



FEATURES OF SPORTS GAMES, THEIR PECULIARITIES

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Annotation

Sports games are based on human-specific play activities. The game plays a big role in human life. In childhood, play is an effective means of basic activity, preparation for life, work, physical education. Sports-related games fall into a separate group, based on competition - sports games or recreational sports. The characteristics of sports games are determined by the specific characteristics of the competitive activity that distinguishes them from other sports.

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Sports games are based on human-specific play activities. The game plays a big role in human life. In childhood, play is an effective means of basic activity, preparation for life, work, physical education. Sports-related games fall into a separate group on the basis of competition - sports games or recreational sports. The characteristics of sports games are determined by the specific features of competitive activities that distinguish them from other sports. In this case, the competitive confrontation is carried out only in accordance with the established rules, using game techniques (techniques) that are specific to a particular game. In this case, the presence of an opponent is mandatory.

In the form of a team game, the goal of each part of the competition is to convey the theme of the competition to a specific location on the opponent's site and to prevent such a thing from happening to oneself. It defines the unity of competition - a block of actions of the "defensive-offensive" type, which includes intelligence, disinformation, conspiracy, and so on. In team games, the team wins and loses overall, not individual athletes. No matter how well an individual athlete plays, if a team loses, he loses. And conversely, no matter how bad an athlete plays, if the team wins, he wins. Thus, a sports team is a holistic sports unit as an athlete in individual sports. Ideally, the main psychological direction of the athlete in the game should be the desire to fully subordinate their actions to the interests of the team (despite his personal well-being, he can in any way "harm himself"). In the absence of such an attitude, even if each athlete on the team is made up of players who are technically, physically and tactically well-



prepared, they will not be able to have a strong and coordinated team in general. The ability to sacrifice their own interests for the sake of the team, the desire to see and understand the team's interest at any time during the competition is one of the most important tasks in the preparation process for team games.

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An important factor is that there is a wide range of technical and tactical actions that allow an athlete to optimize strategies that ensure the effectiveness of the team's efforts to achieve results in conflict situations. To achieve a sports-style result (in a meeting, to win a competition), these methods must be repeated over and over again in a competitive activity process (in a meeting, in a series of meetings) - so reliability, skill stability, etc. are required. In games, several athletes are competitive, and much depends on the coordination of their actions, the organization of the actions of athletes in the course of the competition to win over the opponent. The peculiarity of sports is that it depends on the outcome of the sport. step-by-step achievement.

With a single competitive movement (e.g., jumping, throwing), the optimal combination of two factors in a sport - motor potential and reasonable technique (in principle, even in a single attempt) leads to the determination of a sporting result (jumping height, throwing distance, etc.). In games, this is just a unique first step - "technical and physical". It is also necessary to organize the actions of athletes - individuals, groups and teams as a way to realize the technical and physical capabilities in games specific to competitive activities.

The main criterion for the effectiveness of competitive activity in sports is to win over the opponent. The number of wins determines its place in the ranking of all participants. In many years of sports practice, it is known that the result of the sport - the place won in the competition - has become a criterion for assessing the sportsmanship of the team and its members. Studies show that such



representation of sports results by positions in a game sport does not fully reflect the level of skill of athletes due to the lack of quantitatively objective indicators. With the equally high level of skill of all the teams participating in the tournament, their different positions in the tournament table (first and last places) are inevitable. Even if weak teams deliberately participate in the tournament, the national champion will be determined (theoretically) and the players of the winning team will be eligible for the top sporting title. Thus, it is necessary to determine objective indicators, on the basis of which it is possible to successfully plan and control the preparation process. Objective indicators in sports games include: an elementary set of game styles (tactical aspect); the ability to quickly and accurately assess the situation, select and effectively use an offensive or defensive action that is optimal for a particular game situation (technical aspect); Specific qualities and abilities (time, spatial and power performance requirements) that directly affect the effectiveness of the action; the athlete's energy regime; sensory-motor control and others. It is important to quantify all of this. The availability of such information serves as a basis for training athletes and determining the management structure of this process, developing model descriptions, programs, plans, standards, etc. In addition to the specifics of the game and competitive activities, sports The games have a number of other features.

The classification of team and individual team games in relation to the Olympic Games is shown (Yu. M. Portnov, 1996). It can be seen that game sports are widely represented in the programs of the Olympic Games, with the participation of men and women. Team and individual team sports games differ in the nature of the relationship between the participants: partners - one team among the yins; opponents are players of opposing teams. The interactions of the players of a team are determined by the specific nature of the sports game, the structure of the competitive game activity, taking into account the actions of their team and rivals. In this complex environment, a number of "rival structures" can be distinguished for each team based on the "joint rival structure" formed as a result of competitive activity for both teams. functions "and is based on the relationship between such roles. Each member of the team is defined by his or her "game function" ("game role"). Each role is defined by a set of functional responsibilities defined by a selection (game) scheme. In addition, the role may vary depending on the characteristics of the athlete and the nature of the competition. Role structures cannot be clearly defined because they are always functions (in



unison) of the actions of all teammates and all opponents, and these tasks depend on the dynamics of the specific situation in each competition.

