FUNDAMENTALS OF SHORT-DISTANCE RUNNING TECHNIQUE IN ATHLETICS

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Abstract: This article talks about short-distance running (sprinting), analysis of its technique, the athlete's start and exit, running over the distance, and reaching the finish line.

Key words: Athletics, short distance, running, sprinter, technique, physiology, start acceleration, runner.

Sign in. Short-distance running, i.e., sprinting, is one of the oldest types of athletics, which places high demands on the athlete's physical and mental aspects. For this reason, all the record results of the world's strongest sprinters depend on modern new scientific approaches to the training of short-distance runners. This requires a deeper study of the accumulated world experience on the methodology of training athletes. In order to maintain and further improve their position in the international sports fields, coaches and athletes use the results of the latest scientific

developments in biomechanics, physiology and other disciplines related to the training system of athletes in practice, based on the generalization of the experience of the world's strongest runners, the advanced training it is necessary to regularly improve the system of styles. The sport of athletics has a great role in strengthening the health of students through physical education, increasing the level of physical fitness, improving their ability to defend the homeland and work. Athletics is one of the main sports in all-round physical development of people. It is important to develop the physical qualities of athletics through walking, running, jumping, throwing and all-around sports in the development of mature and healthy students. Running is a natural way of moving from place to place. This is a common type of physical exercise and is part of many sports (football, basketball, tennis, etc.).

Used literature and methodology.

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Discussion. The technique of starting and running the distance is a decisive factor in the realization of the sprinter's speed-power potential. The result depends on how intelligently, economically and effectively the athlete can use the muscle power and his energy reserves in the distance to gain speed from the start. What is the technique? Usually, the performance of sports exercises. The technique is defined by the external indicators of the movements of some parts of the human body. From the outside, sprinting can be defined as free, light, heavy, loose, strong, intense, low, high, and many other definitions. The analysis of short-distance

running kinegrams allows for a detailed analysis of the general picture of movements, and the consistent analysis of the recorded states determines the exact quantitative indicators of movements (angles, speed, displacements of body parts). However, such descriptions are not enough, and the exact calculation of these data does not yet allow them to be used in practice. Evaluating the appearance of an athlete's movements during running or, speaking in the language of mechanics, studying the kinematics of movements cannot always provide detailed information. Movement is the result of contraction of skeletal muscles, the main motor of human movement. When considering the running technique of a sprinter, first of all, it is necessary to understand the internal structure of the movement. At present, many coaches recognize that the technique of sprinting is highly individual and depends on the specific individual characteristics of the athlete, as well as the level of intensity and speed that he achieves, despite certain biomechanical characteristics. This, of course, does not deny the elements of rational technology that are common to everyone, and they are still being improved. Experienced and talented young researchers are constantly studying the international standards of organizing sports training, the work experience of leading coaches and their activities based on the requirements of the time. We know that short-distance running is a type of athletics all over the world is one of the popular sports. The daily growth of sports results requires the improvement of the methodology of effective distribution of training sessions for athletes running short distances. In addition to the world's leading scientists on the training of short-distance runners, experts in our country also conducted research on improving the training methodology. Among them, E.R. Andris, R.Q. Kudratov, N.T. Tokhtaboyev, K.T. Shakirjonova have paid more attention to the methodology of proper teaching of techniques, tools and methods.

Theory. To analyze the technique of sprinting, the following are conditionally separated from it: - start; - start acceleration; - distance running; - reach the finish line. Start. In short-distance running, according to the rules of the competition, a low start is used, in which the starting legs are used. The placement of the starting footrests is very individual. Depends on the qualification of the athlete and his

physical capabilities. In practice, four different types of low start are used (depending on the location of the footrests): normal; removed; zoomed in; Start acceleration. Running from the start lasts from 15 to 30 m, depending on the individual capabilities of the runner. His main task is to get the maximum running speed as quickly as possible. The correct execution of the first steps from the start depends on the push of the runner (with maximum force at an acute angle to the pavement) and the speed of movement. The runner runs the first steps in a bent position, then (steps 6, 7) begins to raise the body. It is very important to raise the body gradually during the start acceleration, only then it is possible to achieve the optimal effect from the start and from the start acceleration. The runner runs the first steps in a bent position, then (steps 6, 7) begins to raise the body. It is very important to raise the body gradually during the start acceleration, only then it is possible to achieve the optimal effect from the start and from the start acceleration. When the trunk is bent straight, the number of stepping legs increases by 90° compared to the straightened pushing leg, and the force of inertia creates a more forward force than upward. The runner takes the first steps by putting the stepping foot back down and pushing the body forward. Long distance running. When running over a distance, bending the body is approximately 10-15o in relation to the vertical. In running, the tilt changes: in the push-up, the shoulders are slightly pulled back, thereby reducing the tilt, and in the flight phase, the tilt increases.

