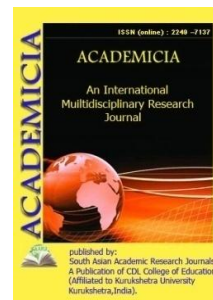




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STAGES OF SPORTS TRAINING IN BADMINTON AND ITS CONTENT

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ABSTRACT

This article discusses the stages of preparation for badminton and their specific features. The content of the preparatory stages and the requirements for them have been studied and interpreted from the author's point of view. Age-specific features of the preparatory stages and ideas for their organization are summarized. Sports activities usually include a number of periods in the age development of an athlete [1]. In particular, badminton is no exception. At the same time, the content and structure of the exercise change significantly in accordance with the age characteristics of the athlete and the logic of sports maturation. The stage of initial sports training usually begins at early school age (in some cases even earlier) and proceeds to the next stage along with the choice of the subject of sports specialization. About sports exercise in its meaning can be spoken here exclusively conditionally, since its characteristic features are still almost not expressed.

KEYWORDS: *Badminton, Preparation Stages, Age Characteristics, Planning.*

INTRODUCTION

Sports activities usually include a number of periods in the age development of an athlete [1]. In particular, badminton is no exception. At the same time, the content and structure of the exercise change significantly in accordance with the age characteristics of the athlete and the logic of sports maturation. The main stages of the formation of shugaring for many years of sports can be listed as follows:

- Stage of initial sports training;
- Stage of initial specialization;
- Stage of deep improvement;

- Stage of "longevity" in sports.

The age limitation of these stages undergoes significant changes depending on the characteristics of the sport [2], the personal characteristics of athletes and other conditions [3]. Research conducted before and after the 1970s revealed specific periods of age restriction in sports. But today these boundaries have to some extent lost their relevance. In sports, the parameters of age restrictions have changed. (For example, O. Chusovitina at the age of 41 took part in the Olympic Games 7 times and set a record).

Now it's worth talking about the stages and explaining them.

The stage of initial sports training usually begins at early school age (in some cases even earlier) and proceeds to the next stage along with the choice of the subject of sports specialization. About sports exercise in its meaning can be spoken here exclusively conditionally, since its characteristic features are still almost not expressed. Classes are organized in a comprehensive manner - mainly in the form of general training, with an incredibly wide use of the available means of physical education and training. Beginner athletes, trying their hand at various sports exercises, under the guidance of a coach, determine the subject of their future specialty that best suits their abilities.

During the initial stage of specialization, especially in cases where sports specialization begins in adolescence and even earlier, the widespread use of general training continues to occupy a major place. The most important task at a special stage is to lay a reliable foundation for future achievements, that is, to ensure a comprehensive harmonious (hormonal) development of the body, to increase the level of its functional capabilities, to enrich the variety of movements, skills and abilities, to master the basics of sportsmanship. Aiming for the highest possible athletic performance should not be limited here, but in the long term.

Experiments and observations show that primary specialization is preferable to the manifestation of "multiculturalism".

For example, in badminton, a general specialization initially arises. In other sports, in particular in athletics, athletes specialize in triathlon, pentathlon, etc. This corresponds to the general direction at this stage of a sports exercise and at the same time creates additional ground (Guarantee) against mistakes in determining the subject of narrow specialization without interruption. In some cases, the athlete chooses the subject of the main specialization through the approximation specialization, in which exercises are performed that are easier for him to cope with (for example, the future Styer in the initial specialization runs much shorter distances). This way makes it possible to get the necessary training period and competition experience, without waiting for the age characteristics to reach the level that allows. Therefore, the higher the age conditions in the training of the chosen sport, the more widely this path is used.

During the years of initial specialization, the training process only gradually acquires all the characteristic features of a sports exercise. Initially, the weight of the special training is comparatively low. The volume and intensity (intensity) of physical activity will grow at a much slower pace than in the future. This is especially true of sports activities for children and adolescents, since in them, due to the natural growth of the body, plastic metabolism is incredibly increased, which in itself is a great functional load for the child.

