

## IMPROVEMENT OF METHODS OF ORGANIZING AND HOLDING COMPETITIONS

Atabayev Baxtiyor Xamidillayevich  
Namangan xizmat ko'rsatish va  
servis texnikumi maxsus fan o'qituvchisi

---

Article History: Received on: 30/11/2024  
Accepted on: 15 /01/2025



This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.

---

**DOI:** <https://doi.org/10.26662/ijiert.v12i1.pp36-39>

---

### Abstract

In competitions, every athlete strives to defeat their opponent And this aspiration requires the athlete to mobilize all his strength.

**Keywords:** Competition, sports, physical education, technical, tactical, flexibility, psycho-psychological qualities.

### Introduction

#### Types of competitions

Competitions are divided into types depending on the assigned tasks: championships or championships, cup competitions, shortened, equalized, classification and qualifiers, matches and friendly matches.

Championships or championships are the largest competitions in which an honorary title is awarded - collective, district, city, republican champion. They are held once a year. The winners of the championship will be awarded gold, silver and bronze medals.

Cup competitions are held on the principle of "losing out". Such competitions do not take much time and allow to draw many participants.

Since the preparation of the participants varies, it is necessary to plan the matches of stronger teams to the final stages. Shorter blitz tournaments are held on the same day, with more teams participating. To do this, the game time will be reduced to 30 minutes. Such competitions are held to coincide with the opening of the season or holidays.

The preparation for the Drum Competitions will be held among teams with different backgrounds. To keep teams interested, the weaker team is awarded extra points in advance or after the match is over. Classification competitions are held in order to determine the preparation of teams (players), to fulfill the requirements of the sports classification.

Preparation for the qualifying tournaments is held in order to determine the best teams (players) and qualify for the next major tournaments.

Match matches are stipulated in the calendar of competitions and are considered traditional. Two or more teams can participate in the meetings. These types of competitions help to develop friendly relations between individual cities, provinces and abroad.

Friendly matches are held between individual teams in order to determine preparation for upcoming competitions and certain sections of sports training.

### **The system of sports competitions**

Sports competitions, being a specific activity, play a huge role in regulating the movements of competitors, providing an opportunity to objectively compare some of their abilities and ensure the maximum manifestation of physical qualities during the competition to provide movement at the maximum.

The sport in its current form has a number of distinctive features:

- 1) In the activities of sports competitions, increasing the level of competition, the requirements for consecutive winnings, the organization is organized on the basis of the system of sports competitions (participants of lower competitions are put in the upper ring or from below).
- 2) The competition is carried out at the expense of equalization of the methods of assessment of actions, management conditions and achievements performed directly in competitions. Differentiation is enshrined in certain rules as general norms for holding competitions.
- 3) The behavior of the competitors is sorted in accordance with the principles of competition.

The athlete demonstrates the performance of the selected type individually, depending on his capabilities. These results can be determined either in units of time, distance, weight to improve the outcome of either a physical victory or an opponent's win (in points, goals, points, etc.).

High sports results are considered to be the standard of human capabilities in the development of sports today. By comparing them, each person can compare their athletic results and based on this, plan to improve the results.

Sports outcomes are always a multifactorial event. Sports outcomes in a society are factors influencing progress.

1. Individual talent of the athlete and the level of preparation for a high result.
2. On the effectiveness of the sports preparation system, its content analysis and material and technical support.
3. It depends on the breadth of the sport movement and the general social conditions of its development.

Studying the features of sports competitions,

That has always been interesting and has not lost its relevance these days.

Currently, sports in many areas of this area have a scientifically based system of training athletes, which includes sports training.

The main places in the competitions are occupied by absolute championships (individual and team), world and Olympic games. Such goal-oriented competitions have a certain impact on the training of the athlete. Accordingly, certain stages of training are planned, the time of optimal preparation for high sports results is determined, and so on. Many other competitions are held for preparation. A total of 10-15% of the total time of athletic training determines the time of the competition.

Competition activity is a ranked competition in order to objectively compare your abilities and ensure and ensure the maximum possible result. It has several special features:

1. To organize activities in the system of competitions depending on the level of competition and the demand for winnings (in preliminary and official competitions).
2. The athlete's activity in the implementation of the means of the competition is determined by certain rules and general standards of the competition.
3. It depends on the behavior and behavior of the contestants.

