

THE ROLE OF JUMPING TYPES IN THE DEVELOPMENT OF YOUNG ATHLETES

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Annotation: *The proverb is the physical, spiritual of every person involved in sports, citing ways in which aspects of mental nurturing be given attention read.*

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Introduction

Today it is great to develop physical and sports from our country importance is being given. "President Of The Republic Of Uzbekistan Sh.M.Mirziyoyev's June 3, 2017 edition of physical education and mass sports PQ-3031, 2018 in the framework of further development measures "The system of Public Administration in the field of physical education and sports is fundamentally PF-5368 decisions on improvement measures the main basis for the further development of Physical Education and sports in our country serving as.

Nowadays, the jumpers of our country are good at the Asian, World Championships results are being achieved. Asian triple jump championships the winner is Anastasia Zhuravlyova (Kirbyateva). Demetrius among men Mashtakov, Kamoliddin Ruzamukhamedov youth jaxon Championship participant Artem Lobachev to good results in Asian world arenas there is a meltdown. Helmet of Indonesia as of 29 August 2018 Jakarta at the 18th summer Asian Games held in Palembang Athletics in the high jump jumping event at the. two members of the women's team received gold and silver medals. In particular, Svetlana Radziwiłł showed a result of 1.96 meters and got 3 in the line Asia he became the winner of his games. Interestingly, the main competitor to him is also from Uzbekistan the athlete was Nadiya Dusanova. Nadia recorded a result of 1.94 centimeters without broke his personal best and earned a silver medal. This is his The second silver medal in the framework of the Asian Games.

Jumping competitions are currently organized in our country three stage:

1. "Sprouts of hope".
2. "The perfect generation".
3. Young talented as included in the program of competitions" Unversiada" it has been paying off in the training of athletes.

We will lay the groundwork for the Olympics through these competitions. Our jumpers at the Olympics with their good results participate. Jumping is the most developed of the types of athletics. Jump it has developed rapidly in its many years of history. Sports in jumping the growth of the indicators of the competition in world-class competitions the importance is very great. As a result of this, in the technique of jumping, training new uniforms began to appear in their vehicles. Jumping is a natural way to cross obstacles and in a short time to give maximum strength to the neuromuscular force. In the light athletic jump athletes can

control their bodies, be able to gather their strength abilities are improved, strength, speed, agility, courage go beyond. Jumping-strengthening the muscles of the legs and body and jumping it is one of the best exercises to generate and only light not only to athletes, but also to representatives of other sports, especially, it is necessary for basketball players, volleyball players and players.

The light athletic jump is divided into two types:

1. From vertical obstacles for the purpose of jumping as high as possible jump-high jump and anchor jump.

2. Cross obstacles with the aim of jumping as far as possible – long jump and triple jump. Results achieved in the jump in metres and measured in centimeters. Jump to length and high jump species are included in the "Alpomish and Barchinoy" tests.

This tutorial is studying in the direction of Physical Culture this tutorial prepared for students shows the types of jumps special for development, technique, teaching methodology and strengthening exercises are listed, book Youth Uzbekistan athletics – continuing the glorious tradition of jumpers, meticulous the secrets of the jumping technique serves as an important tool in their possession.

There are the following types of light athletic jumping, and they are in different ways is done.

1. Running and jumping long.
2. Come running and jump three points to length.
3. Come running and jump high.
4. Come running and jump with anchor.

Running and jumping long: "bending the legs", "chest there are methods of", "scissors". The most common of these is "scissors" method.

Achieving a high result in the long jump is mainly running depends on the resulting speed. At depination, the resulting velocity is reached by. related. The higher the speed of running when depressing and the faster the depressurization is performed, the faster the initial takeoff speed is high and jump so far. Long jump jumper to the stagnation of flight in space, its movements on the ground it also depends on how correct it is.

Triple jump-in running and from three consecutive jumps is a phrase.

1. Falling from one leg to the same leg itself again (from "sapping to).
2. Depination to the foot again depsinib shaking to the foot (consists of "step").
3. Fall to the ground on two legs (from the "jump") with a shaking leg depsinib to.

The speed of the jumper "sapping" and at the end of the "step" the leg to the ground decreases at the time of laying. The faster the speed brakes, the "step" and the longer the "jump" decreases. "Jump", "wave" of running and high jump, There are methods of "Perekat", "Perekidnoy", "Fosbury-flop". From methods "Perekidnoy" and "Fosbyuri-flop" are the most affable.

From the light athletic jump of running and jumping anchor the difference is its implementation with a portable base-anchor. He ran from landing, dragging anchor to the ground and depressing, from hanging, on the anchor, the jumper's lift causes the plank to

roll over and land consists of falling. This jump phase is all related to each other by, performed in a certain rhythm. Jump score jumper up to the speed of lifting and how high the anchor is to the speed of moving up, according to him, to the exact execution of all the elements of the technique, it also depends on the tension of the anchor to its elasticity.

That the jump was formed by running and depressing from the ground for, that is, the base-free phase is characterized by a length of time. Jump type looking, he.O.M. in the flight phase, it moves along a certain trajectory.

Triple jump has some features. Where is the alternating base and there will be flying phases. Movable support when jumping anchor differs from the rest of the jumps by being. This is the first part of the jump the base, and the other (from the moment the arm is disconnected from the anchor) – without a base.

Show a good result in the jump, the beginning of the jumper's body is determined by the speed of flight. In doing so, the jumper is effective in being able to increase the height and length of the jump motor height action plays an important role.

To facilitate the analysis of the jump, it can be divided into 4 phases:

-To come running and get ready to depress-from the start of the run until the leg is placed in the depressant position.

-Depsination – depositions, starting from the moment the foot is placed in the place of depositions until the end.

-Fly-depressing leg from the moment when the rope is disconnected from the base to the ground until touch.

-Falling to the ground – from the moment you hit the ground, the movement of the body is complete until it stops.

Now let's take turns looking at the phases recorded at the top. To come running and prepare for depressions. Run to jump before starting, the jumper runs and jumps, the whole attention of which is fulfilled should be attracted to his exercise and while collecting his mind and performing the jump it is necessary to take the one that gives the maximum strength.

The initial position of the jumper before starting to run is always one, the torso is slightly bent forward, the legs are slightly bent, the arms are half must be folded. Keeping the illusion together in the forward direction the initial position of the jumper indicates correctness.

Increasing the speed when running, you can get the most out of the last steps high speeds are achieved. The movement of steps in running the structure (except for the high jump) is like acceleration at a short distance is. In the technique of performing the last steps of running each type of Jump has its own characteristics.

The jumper creates a horizontal speed when running, and this speeds up to. by connecting with the vertical speed formed during depressing, the body produces an initial climb rate of. This leads to the fact that during flight the body makes it possible to shift with inertia and under the influence of the force of gravity. Running the rate of depletion is related to the

rate of arrival. Coming running the faster their steps before depressing, the faster the depressing is.

Leg depressions in all types of jumps are fast and comfortable to the place is put. The foot should be straight when touching. Then the base of the foot it will be light to endure the arrival of a great force in the phase, in the bend depreciation will be more tense, and the benefit in writing will be greater. Foot the base point is the jumper all the time while the depressant is being put in place body U.O.M. is slightly ahead of the terrestrial projection of. This distance is it is abundant when jumping high, while in the rest of the jumping species it is much more there will be less.

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