This stage also has its own way of preparing for sports exercises. During the training period, at first, the main place is occupied by almost completely the preparatory period. The competition and transition periods will look like they are "cut back". At the same time, the means, styles and forms of training, the magnitude and the closest orientation of the loads alternate within wide limits. In many cases (especially for children and adolescents), the duration of the exercise periods should be shortened. As we approach the end of the stage in question, the training process is more and more modified in accordance with the laws necessary to achieve high results in full-fledged sports.

The initial specialization stage takes about 2-3 years. At the same time, depending, first of all, on the individual characteristics of the athlete and the nature of the sport, these terms can vary significantly. By the end of this stage, the athlete must have reached approximately the second level (category) of the unified sports classification.

Deep Cultivation Stage Age ranges at this stage are in the 17-20 to 35-40 age range in most sports. It is this time that is considered the time of the most active sports practice, when the highest level of sports abilities is noted, and the heights of sports mastery are achieved.

All the specific patterns of sports exercise find their fullest expression at this stage. The learning process will be very deeply specialized. The weight of special physical, technical, tactical and volitional training increases significantly. But it should not increase by reducing the time allocated for general training, but by significantly increasing the time allocated for special training. The concentrated volume and intensity of physical activity will reach their absolute maximum during this stage, reaching significantly higher rates than before. Also, the influence of competitive practice and the structure and content of training will increase significantly.

As the athlete approaches the peak of achievements, the level of additional increase in sports results decreases, and after 6-8 years of specialized training, a temporary decrease in indicators occurs.

Apparently, the following two types of reasons can be attributed to such a decrease in the long-term dynamics of sports achievements: a) biological reason - a natural decrease in the adaptive capabilities of the organism as it grows; b) insufficiently perfect modern method of organizing long-term training.

It is necessary that further rationalization of the training process could minimize such a decrease or even push it away before reaching a much older age. At the same time, the most important is, among other things, a purposeful renewal of means, methods and forms of exercises, as well as the optimal alternation of cycles, characterized by different ratios of general and special readiness, as well as varying degrees of volume and intensity of loads.

As mentioned above, the dynamics of physical activity, including perennial ones, should have a wave-like character [4]. On the scale of long-term "waves" of loads, first their volume, and then the intensity reaches its maximum. Although this community is a learning process, it usually varies between the ages of 35 and 40 in order to maintain a high level of general performance as well as special qualities and qualifications for as long as possible. What has been achieved earlier is also being improved to a certain extent (especially in terms of technical and tactical training).

At this stage, the content of the exercise by its nature from year to year approaches general physical fitness. The role and place of the competition is decreasing. The upward trend in loads

now persists only for a short period of time and applies only to certain groups of exercises. In accordance with this, the structure of the training process will also be rebuilt [5]. The boundaries between periods seem to disappear.

Annual and multi-year planning is a program for a sports coach. With its help, the trainer controls and controls the entire training structure. When drawing up annual and multi-year plans, it should be possible to change, supplement or improve them. Since by now a sharp increase in sports results and the use of various means and techniques in training athletes leads to the fact that the athlete is ahead of the planned plan, and in some cases, on the contrary, the athlete's inability to fully master the assigned tasks also requires a change in the plan. Besides unexpected trauma for the athlete, some problems in social life also require a change in the plan.

The rhythm and other states (moments) of the structure of the exercise begins to be more influenced by the mode of work. In sports practice, annual and long-term planning is of particular importance. This type of planning summarizes the general view of the athlete's training. This process unites in its structure all directions and sections of the side of sports training and serves as the basis for further plans. The annual and long-term planning includes such necessary indicators as theoretical and practical knowledge, abilities, skills and qualifications that are provided for by the plan and which the athlete must master.

The peculiarities of the sport, the level of the athlete's capabilities, climatic conditions, material and technical security should be taken into account in annual and long-term planning. The schedule of the competition is also of particular importance. The planning of training sessions according to the time, place and conditions of the competition will be more accurate and efficient.

The general signs of the main stages in the long-term process of sports training are such that today these indicators have not changed their structure, both in content and in form. The stages and results achieved on them are updated in modern sports. Nevertheless, the content of the tasks by stages has not lost its relevance.

The organization and planning of sports activities is a complex pedagogical process and requires a high level of knowledge from the coach. Before covering these points, it will be necessary to periodize in accordance with the age characteristics of the athlete.