Sports competitions are a state of excitement, and now there are competitions in more than 100 sports. Any sport requires its own methodological feature, conditions of participation, rules of conduct, and the determination of winners, etc. Competition is partly part of the athlete's training system, since it is organized

not only without personal sports training, but also without taking into account social tasks (promotion, exhibitions, etc.). A sports competition is a form of competition in the form of a game that is held in order to determine the development of physical fitness, character qualifications and the art of performing exercises, or thinking and reflection.

From young athletes to skilled athletes, competition plays a vital role. Not to mention sports activities without attending competitions. Competitions are a motivating factor for athletes, and at the same time they teach the athlete to gradually increase the load, train the will, learn to wrestle and control the training process.

Practice shows that the more an athlete participates in competitions, the more experience he has. For some reason, the number of competitions in all kinds of sports has increased. For example, a highly skillful cyclist, a sprinter, competes 200-250 times a year (D.A.Polishchuk, 1982).

For example, the competition preparation agenda of qualified swimmers is hectic. The number of competitions per year is 20-30, duration from 1 day to 3-5 days, 120-140 times (V.N. Platonov, 1986). The number of main competitions, which by their essence are considered the main and the final point of the exercises, should not be too large (3-4 times a year, with the exception of sports games). The main competitions should be arranged from simple - to complex and difficult. They should be placed for the current year in such a way that the athlete has the opportunity to constantly prepare for the most important competition, to have a physical and mental rest between competitions, and to correct the deficiencies identified in one competition until the next competition.

In the system of preparation for the participation of an athlete in competitions, it is necessary to take into account:

- Competitions for the athlete should be chosen with risk, and gradually become more difficult:
- To achieve high-level achievements, it is necessary to participate in as many competitions as necessary:
- Moving time from here to here, etc., and an increase in competitions that require a lot of effort, limiting training can negatively affect athlete training:
- The calendar of competitions (day, distribution, level of difficulty of competitions) is such that conditions are necessary to create a great opportunity. All competitions should be aimed at this goal.

Thus, sports competitions are a way to showcase the achievements achieved, to evaluate and compare the achievements of individual athletes and teams. The activities of athletes during the competition are called competitive activities. Competition activity consists of a number of behaviors, methods and combinations aimed at achieving the highest sports results, provided by a level of technical, physical, tactical and spiritual integration of preparation. Participation in sports competitions is a form of competitive activity. Sports competition is a time-limited rivalry, in which the abilities of competitors are objectively compared.

The gradual increase in the level of competition and the demand for achievements is directly related to the results of an athlete in high-level competitions. In order to participate in republican competitions, it is necessary to get a proper place in regional competitions (naturally, in republican competitions the competition for victory is stronger than in the regions).

Competitions, conditions for their performance, rules of competitions by sports, are determined by the uniformity of the behavior of athletes:

Rules of competitions.

List of players The state of the present situation ensures the success of the next, at the same time the state of the present situation depends on the previous one.

The defining aspect of the athlete's competitive activity consists of the following components:

- situation perception
- Dynamics of Own Ethics
- analysis of the information obtained and its comparison with the experience and purpose of the competitions
- Making a Fundamental Decision Mentally
- Implementation of an informed decision

**References:**

1. Ataev A.K. Wrestling.Textbook.-Т.,1987
2. B. Madaminov, R. Salomov Practice of the theory and methodology of physical education /. - Tashkent: "Muharrir" publishing house, 2013,132 p
3. Salomov R.S. Theory and methodology of physical education. Textbook. Т.: ИТА-PRESS, 2014. 296 pages.
4. R.Igumenov V.M. Organizatsiya i provedenie sorevnovaniy po klassicheskoy borbe. - М., 1986.
5. Ionov S.F., Sipurskiy I.L. Organizatsiya i sudeystvo sorevnovaniy po borbe sambo. - М., 1983.
6. Ataev A.K. Wrestling.Textbook.-Т.,1987.
7. Xoliqov,F.(2020).6-7 ЁШ БОЛАЛАР СОҒЛОМ ТУРМУШ ТАРЗИНИ ШАКЛЛАНТИРИШДА ОИЛА ВА МАКТАБГАЧА ТАЪЛИМ МУССАСАСИ ҲАМКОРЛИГИНИНГ АҲАМИЯТИ.*Журнал* Preschool education,(1).