

Planning of physical loads during training period of Judo

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Annotation:

In the article, there are conclusions and recommendations, which examine issues such as planning physical loads of judos during the training period, increasing the efficiency of training, organizing pre-training loads, improving methods of planning pre-training loads.

The current level of development of the sport increases the requirements for the quality of training of judos at various stages of the long-term training and educational process. Competitions are characterized by the high intensity of technical and tactical actions that require maximum muscle strength from athletes and the ability to perform them in a rapid changing environment. Special attention is paid to the training of qualified judos, organization based on new systems and experiences in planning loads. The experience of many countries in the world shows that judo has developed as a national sport of japan and reached the level of and Olympic sport.

Nowadays, judo wrestling stays the next stage after football in terms of popularity, 178 countries are members of the International Judo Federation, and about 30 million people are engaged in the sport.

Judo has become a favorite sport among population of different countries, especially among young people, and it is no exaggeration to say that this sport has been included in the program of the Olympic games. Judo sport serves today as an important tool for forming a healthy lifestyle in young people, protecting healthy, and improving training is extremely urgent.

In the large-scale reforms implemented in our country, physical education and sports, especially the development and popularization of children's sport are considered as one of the priority directions. In recent years, Uzbek judos have been achieving high results in major international competitions.

Taking into account the fact that training loads are of various specializations, complex coordination and quantity planning are important in training judos, it is desirable to obtain scientific information about the optimal volume of training loads, given exercises and their distribution.

In many years of experience in the practice of training high-skilled judo athletes and in the process of constant participation of our country's national teams in international competitions, the failure to implement the methods of improving the special qualities of our judo athletes at the required level in this sport, today requires a review of the training processes of athletes.

It is important to carefully develop selected loads in training sessions with judos according to their application characteristics, to rationally plan and control new training loads to improve the training of judos.

Development of Olympic and national sports in the Republic of Uzbekistan, issues of popularization of physical education and sports are the priority directions of the state policy of the Law of the Republic of Uzbekistan No. O'RQ-394 of September 4, 2015 on "Physical education and sports", Resolution of the President of the republic of Uzbekistan dated October 2, 2017 No. PQ-3306 "On measures to further develop the national sport of wrestling", Decision of the President of the republic of Uzbekistan dated November 5, No. PQ-5281 "On the preparation of athletes of Uzbekistan for the XXXIII Olympic Games and XVII Paralympic Games to be held in Paris (France) in 2024", and other normative-legal documents related to this field are important for paying serious attention to the fundamental reform of the training system of qualified athletes and achieving high results in prestigious competition.

However, achieving high sports results require the athlete's responsibility, tireless work on himself, and the coaches professional competence, new approach to training, research and increasing experience.

In the process of training judos, the following should be taken into account:

- to improve the effectiveness of training sessions conducted with judos;
- planning the organization of pre-training downloads;
- improving the methods of planning the organization of pre-training workloads;
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- study of educational and scientific documents on methods of planning physical loads;
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- study and analyze the experiences of foreign and local experienced coaches.

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