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Methodology for organizing rugby trainings among schoolchildren

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Abstract
Purpose: The aim of the study is to modernize the process of physical education of younger schoolchildren by means of rugby, since rugby classes also contribute to the socio-psychological formation of the student's personality. Rugby educates character, promotes the manifestation of leadership qualities, the development of creative skills.
Methods: The main organizational and methodological conditions for the implementation of the developed technology are: the predominant use of the competitive game method in the process of teaching technical and tactical rugby actions; modeling of competitive conditions in training; the formation of creative thinking in solving problem problems, the acquisition of practical skills of interaction in groups, experience in organizing game actions and tasks, setting tasks.
Results: The results of the experiment showed that significantly different changes were observed in the results of control and pedagogical tests of the subjects of the control and experimental groups. So, in the experimental group, a significant increase in all indicators of control tests was revealed, which is a consequence of the influence of technology based on the use of rugby .
Conclusion: The systemic use of rugby means in physical education classes for schoolchildren significantly improves the level of mental and somatic health, the development of motor qualities and coordination abilities. The developing nature of training has a positive effect on the success of mastering the basics of technical and tactical actions and increasing the effectiveness of the educational process.

Keywords: Rugby, rugby trainings, specialist, systemic use of rugby means, effectiveness of the educational process.

Introduction

Today, physical education and sports have been formed as a social institution and have reached the level of one of the main means of providing health. This creates a desire to pay special attention to the development of physical culture and sports in the world, as well as to carry out systematic work on the development of sports. The desire to cover the population with physical culture and sports through the development and popularization of each sport is gaining popularity on a large scale. In particular, there is a need to involve young people in physical culture and sports through the development of measures aimed at the development of sports of high public interest. Involving them in sports, especially at the school level, is seen as one of the most effective efforts.

We know that children learn the fundamentals of knowledge at the school level. The knowledge acquired in childhood plays an important role in the full mastery of the knowledge acquired in the later stages. That is why many experts, in addition to calling for the acquisition of knowledge in childhood, also tried to develop their own methodologies in this regard.

Physical education and sports are also considered one of the main means in the development of children. Because the healthy development of children further increases their interest in the environment and science. An unhealthy child does not show interest not only in science, but also in life. Therefore, the issue of raising children in a healthy way, along with getting an education, has always been the focus of attention of the government and society. Already today, a number of works are being carried out in this direction. In particular, the work carried out by the Government to reform the education system from kindergarten plays an important role in the formation of talented youth.

Given that the process of educating children is mainly in school, it is important to focus on the development of physical education and sports at the school level. Organizing interesting physical education classes at school and involving children in a certain sport will be the basis for the development of not only scientists but also great athletes. It will also increase the chances of selecting talented athletes from among the youth at this stage. This requires an in-depth study of the development of sports in schools.

These issues have been studied in depth by Russian scientists A.P. Matveev, V.I. Lyakh and others, who have developed their own methods for organizing physical education classes in schools. In Uzbekistan, such leading scientists as F. Khodjaev, T. Usmankhodjaev, R.

Salamov have also developed programs for the organization of physical education classes in schools and created a number of school textbooks.

They focused mainly on the development of sports games in schools and noted that the development will be effective because it is a team game. Of course, due to the very essence of sports games, children's interest is aroused, as well as the fact that it has the property of covering the majority, gives it an advantage over other sports. In particular, at the school stage it is considered necessary to adopt programs in various sports, organize clubs on new sports. Therefore, it is more important than ever to pay attention to the development of sports games in schools.

Rugby is also one of the fastest growing sports today. The development of rugby serves to develop the qualities of strength, speed and agility in school children from the very beginning. It also influences the formation of values in children, such as modesty, respect for the opponent, honesty, which are moral qualities. Issues of rugby development in schools have been studied by A.S.Pylev, V.A.Kuchin and others. Uzbek specialists R.Nabiev, T.E.Nabiev, Sh.F.Tulaganov, R.R.Karieva have prepared textbooks on the rules of rugby. However, the issues explored in this article are virtually unexplored.

This suggests that there is a need to study the issue of the development of rugby among schoolchildren.

Methods

In our research, we initially conducted a small sociological study to determine how to develop rugby in schools. In the study, we tried to determine the attitude to the sport of rugby in 2 schools in Urgench (Specialized children's and adolescent Sports School for sports games located in Urgench City youth sports complex, specialized public school boarding school for Olympic and national sports in Urgench city). The study involved 30 students from both schools.

