© Eurasian Journal of Sport Science 2024; 1(1): 30-33
https://eajss.uz

Differentiated methods of general and special training of young road cyclists at the initial stage of specialization

Kholmuratov Obidjon Yuldashovich[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: is to optimize the training methodology for cyclists of initial specialization based on the intensification of the educational and training process and the decrease in the amplitude of fluctuations in the level of the volume of the competitive and special training load in the annual cycle.

Methods: To determine the effectiveness of the variant of training cyclists with a reduced amplitude of fluctuations of the competitive and training load in combination with an increased volume of exercises performed with increased intensity during a one-year training cycle. To develop methods for a comprehensive assessment of the signs of the physical condition of young cyclists at the stage of sports specialization and to study the influence of physical condition data on the sports results of young road cyclists. Experimentally substantiate the influence of multidirectional trained load on the indicators of special and functional readiness of road cyclists at the age of 13-14. The study revealed the structure of the distinctive anthropometric features of road racers. Methods for a comprehensive assessment of signs of physical condition have been substantiated. The prognostic capabilities and significance of these methods in the diagnosis of giftedness in the conditions of a youth sports school have been determined.

Results: As a consequence of the experimentally substantiated technique, it can be concluded that with the help of the technique for determining the rudder oscillation and the frequency of its oscillations, the most stable state of the analyzer systems was found, mainly at a driving speed of 30-50 km per hour. The lowest stability of the analyzer systems was noted at a driving speed of up to 20 km / h and above 50 km / h.

Conlcusion:

Keywords: cycling, young cyclists, loads, stage of sports specialization.

Introduction

During the short historical period of independence of the Republic, significant events took place in the country's sports movement. Uzbekistan was one of the first to adopt (Decrees of the Cabinet of Ministers of the Republic of Uzbekistan No. 271 of 05/27/1999 "On measures for the further development of physical culture and sports in Uzbekistan" and No. 371 of October 31, 2002 "On the organization of the activities of the fund for the development of children's sports in Uzbekistan") and others.At the same time, important tasks are set for the further improvement of higher sports skills and the conquest of leading positions by Uzbek athletes in the international sports arena (Decree of the President of the Republic of Uzbekistan dated March 9, 2017 No. PP-2821 "On the preparation of athletes of Uzbekistan for the XXXII Olympic and XVI Paralympic Games of 2020 in the city of Tokyo (Japan) ", including cycling.

This article is presented on the basis of the conducted studies of the feasibility of constructing the dynamics of training and competitive loads in the process of training cyclists of initial sports specialization at the age of 13-14, both for the conditions of sports training and for competitions. According to the existing calendar of mass sports competitions of the Republic of Uzbekistan and the calendar of the International Cyclists Union, which is the relevance of the selected work study.

Sport is a vital need, and the interests of society and the state are above all else. Sport is the essence, the political system, the state foundation, the ideological foundation. Here are the origins of winning prestigious international competitions, including cycling. The rapid growth of sports achievements in all track disciplines that has taken place in recent years, as well as the inclusion of the Olympic Games program, the Omnium race program on the track is a relatively new discipline. It has been included in the Olympic Games program since 2012 in London. Until 2016, the program consisted of 6 disciplines: 1- lap from the move, 2-points race (30 km men, 20 km women), 3-elimination race, 4-individual pursuit, 5-scratch, 6-pit from a place (this program was held for two days). Since 2016, "Omnium" has included 4 disciplines: 1- scratch, 2-tempo race, 3-elimination race, 4- points race with subsequent holding within one day. The analysis of the literature of recent years and the training process of cyclists, as well as participation in international competitions in the discipline “Omnium”, directed to the study of this prob-

lem, the search for solutions to problems related to the participation of athletes of the national team in competitions and the search for solutions to optimize and manage the training of track athletes in this discipline and, as a result, the growth of their skills (Potapov, 2014).

Methods

Theoretical analysis of scientific and methodological literature on the problems of research, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical statistics.

Results and discussion

Achievement of the training effect due to the use of the original variant of constructing the annual cycle of training cyclists, on the basis of "leveling" the volume of special training loads in combination with their intensification is shown. The widespread opinion about the harmfulness of early achievement of sports form was not confirmed. [4] In the tested version, cyclists covering 18-20 thousand kilometers in a year achieved high sports results during seven months of the competitive period.

Based on the tasks set, a range of research methods were determined, such as analysis of domestic and foreign literature and data from sports practice; pedagogical observation; timing and testing of training and competitive loads according to heart rate monitoring data; methods of testing and control exercises, competitions; pedagogical experiment; methods of mathematical statistics.

The research was carried out in the conditions of the educational-training process of initial sports specialization groups (13-14 years old) in several stages.

Thus, the optimized technique made it possible to reveal the effect of training in cyclists, where significant functional changes are observed, leading to an economy of physiologi-

Table 1. Annual training plan for 13-14 years old cyclists of the first stage and first year of training

Content	Training periods and months												Total hours
	transition		preparatory					competitive					
	X	XI	XII	I	II	III	IV	V	VI	VII	VIII	IX	
The number of hours	-	-	1	1	1	2	1	2	1	1	1	1	12
devoted to theoretical studies	-	-	1	-	-	-	-	-	1	-	-	-	2
Physical Culture and sport; their effect on the athlete's body													
The regime and nutrition of athletes	-	-	-	-	1	-	-	-	-	1	-	-	2
Cycling Basics	-	-	-	1	-	-	-	-	-	-	-	1	2
Equipment and inventory	-	-	-	-	-	-	1	-	-	-	-	-	1
Rules of the competition	-	-	-	-	-	1	-	1	-	-	-	-	2
Traffic rules and road signs	-	-	-	-	-	1	-	1	-	-	1	-	3

