

**LAWS OF DEVELOPMENT OF SPORTS UNIFORMS****Rakhmatov Avazbek**

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Annotation: The development of sports form depends on the athlete's physical and psychological preparation and requires scientific management. The improvement of sports form during training follows the principles of continuity, gradual progression, and individual approach. Well-planned training and recovery processes ensure stable progress in sports performance.

Keywords: sports form, physical preparation, training principles

Аннотация: Развитие спортивной формы зависит от физической и психологической подготовки спортсмена и требует научного управления. Улучшение спортивной формы в процессе тренировок подчиняется принципам непрерывности, постепенности и индивидуального подхода. Грамотно спланированные тренировки и восстановительные процессы обеспечивают стабильное развитие спортивных результатов.

Ключевые слова: спортивная форма, физическая подготовка, принципы тренировки

The laws of the development of sports form are directly related to the physical, technical, tactical and psychological preparation of athletes, and scientifically based management and control of this process is an integral part of modern sports. In order for athletes to achieve their maximum physical potential, optimal planning of sports training, proper distribution of loads and control of the recovery process are of great importance. The development of sports form is a long-term and complex process, which is based on the principles of continuous increase in training loads, taking into account individual characteristics and gradual improvement.

The main goal of sports training is to increase the physical abilities of athletes, improve coordination of movements and ensure that they are maximally prepared for competitions. During the formation of sports form, physiological changes occur in the body, muscle strength increases, cardiovascular endurance increases, and psychological stability is strengthened. When this process is organized in accordance with the individual characteristics of athletes, their results in competitions steadily improve.

A correct understanding of the laws of the formation and development of sports form is essential for athletes to achieve long-term success. Based on these laws, each stage of the training process should be carefully planned, with optimal distribution of loads and special attention paid to recovery processes. A thorough study of the theoretical and practical aspects of sports formation allows athletes and coaches to organize an effective training process. Therefore, the development of sports form should be guided by laws based on a continuous, systematic and individual approach observed during sports training.

Main Part

The development of sports form is closely related to the physiological, biochemical and psychological changes that occur during sports training, and this process creates the necessary conditions for athletes to increase their level of readiness for competitions and use their maximum physical capabilities. The systematic and scientific organization of sports training serves to ensure the optimal development of sports form. The loads applied during training, their volume, intensity and duration have a direct impact on the formation of sports form. Improper distribution of loads without taking into account the individuality of athletes can lead to a decrease in sports results, increased fatigue and an increased risk of injuries. Therefore, an individual approach should be developed for each athlete and loads should be planned in accordance with the characteristics of their organism. The recovery process is also of great importance in the formation of sports form. As a result of high-level training, the body is exposed to strong loads, and if full recovery processes are not carried out, the general physical condition of athletes may deteriorate. Therefore, the use of effective rest, rehabilitation and regeneration methods during the training process ensures the sustainable development of sports form. Physiotherapy, massage, sauna, special diet and sleep regimen, which are important for athletes, are an integral part of the recovery process, and by organizing them correctly, the effectiveness of training can be increased. Sufficient attention to the recovery process allows athletes to continue their long-term sports activities and creates the basis for their stable results in competitions.

An individual approach, gradualness, flexibility and continuity are the main principles of the development of sports form. Gradually increasing physical loads during sports training and changing loads in accordance with the body's ability to adapt contribute to the formation of a high level of sports form.

Each athlete should be trained on the basis of an individual program depending on his physical and psychological condition, since the response of each organism to the load may be different. If an athlete is subjected to excessive overloads, his sports form may decrease instead of increase and fatigue syndrome may occur. Therefore, training loads should be constantly monitored, the general condition of athletes should be constantly analyzed, and their level of adaptation to training should be regularly assessed.

In-depth study of the theoretical aspects of sports formation and their application in practice are necessary for the organization of an effective training process for athletes. It is very important. In the process of sports formation, the correct distribution of training loads, optimal preparation for the competition period and ensuring psychological stability are among the main factors.

The formation and development of sports form is one of the main results achieved by an athlete in the process of long-term training, which is associated not only with the growth of physical capabilities, but also with the strengthening of psychological stability. In order for sports results to constantly improve, the loads must be planned in a coordinated manner and developed in accordance with the individuality of the athlete. Coaches and scientific staff must constantly monitor the reactions of the athletes' body to loads, develop their optimal recovery strategies and choose the most effective training methods for athletes. In addition, psychological preparation is also of great importance in the formation of sports form. Sports results depend not only on physical training, but also on the level of mental preparation of the athlete. In order to achieve high results in competitive conditions, it is also necessary to work

on the stress resistance, motivation level and psychological readiness of athletes for competitions.

Conclusion

A deep study and scientific development of the laws of development of sports form are an important factor in achieving high results for athletes. The correct distribution of loads during sports training, the gradual development of the physical and mental preparation of athletes, and the organization of recovery processes based on a scientific approach ensure the stability of results. The formation of sports form is associated with complex physiological, biochemical and psychological changes, and the individuality of each athlete must be taken into account.

Also, psychological preparation is of great importance within the framework of the laws of development of sports form. The mental stability of athletes, stress resistance, level of motivation and ability to participate at a high level in competitions directly affect sports results. Therefore, the achievements of sports psychology, mind control techniques and mental training exercises help athletes fully realize their potential in competitions. Taking into account all these factors, athletes and coaches should constantly monitor the training process, regularly analyze the results and focus on the formation of excellent physical, technical and psychological preparation.

As a result of the development of modern sports science, loads, recovery processes, psychological preparation and optimal training methods are being further improved. This contributes to the long-term activity of athletes, the prevention of injuries and the achievement of high results in competitions. Therefore, having a deep knowledge of the laws of development of sports form, the formation of an individual approach for athletes and conducting training processes on a scientific basis are becoming an integral part of modern sports. Therefore, working on the basis of these principles helps athletes achieve not only physical, but also mental and psychological readiness and ensures their overall success in sports.

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