Results and discussion

In order to identify the attitude of students to Rugby, we asked them the following questions:

- Do you play Rugby voluntarily?
- What opportunities does Rugby give you?
- Do you want to achieve high results in rugby?

To our first question, “Do you play Rugby voluntarily?” 72% of schoolchildren an-

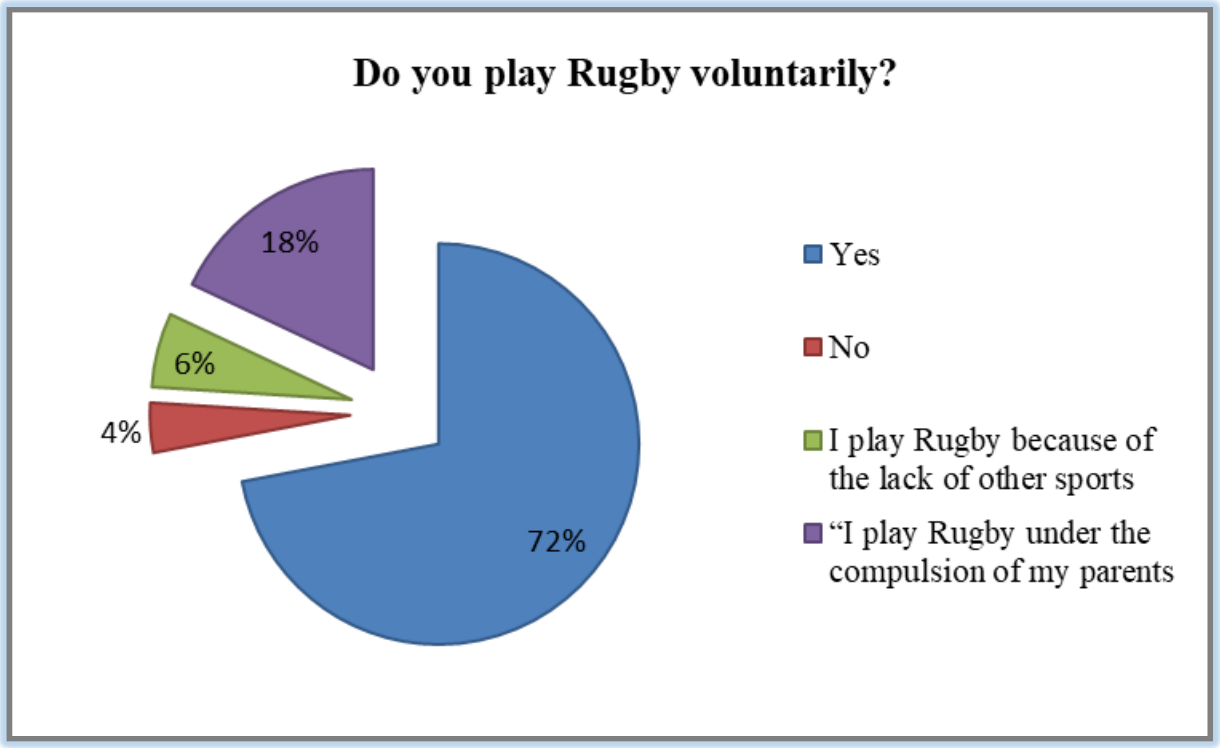


Figure 1. The results of a sociological study on the first question.

swered "Yes", 4% said "No", 6% said "I play Rugby because of the lack of other sports", 18% said "I play Rugby under the compulsion of my parents" (Figure 1).

To our second question: "What opportunities does Rugby give you?" 43% of schoolchildren answered "By playing Rugby I increase self-confidence", 35% "By playing Rugby I have achieved an increase in the number of my friends" and 22% "Playing Rugby helps to increase my enthusiasm" (Figure 2).

To our third question, "Do you want to achieve high results in rugby?" 35% of schoolchildren chose the option "Yes", 21.5% "No", 43.5% "I play rugby just for physical tempering". The fact that 43.5% of children answered "I play rugby just for physical hardening" indicates that there is also an interest in rugby (Figure 3).

