric indicators in each sport will help achieve their highest results. The indicator of the physical development of swimmers is different from that of players and cyclists.

Indeed, in modern sports practice, it is important to timely, correctly identify promising spotty young people who will be able to achieve high results in the future, including in the sport of Table tennis. Because, sports training is a multi-year process. Preparing an Olympic champion will take a lot of time and, together with this, a lot of funds.

An important role is played by the fact that the heads of sports schools and coaches take into account the following when 6-7-year-olds are engaged in training:

- 1) determining Sports ability at an early age is more problematic, and the level of reliability is much lower;
- 2) high-intensity loadings, requirements for early specialization lead children to quit sports;
- 3) most athletes who start training at the age of 6-8 will quit playing sports by the age of 15-17 without being able to show high results;
- 4) practice shows that starting Sports Later is preferable to starting early.

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