



# **INTERRELATIONSHIP BETWEEN GENERAL AND SPECIAL PHYSICAL FITNESS OF YOUNG JUDOISTS AT THE TRAINING STAGE AGED 14-16**

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## **Abstract:**

The article presents the rationale for effective means of technical and tactical training of young female judokas at the educational and training stage: the impact on the success of attacking judo actions on the ground. It is important to note that at this stage in the process of educating young athletes, the following tasks are solved: health promotion, comprehensive physical development, training in various physical exercises, mastering technical and tactical actions and combinations of technical and tactical techniques. To do this, it is necessary to improve the existing methods of training young athletes. When developing the experimental methodology, it was necessary to determine the relationship between the parameters of general and special physical fitness. Based on the results obtained, we can say about the need to increase the volume of general and special physical fitness of young judokas aged 14-16 years, as the main factor in increasing their technical and tactical skills.

**Keywords:** Judo, methodology, general physical training, special physical training, ground game, physical qualities, speed-strength training, educational and training stage.

## **Introduction**

In Uzbekistan, much attention is paid to the development and popularization of sports and physical culture. Over the years of independence, the country has created an effective system for training professional athletes, coaches and judges. The implementation of these goals in every possible way contributes to the widespread promotion of a healthy lifestyle, the education of comprehensively developed youth, and the further development of physical culture and sports in the republic.

Numerous studies and practice show the leading role of the development of physical qualities of female judoists, which are inextricably linked with the high functionality of all body systems. "Physical training plays a decisive and fundamental role in the preparation of female judoists" [1,2,3].

Thus, it is possible to state the necessity of allocating means and methods of special speed-strength training (SSST), which are an integral part of the means of special physical training (SPT) and should contribute to both the formation of a rational structure of motor action and, at the same time, the necessary increase in the energy potential of the working mechanisms that ensure their functioning. According to scientists [4,6], SPT should be divided into two parts: preliminary, mainly aimed at building a special "foundation", and the main one, the purpose of which is the highest possible development of motor potential in relation to the requirements of the chosen sport. In other words, in the SPT system, speed-strength training and sports technique should be considered in an inseparable unity with the physical and functional preparedness of female athletes.

## **The Purpose of the Study**

To determine effective means of training based on the relationship between general physical and special physical fitness of young judokas aged 14-16 at the educational and training stage.

The basis of the relationship between technical methods and physical fitness is the unity of motor qualities and skills, which is determined by anatomical, physiological patterns, the commonality of the conditioned reflex mechanism underlying the development of both motor skills and physical qualities. We have carried out a special analysis of the structure of aspects of physical fitness of female judokas and the effectiveness of their competitive activity, which allowed

us to determine the significance of the influence of various aspects of physical fitness on the sports result. [5,7,8].

, scientific and scientific-methodological sources on combat sports almost always use exercises with a partner, which makes it quite difficult to separate special physical exercises from the main ones. We believe that only some exercises with a partner are considered to be the main ones.

Special exercises performed in contact with a partner (for example, uchi-komi in judo) do not raise serious questions. The issue of using exercise machines and mechanized means in special training is very unclear. To manage the physical fitness of female judokas, control is necessary, which involves the selection of informative indicators. This approach serves as an evaluation criterion for the methodology we use, and the training process should be adjusted based on the results obtained [9,10].

### **Methods and Organization of the Research**

The study was conducted at the sports school specialized in combat sports in Tashkent region. 12 people, girls aged 14-16, were involved in the experiment. Testing to determine the general and special physical fitness of the female judokas was conducted at the beginning of the study to form groups and at the end to analyze the results of the study. Normative tests were used to assess physical qualities: 60 m run (seconds); shuttle run 3×10 m (seconds); 800 m run (minutes); pull-ups on a low bar (number of times); standing long jump (cm).

To assess the level of special physical fitness of female judokas, directly related to attacking ground fighting, the following tests were developed, assessed using the expert assessment method: turning an opponent over from a ground position (60 sec.); escaping from a hold.

For the second test, a group of experts (3 people) with experience in judo judging give a score according to the majority rule; if 2 experts consider the element to be completed, the score is counted. To obtain the results for this test, the positions that the subject managed to achieve during the execution of the elements in the allotted time (60 seconds) were counted:

a) When turning the opponent onto her back from the parterre position, 1 point is given if the projection of her back is completely directed downwards and the attacker controls the position; 0.5 points are given if only one back is directed downwards. [11,12].

b) When leaving the hold, a score of 1 point is given if the subject completely left the " toket " hold; a score of 0.5 points is given if an exit was made, but the attacker immediately returned to the " osae -komi- waza " hold position. On a computer using the Microsoft program Office A correlation analysis of the subjects' data was performed in Excel.

### Research results and their discussion

The above methods were used to test 12 subjects involved in the preliminary training stage of young men in judo in the first year of study. To determine and analyze the relationship between general physical training and special physical fitness of female athletes according to seven standards, of which four standards were responsible for the manifestation of various physical qualities, and two standards were related to determining the specific manifestations of young female judoists. (Table 1).

**Table 1**

**Results of testing young female judokas aged 14-16 ( n = 12)**

No.	Full name	Shuttle run 3x10 m.sec	60m dash	Pull-ups on a low bar (number of times)	800m run	Standing long jump (cm)	Turning the opponent over from the ground position (sec)	Escape from hold (sec)
1.	Abu- ova A	6.7	7.3	16	3.49	165	5	5
2.	Tazh-eva Zh	7.5	8.9	13	4.20	155	7	5
3.	Abd - ova M	6.6	8.9	10	4.04	151	5	4
4.	Ashu - ova M	6.8	8.0	14	3.23	175	3	3
5.	Number of A	8.4	10.2	7	4.54	153	3	3
6.	Hur - ova B	7.5	8.4	9	4.15	151	3	5
7.	Uri - Eva M	7.0	8.8	9	3.45	152	4	4
8.	Umi - ova B	7.5	8.7	10	4.48	142	5	3
9.	Mum - ova A	7.4	9.6	9	4.11	166	5	4
10.	Abd - Eve B	8.3	9.5	7	3.22	140	3	4
11.	Glav - ova M	6.8	8.4	14	5.33	175	2	5
12.	Rus - ova N	8.3	8.9	15	4.06	180	2	3

Based on the critical value of the correlation coefficient at  $P = 0.05$ , statistically significant for 12 correlated pairs are values  $r \geq 0.54$ , due to this, the values are less marked in red. Values  $r \leq 0.63$  show an average correlation and are marked in green. Values  $r > 0.63$  reveal a strong relationship between the features and are marked in purple. A close relationship  $r > 0.90$  is determined between the 60-meter run time and the 3x10-meter shuttle run, as well as the 800-meter run time and the 60-meter run time  $r > 0.84$ .

## Conclusions

Analysis of the research results showed that individual physical qualities do not show a reliable relationship with the elements of motor actions in the ground position. This result proves that in order to improve attacking wrestling in the ground position, it is necessary to use special physical training. Isolated development of physical qualities of female judoists is not capable of providing significant progress in her technical and tactical skills. Specific means and methods used in training should play a decisive role in solving the problems of increasing the potential of young female judoists.

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