

## TRAINING FUTURE PHYSICAL EDUCATION TEACHERS FOR COACHING ACTIVITIES

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### ABSTRACT

*The article discusses the preparation of physical education teachers for coaching activities and how to arouse students' interest in physical education through sports and movement games. It is very important that the future physical education teacher shows and identifies the importance of each topic, establishes communication between students, and teaches knowledge and topics on a regular basis. In recent years, many and many decisions have been made to prepare people for physical fitness and a healthy lifestyle, and many more are being put into practice.*

**KEYWORDS:** *Physical Education, Sports And Movement Games, Healthy Living, Students, Youth, Direction.*

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### INTRODUCTION

There are many types of parenting. The most important of these in the formation of a mature person is physical training. When a person is healthy, he becomes sane and mature not only physically but also spiritually. It is up to all physical education teachers, as well as all teachers and educators, to guide young people to life, to help them use their power properly, to bring them up in a way that is kind to the people and their homeland. In recent years, many and many decisions have been made to prepare people for physical fitness and a healthy lifestyle, and many more are being put into practice. The following are the main directions of reforming the system of physical culture and sports until 2025: [1]

### IMPROVING PHYSICAL TRAINING AND PUBLIC SPORTS

Increase the total number of people engaged in physical culture and sports to 30%, and the total number of young people involved in sports organizations and institutions to 20%;

Gradually increase the quality of coaches and specialists in public sports education institutions, in particular, the number of employees with higher education to 80%;

Development and implementation of an effective and transparent four-tier organization-district (city) -region-republican system of selection of talented athletes from among the youth on the ground;

The Ministry of Sports Development of the Republic of Uzbekistan held a "Children's Sports Games" among sports students of sports schools to identify talented athletes and create a reserve

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for youth national teams, as well as to organize a competition among students of higher education institutions. Involvement of students in regular sports as a result of the organization of "Games";

In order to promote physical education among a wide range of the population, including high school students, students of professional and higher education institutions, to identify talented people among them, the festival "Secondary school sports", "Physical training Development of a system of gradual conduct of the competition "developed institution" (district, city, region, republic) and the introduction of the nomination of the best secondary school, professional and higher education institution with a developed level of physical fitness;

Development of sports tourism in the field of sports from 2020 through the systematic holding of the international marathon "Tashkent Marathon", the international eco-marathon "Save Aral", motor rally and motocross;

Introduce physical fitness testing among all segments of the population;

Establishment of scientific laboratories for athletes of national teams in sports, the introduction of advanced innovative technologies in the training process and the establishment of effective medical and pharmacological support in sports;

Members of the regional national team in sports under 18 years of age in the youth departments of regional children's multidisciplinary medical centers and older members of the regional team in district (city) multidisciplinary central polyclinics introduction of a mechanism of regular in-depth medical examinations;

Introduce a system of doping testing at the republican sports competitions in stages, starting from February 1, 2020;

Establishment of infrastructure for Winter Olympic sports, establishment of a system of training professional athletes through the popularization of these sports; and so on.

As a result, the decision is intended to cover all segments of the population, even in remote rural areas.

It is very important that the future physical education teacher shows and identifies the importance of each topic, establishes communication between students, and teaches knowledge and topics on a regular basis. Students need to acquire theoretical knowledge in order to put their practical work into practice, without forgetting for a moment about the ultimate goal of teaching. Teachers should take into account the individual characteristics of students and be equipped with the latest information on the methods used in physical education. The teacher can explain to students that the issue of physical culture and sports is not a simple issue, but one of the main tools for the full development of man, first of all, his labor activity, a means of defending the Motherland. Must provide knowledge in the field. It is important that students are interested in their profession.

In physical education, a student should learn:

Know the norms of loading, choose the means of forms and methods to solve specific tasks of physical education;

Develop basic work plans and take them into account at various levels of physical education;

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Identify student learning outcomes, evaluate their progress, harmonize, and direct students to independent work;

Overseeing the work of educational institutions;

Develop a plan of public events, regulations for competitions, their implementation and organization;

to unite the efforts of children's social organizations, families and schools in order to improve the quality of work with schoolchildren in the field of physical education;

Use of specific teaching equipment and tools;

Mastering the basics of new pedagogical technologies and applying them in practice.