Table 2. Annual training plan for 13-14 years old cyclists of the first stage and first year of training

Content	Training periods and months												Total hours
	transition		preparatory					competitive					
	X	XI	XII	I	II	III	IV	V	VI	VII	VIII	IX	
Amount of practical knowledge	16	15	14	19	15	19	15	17	30	31	29	17	237
Practice as an instructor and assistant in refereeing (judge)	-	1	-	-	-	-	-	1	1	-	-	-	74
Studying the technical equipment of the bicycle and its re-	1	-	1	1	-	1	1	1	-	1	1	1	9
The number of GPP and TFP	1	-	-	1	1	1	-	-	-	1	1	1	7
SP	1	-	-	1	1	1	1	2	3	3	3	1	17
Teaching technique, tactics and motor skills:	8	10	7	12	9	10	5	4	9	9	7	4	94
- the number of training sessions for general physical training and physical fitness	85	104	76	44	44	106	58	49	17	17	17	49	1066
SP	24 15	30 12	21 18	36 12	27 12	30 18	12 27	12 27	28 50	28 50	22 50	12 27	282 318
- the number of training hours by: GPP and TFP	160	130	130	100	130	250	500	700	1000	1000	1000	600	5700
SP	50 60	40 50	0 80	0 50	0 40	0 16	360 45	550 30	0 800	00 73	00 69	0 34	0038
- total number of km (transmission no more than 77.6 dm):	40	40	50 -	50 -	85 -	0 85 -	65	80	1000 40	0 160	0 180	0 160	9010 5545
Highway										30	70	90	5
Cross													
Track													
- the number of competitive exercises, km	10	-	-	-	5	5	30	40	60	80	60	10	300
Total hours													612
Total kilometers													5700

cal processes and increasing the stability of the body's activity when working in a state of fatigue. [3] In view of the fact that the level of functional adaptive mechanisms must be taken into account in the complex assessment of the signs of physical condition, on the basis of which the selection of athletes in adolescence can be carried out.

Three leading analyzers for cyclists were selected for research: vestibular, visual and receptor (motor). An experimental and a control group of 15 athletes were organized, approxi-

mately at the same age (13-14 and 14-15 years old) and physical fitness. (table 1)

It was expressed in an increase in the level of physical performance, maximum oxygen consumption, in a decrease in heart rate, pulmonary ventilation, oxygen demand and debt when performing standard bicycle ergometric loads.
The parameters determined by us - the rudder amplitude and oscillation, [1] decided that the rudder oscillation amplitude in the control and experimental groups before vestibular stimulation is at relatively the same damage, and after vestibular stimulation in both groups, the rudder oscillation amplitude increases. In the same state, the rudder oscillation amplitude also increases after the application of metered loads. And the steering oscillation is reduced.

The data obtained after the pedagogical experiment showed that athletes from the experimental group improved in terms of the functional state of the motor apparatus, while athletes from the control group improved slightly.
From which we concluded that with the increase in the functional readiness of the sensory systems of athletes in the experimental group, some adaptation of vestibulosomatic reactions and improved differentiation of motor tasks with a significant difference of $P<0.01$ and $P<0.05$, $P<0.01$ and $P<0.05$.

Conclusion

In addition, the levels of special physical training of the participants of the experimental group showed us significantly positive results. From this, the "Kneeling waist raise method (in 30 seconds)" increased by 29.2%, "Shoulder raise method in 30 seconds" increased by 27.2%, and "30 front lunge method" increased by 19.9% confirms the positive results of the program introduced by.

An effective non-traditional way to increase the level of functional indicators, special physical fitness and sports and technical results of road cyclists of initial sports specialization is to reduce the amplitude of the "waves" of the dynamics of the volume of competitive and special training load with the mandatory use of specific, including high intensity, exercises throughout the entire annual training cycle. The optimal values of the amplitude of the volume level of the competitive and special training load at the stages of the annual training cycle have been established. As a percentage of the average monthly, they are: at the junction of two annual training cycles – 20.9%, at the beginning of the stage of specialized basic training of the preparatory period – 0.41% at the turn of the end of the preparatory and the beginning of the competitive periods – 8-12%, in the remaining time – do not exceed 5%.

It is considered advisable, as confirmed by the results of the pedagogical experiment, the use of special exercises (training on the highway) at all stages of the annual training cycle in the following proportions: in the transition period – up to 70%, at the stages of preliminary and specialized basic training of the preparatory period, respectively, about 57% and 82%, in the competitive period – 99%. Their annual volume should be about 80-82%.

References

Martynov G.M. (2000) Sposoby pedalirovaniya, ih effektivnost' i primenenie v podgotovke velosipedistov[Methods of pedaling, their effectiveness and application in the training of cyclists]. *Extended abstract candidate's thesis. Moscow* [in Russian].

Chernikova E.N., Yun R.S. (2011) *Velosipednyj sport* [Cycling]. Tashkent: UzDJTI [in Russian].

Volkov V.M (1993) K probleme predposilok razvitiya dvigatelnih sposobnostei [On the problem of preconditions for the development of motor abilities] *Teoriya i praktika fizkulturi*, **5-6,** 41-42 (in Russian)

AUTHOR BIOGRAPHY:



Obidjon Yuldashovich KHOLMURATOV

Employment
Scientific researcher at Uzbekistan state university of physical education and sports

Degree
MD

Research interests
Stage of sports specialization, Physical education and sport, Theory of physical education of cycling, Olympic games, load to training

E-mail:
2010_talaba.uz@mail.ru