It is necessary to approach the development of rugby in schools based on the specifics of our people. If school lessons are approached

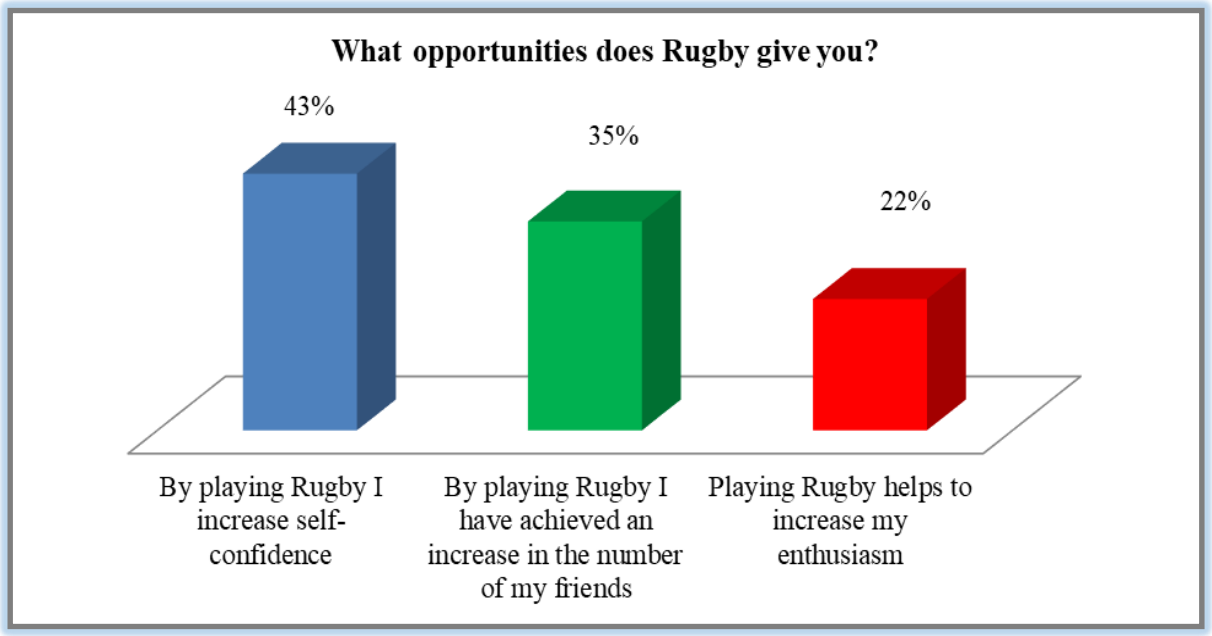


Figure 2. The results of a sociological study on the second question.