As we all know, despite so many decisions, physical education in schools has been limited to girls playing handball and boys playing soccer. Unfortunately, this is not the case in some places. The training of highly qualified personnel will enrich the state spiritually. If a student excels in physical education; he or she will be able to demonstrate this mobility and energy in other subjects. You just have to be more discriminating with the help you render toward other people. It requires a lot of professionalism from the coach. On September 4, 2019, a video conference chaired by Shavkat Mirziyoyev on the development of physical culture and sports, strengthening preparations for international competitions criticized the lack of gyms in most schools in Uzbekistan and their unsatisfactory condition. It also said that if there are more than 12,000 sports facilities in the country, their daily capacity will be 1.5 million people, and the level of provision of sports facilities to the population will not exceed 4.5%. The president asked, "How can sports be popularized in such a situation?" And a number of assignments were given. Reforms are still underway. Articles titled "2245 schools do not have gyms" were also answered. It is no coincidence that we say, "If you have the right tools, you will have less trouble." If there are favorable conditions for the course, any qualified staff will be happy and will take the course with great interest. Otherwise, no matter how qualified the staff, they will not feel satisfied with their lessons. We all know that children and students are active. There are so many types it's hard to say. Depending on the age of the child, physical education classes can use a variety of movement games. What are action games? Which one do you prefer? - The question is of interest to each of us. The concept of "action games" encompasses many, many different forms of folk play, each of which ultimately contributes to the comprehensive physical, psychological, and mental development of children. It is a type of active folk game, the main content of which is to increase the effectiveness of the movement.

The oldest action games are just about work and homework. Later, these concepts were greatly expanded and enriched with content on a large scale. It is clear that labor imitation games, apparently, began to be used as an objective source of life as a means of physical training from a very early age. Consequently, with the development of society, specific and appropriate requirements began to emerge. That is, the transition to action games has become more exciting and lively. Raising children in the spirit of teamwork, hard work and a sense of duty to the community is one of the most important issues today. From the first day of school, a child should develop a love of work, organization, diligence, and the ability to finish work. It is important to use all means of education, including children's favorite games.

It is well-known that the games of preschool children are based on imitation. They look around, head out one by one everywhere. He incorporates some of the things in the game and learns about the world around him through the game. The games described in the book, such as walking, running, jumping, throwing, and climbing, play an important role in the development of children's movements.

The children's encyclopedia describes the game as follows: "Once upon a time, before our ancestors went hunting or fighting, they organized war dances and games. They competed in targeting, agility and strength testing. Such exercises also helped them to overcome the enemy. When you grow up, whether you are a doctor or a driver, an operator or a designer, a teacher or a test pilot, you will definitely need useful, fun and interesting games.

There are currently two types of games:

1. Action games
2. Sports games.

Games that consist of different types of running, jumping, throwing, and other movements are called action games. There are two main types of movement games used in pedagogical practice:

1. In free, creative or free games. Game participants set their own game plan and try to achieve the set goal themselves. In infants, preschoolers and small school-age children, they often have a plot. The roles are distributed according to the plot. That is why psychologists call them roles. They can be individual or group.

2. Action games organized according to the established rules. It requires leadership or the children to be their own leaders. They are very diverse in content and level of complexity:

- A) Simple, team less action games. In this case, each participant fights for himself, following the rules. All play activities are aimed at gaining personal advantage over others through qualities such as speed, strength, agility. In these games, personal initiative is preferred;

- B) Relatively complex, team-moving games, in which players primarily defend their interests, but sometimes, at their own discretion, help their peers. Avoiding the attacker in the game will help you get rid of it. (Tie, shake hands, escape with a captive) Sometimes a player may temporarily collaborate with other players to achieve a goal. In some games, such cooperation is even provided for in the rules (Polar Bear and Wolf);

- C) In team action games, players form separate team groups. They represent the team's collaborative efforts to achieve a common goal. All personal interests are subordinated to the interests of their team, and the activities of each player depend on the success of the whole team. In team games, it is necessary to coordinate their activities with the activities of the teams and to separate the team captain from among the players for the overall management of the game. That is, obedience is obligatory for all.

Some team games have a semi-sport character. They are very complex in terms of movement techniques, game style and rules. Some games require role specialization. Such games are called semi-sports in some sources.

## **CONCLUSION**

In short, physical education is important for personal development. Of course, it is up to science teachers to increase the number of physically and spiritually mature people. So let's properly educate and educate future cadres.

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