Taking into account pedagogical, psychological and biological knowledge, children and adolescents are divided into the following age groups:

- Junior school age. 1-4 grades (from 6-7 to 10-11 years old);
- Middle school period. 5-9 grades (from 11-12 to 14-15 years old);
- Teenage years students of academic lyceums and professional colleges (from 15-16 to 17-18 years old).

The coach as a whole must be careful with his students. In sports practice, the specifics of training are distinguished. These differences are characterized by the shortness of the training time, the lower volume of loads, and the specificity of the methods of teaching exercises.

At the heart of any sports activity is sports exercise planning. Without planning, it is impossible to achieve any results or establish sports activities.

Sports training planning means a guarantee of future sports results in advance (Kerimov F., 2004). Therefore, it is advisable that trainers or specialists attach particular importance to this process.

The most important criterion to consider when planning an athletic training is the age, personality and qualifications of the athlete. Athletes can be trained according to a common plan when all three indicators are close to each other. In this case, it is also important not to forget to give them exercises individually.

There are the following types of sports training planning [6]:

1. Long-term planning.
2. Annual planning.
3. Monthly (mesocycle) and weekly (microcycle) planning.
4. Plan for a specific workout.

Each type of planning implies a certain level of tasks. It is wrong to say that there is a specific border between them. Each process acquires its own individuality and has a common unity. When planning sports activities, especially at the stage of initial sports training, the main attention should be paid to the issues of the comprehensive development of athletes. Because young athletes who have just started training, who have insufficiently formed motor forms, will not be able to perfectly master the technique without the physical qualities necessary for sports. We can say that when planning long-term training with young athletes, it is necessary to achieve the formation of a large-scale basis, which will be necessary for the athlete's further sports activity.

At this point, the ratio of general and special training alternates for many years (Fig. №1)

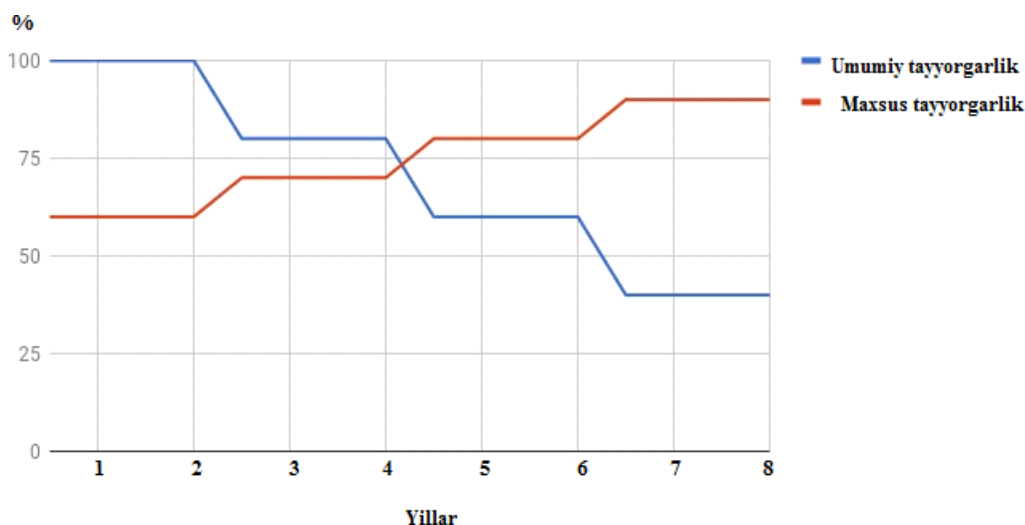


Figure № 1. Dynamics of changes in general and special readiness for long-term preparation.

When planning a sporting event, a number of aspects should be given special consideration. Whether it's a long-term plan or short-term plans - all this should be built on the basis of certain procedures, based on certain patterns. At the same time, the issues of further sports activity,

health, spiritual and moral education of a young athlete and other similar issues are taken into account. It is especially recommended that when planning and conducting trainings for young athletes, the issue of improving their health, hormonal development, and further increasing functional capabilities remains in the center of the trainer's attention.

In the process of planning sports activity, the inclusion of a large volume of loads in the plan being drawn up, the settings of complex tasks in front of the plan create problems in the training process.

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