The functional structures of game teams are formed through functional relationships between role tasks athletes. These relationships constitute specific roles for joint tactical missions in groups. Within each group, a unique relationship emerges that sets it apart from the others. Each such group has a specific relationship with all the other groups in its group, uniting them to perform tactical moves, as well as with opponents to achieve game goals in general. Groups are the types of communication in which defensive and offensive lines are formed. On this basis, team actions are formed - group and team tactical actions in attack and defense. The subordination structures of game teams are formed through the relationship between team players and their groups, such as leadership, organization, coordination, team, subordination, independence, etc. These structures exist in a clear competitive (game) process, which depends on the content of the game plot, the rules and regulations of the competition, the specific characteristics of each team, strategy and tactics. The generality of the relationships that make up the subordination structure determines the systematic order, organization, integrity, or uniformity of team actions in each competition (game). This structure is very prone, because its components often depend on the situation. The information structures of game teams are formed on the basis of the interdependence of opponents within each team and during the competition (game). The nature, quality, reliability, timeliness of the information flow allows you to make decisions, perform reflection procedures with one quality or another, and perform actions at different levels that generally correspond to the dynamics of the competitive (game) situation. It is important to keep in mind that the information communication of competitors is determined by the desire of each party to know everything about the opponent and not to let him do the same. They, as before, do not depend on the situation in pre-determined and specific competitions. Therefore, their accounting and analysis is the simplest. The informal (natural) structures of competitive communities may differ from the formal ones that complement existing operating systems. These structures are formed through competitive-personal business (competitive) relationships during competitions and are based on each player's individual sports skills, his competitive conditions, current situations, effectiveness (or ineffectiveness) of various joint actions, overall understanding of the situation, tactics, strategy and others There are cases where athletes who



officially play one role in a team perform another in a competition. The team psychological structure of competitive teams takes place outside of competition - in the process of joint training, as well as outside of sports life. They are characterized by the characteristics of interpersonal relationships between team members. Practice shows that relationships during and outside competitions can vary significantly. However, this structure needs to be considered in order to adequately plan the training process. When working with teams to train teams, train athletes, develop different sports and general skills, the types of structures described above should first be fashioned and then to “superimpose”, to combine them with oh, to return to the single functional structure that unites them. “Morphology”, “Physiology” and “Psychology” of the teams during the competition. The result of such work is a reliable basis for team management and development, the development of strategies and tactics, the process of team preparation in general, and individual training to improve the skills of athletes. The interaction of the players of the opposing teams is determined by the presence or absence of a direct connection between the players in the opposing game. On this basis, two groups of sports games are distinguished: the first - games that directly involve wrestling and contact with the opponent; the second is games without direct contact with the opponent (Yu. I. Portnyx, 1986). The first group of games is characterized by the desire to master the puck and direct it to the goal (football, handball, basketball, etc.). The second group of games is characterized by the desire to take possession of the ball in turn, the desire to send the ball to the opponent's side, ms players (volleyball, tennis, etc.) play. It is also a game where players take turns to participate and easily complete the tasks assigned to each of the opposing teams (city, shoes, golf). Sports games as a means of physical education Sports games can be called a universal means of physical education for all categories of the population - from preschool children to elderly citizens. With their help, the goal is achieved - to form the foundations of the physical and spiritual culture of the individual, to increase the resources of health as a system of values that are actively and long-term implemented in a healthy lifestyle.

Sports games play an important role in addressing broad-based physical education challenges such as health, physical education, and the formation of a conscious need to develop the values of sports; physical fitness and health as a condition for ensuring and achieving high professionalism in socially important activities; development that ensures the development of physical potential in



accordance with nature and individually, the achievement of the necessary and sufficient physical qualities, the system of motor abilities; physical education general education aimed at the development of intellectual, technological, moral and aesthetic values; the ability to update knowledge at the level of independent research skills and attach others to them. The effectiveness of sports games that contribute to the harmonious development of the individual is primarily explained by their specific features, as discussed in Section 1.1; second, a profound multifaceted exposure to the body that deals with the development of physical qualities and the development of vital motor skills; third, convenience and readiness for people of all ages (the level of physical activity is widely regulated from insignificance in health-oriented training to high levels of physical and mental stress at the sport level). fourth, with an emotional charge, where everyone is equal - "both old and young"; fifth, sports games are a unique sight, so they cannot be compared with other sports. Sports games are widely demonstrated in the field of physical education in general and vocational education institutions. In academic activities it is basketball, volleyball, handball, football; in addition to the above, table tennis, badminton, hockey, tennis, etc. are grown in extracurricular physical and fitness activities. Sports games are widespread in the system of additional education: children and youth sports schools, Olympic reserve specialized children and youth schools, children and youth physical education clubs, various fitness clubs, recreation areas physical education and sports, etc.

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