The palms of the feet are placed almost in a line. Reaching the finish line. The maximum speed cannot be maintained until the end of the distance. When there are about 20-15 m left to the finish line, the speed usually decreases by 3-8%. The real essence of reaching the finish line is that it is necessary to try to maintain the maximum speed until the end of the distance and reduce the influence of negative factors. With the onset of fatigue, the strength of the muscles involved in pushing decreases, the length of the running step decreases, which means that the speed decreases. In order to maintain the speed, it is necessary to increase the speed of the running steps, and this can be done at the expense of hand movements, as we mentioned above. the run is completed when the runner touches the finish beam, that

is, the imaginary vertical plane passing through the finish line. In order to touch it faster, runners quickly bend their body forward with their arms out in the last step. This method is called "shooting" with the chest.

The result. During the years of our republic's independence, the skills of our workers have grown significantly. G. Hubbieva at the 15th and 16th Asian Games (Dosha, 2006; Guangzhou, 2010) He was among the winners and prize-winners in the 100-200 meter race. L. Perepelova recorded a record 11.04 seconds in the 100-meter run (2000), O. Zhuravlev set a record in the men's 200-meter run in 2008 with a result of 20.74 seconds. These sports results show that our athletes are achieving high skills. From the outside, sprinting can be described as free, light, heavy, loose, strong, intense, low, high, and many other definitions. The analysis of short-distance running kinegrams allows for a detailed analysis of the general picture of the movement, and the consistent analysis of the recorded postures provides an accurate quantitative indicator of the movement (angles, speed, displacements of body parts). However, such descriptions are not enough, and the exact calculation of this benefit does not yet allow for practical implementation. For example, a sprinter has two cinemagraphs of his run. The results are 10.20 and 10.40 seconds, in the first case he won the competition, and in the second case he did not even go to the finals. If somewhere there is a violation of the running technique, it is necessary to search for and analyze the error with the help of high-speed filming. In fact, sprinters typically take 43-48 strides over the distance, so when a bad performance is shown, every

Loses about 0.004 sec from the step. In order to detect a technical error in such a period of time, the recording speed should be at least 1000 frames per second, and it is necessary to use computer equipment for quality processing of the material. When considering the technique of sprinting, first of all, it is necessary to understand the internal structure of the movement. The complex anatomical and physiological structure of the human locomotor system does not allow to accurately model and describe the nature of running at the moment. The difficulty is that the overall nature of movement is influenced by each of the 60 muscles in my leg, as well as by

numerous other muscles in my body and arms. In addition, the structure of muscle fibers in humans is different, if we take into account the morphological characteristics (the total dimensions of the body and some of its organs), it is clear how difficult it is to quantitatively describe the main characteristics of the movements of athletes-sprinters. is thrown into z. Therefore, it is appropriate to talk about the interaction of muscle groups and the general laws of muscle contraction in the process of performing maximum fast movement by the athlete, not about the model of ideal movements of a short-distance runner. To achieve high sports results, special and preparatory exercises should be performed throughout the year. It helps in the growth of sports skills. The use of special exercises in the preparatory part of training allows athletes (practitioners) to start the main part with good preparation, in particular, to master the technique of the sport they are specializing in and to have a good sports form, at the same time, to achieve high results in competitions. will help.

1. Running with high hips: 3*20 meters

2. Starting from the position of putting the legs back: 3*20 meters.

3. Running from various sports. Fast execution of 2*20 meters.

4. Running after kicking a hanging ball. To the left, back 3820 meters.

5. Running with big steps. The movement is average and the speed is 4*15 meters.

6. Running with legs crossed in a straight line. Average movement is 4*20 meters

7. Running 40 m in a straight line. The legs are placed on the bottom line and next to it - 2 times

8. The same, but with placing the bottom of the legs in the front parts - 2 times.

9. The same, but pay attention to raising the thigh high - 2 times

10. Running with high hips. First it is done in one place, then 30 m is done.

Summary. In short, short-distance running is one of the ancient sports. Sprint places high demands on the physical and mental qualities of the athlete. All record results of world sprinters are associated with modern approaches to the training of short-distance runners. This requires studying the accumulated world experience on the methodology of training athletes. Free actions are actions that a person can control to achieve a certain goal. Movement should be understood as a system of interrelated actions. Management in the movement system is inextricably linked with knowledge of its structure. Studying the structure of movements and their control allows to use the laws of movement in human movement activity. To achieve high sports results in short-distance running, special and preparatory exercises should be performed throughout the year. It helps in the growth of sports skills. The use of special exercises in the preparatory part of training allows athletes (practitioners) to start the main part with good preparation, in particular, to master the technique of the sport they are specializing in and to have a good sports form, at the same time, to achieve high results in competitions. will help. Athletes who run short distances use different methods of training during training. Among them, the method of training the speed of short-distance runners is the repeated method, variable, rest intervals, the method of breaking the distance into pieces, and monotonous running.

Methods are considered to be effective methods for training fast strength and fast endurance of short-distance runners. Performing various jumping exercises to increase speed and develop the quality of quick strength creates a favorable environment for athletes to improve their sports results. Another method of improving speed quality is a special traction system. In it, it is necessary to perform both forward and backward runs, changing the direction from time to time using the stick. This exercise is recommended for skilled runners who have trained for a long time in running short distances.

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