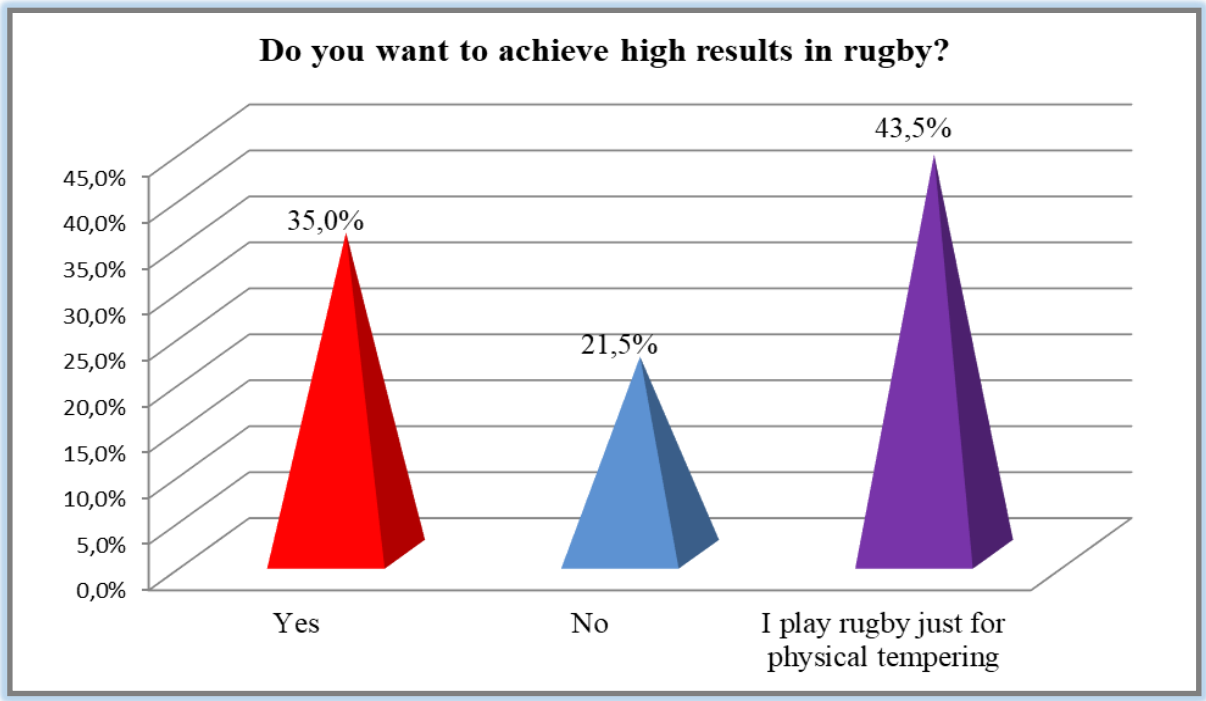


Figure 3. The results of a sociological study on the third question.

on the basis of local conditions and the spiritual and cultural values of our nation, it will lead to the correct organization of lessons. Given the fact that schoolchildren mostly work after school or help their parents with household chores, the organization of rugby classes may face certain difficulties. Since rugby is considered a team game, it is necessary to gather as many children as possible to start the game, that is, they will need to play in a team.

In the further development of rugby in Uzbekistan, it is necessary to pay attention to its harmony with our national values. This requires a certain approach to the development of rugby in schools. As we know, since rugby is a team game, it has factors that are close to our national characteristics. The following factors should be considered in the development of rugby in sports schools:

- focus on developing team spirit among youth. Formation of mutual understanding, the skill to carry out harmoniously coordinated actions and relationships based on mutual respect;
- to form in the youth the respect for the opponent and to explain in training, that you can win the opponent only in team play;
- the formation of skills in schoolchildren carry out actions and perform tasks in strict accordance with the order, by focusing on discipline when organizing training sessions and Rugby competitions;
- fostering discipline among schoolchildren by explaining the importance of discipline rules in training and rugby competitions not only in the function of competition, but also in public life.

Conclusion

The fact that rugby in general consists of team fighting plays an important role in helping young people find their place in social life. Through team fighting, the ability to think not only of one's own interests, but also the interests of the team is nurtured, and this remains one of the key features of rugby in educating young people. Because of intensity of development today is causing a person to be lonely. Man has been left with his own problems in the midst of developmental achievements, which has led to a decline in his efforts to preserve nature and humanity.

The fact that rugby as one of the modern sports is a sport that demonstrates in everyday life that humanity can achieve results through joint action, joint struggle, shows that it needs to be further developed in our country. Therefore, in the organization of rugby training, it is important to follow the following criteria or conditions, which will help to popularize this kind of sport:

First, it will be necessary to conduct a survey among schoolchildren using the questionnaire method. It is useful to study not only the opinions of children, but also the opinions and attitudes of their parents. It is important for parents to have knowledge or information on the sport when making a major decision when giving children to sport. Therefore, it is necessary to study the knowledge of parents in the research, to acquaint them with the physical and social significance of rugby.

Second, based on the results of the study, it is necessary to pay attention to the time of participation of schoolchildren in training when dividing them into groups. This makes it possible to collect them at a certain time. In particular, given that rugby is a team game, it is necessary to study the children's time, to encourage them to gather at the same time. The importance of this factor increases, especially in the organization of competitions.

Third, when organizing rugby lessons, informing children about the positive effects of exercise on the body and focusing on the development of hard work will further increase children's interest in rugby. In particular, explaining the need for discipline, and showing how discipline in competitions affect outcomes, strengthens children’s will to adhere strictly to these norms.

Fourth, the order of placement of players in rugby plays an important role. At the front of the team are the strong, at the back are the fast-moving athletes. This leads to the fact that the team structure is organized on a sequential basis. The placement of the team in this order shows that the organization of rugby lessons should be approached based on the physical capabilities of children, and it is advisable to follow this rule. In this case, the exercises should be given according to the ease and complexity, and depending on whether the first exercise helps to perform the second exercise.

The organization of rugby training on the basis of these factors, along with increasing the importance of rugby in the life of children, leads to regular involvement in rugby. As a result, the process of the development of rugby among young people in our country is formed.

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