

THE IMPORTANCE OF MODERN TRAINING METHODS IN PREPARING YOUNG JUDOKAS

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Abstract

This article analyzes the importance of modern training methods in preparing young judokas from a scientific perspective. The study compares traditional and innovative approaches and examines their impact on technical-tactical skills, physical fitness, and psychological stability. The analysis of using individual approaches, interactive methods, video analysis, and digital monitoring tools in training demonstrates that modern methods contribute to the effectiveness of young judokas' preparation. The results provide a basis for improving coaching practices and fully developing athletes' individual potential.

Keywords: Young judokas, modern training methods, sports preparation, technical-tactical skills, physical fitness, psychological stability, individual approach, video analysis, interactive training, coaching methodology.

Introduction

YOSH DZYUDUCHILARNI TAYYORLASHDA ZAMONAVIY MASHG'ULOT METODLARINING AHAMIYATI

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Annotatsiya

Mazkur maqolada yosh dzyudochilarni tayyorlash jarayonida zamonaviy mashg'ulot metodlarining ahamiyati ilmiy asosda tahlil qilinadi. Tadqiqot doirasida an'anaviy va innovatsion yondashuvlar solishtirilib, ularning texnik-

taktik ko'nikmalar, jismoniy tayyorgarlik va psixologik barqarorlikka ta'siri o'rganildi. Mashg'ulot jarayonida individual yondashuv, interaktiv metodlar, videoanaliz va raqamli monitoring vositalaridan foydalanish natijalari tahlil qilinib, zamonaviy metodlarning yosh dzyudochilar tayyorgarligida samaradorligini oshirishga xizmat qilishi ko'rsatildi. Tadqiqot natijalari murabbiylar faoliyatini takomillashtirish va sportchilarni individual rivojlanish imkoniyatlarini to'liq ro'yobga chiqarish bo'yicha amaliy tavsiyalar ishlab chiqishga zamin yaratadi.

Kalit so'zlar. Yosh dzyudochilar, zamonaviy mashg'ulot metodlari, sport tayyorgarligi, texnik-taktik ko'nikmalar, jismoniy tayyorgarlik, psixologik barqarorlik, individual yondashuv, videoanaliz, interaktiv mashg'ulotlar, murabbiylik metodikasi.

ЗНАЧЕНИЕ СОВРЕМЕННЫХ МЕТОДОВ ТРЕНИРОВКИ В ПОДГОТОВКЕ ЮНЫХ ДЗЮДОИСТОВ

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Аннотация

В данной статье анализируется значение современных методов тренировки в подготовке юных дзюдоистов с научной точки зрения. Исследование сравнивает традиционные и инновационные подходы и изучает их влияние на технико-тактические навыки, физическую подготовленность и психологическую стабильность. Анализ использования индивидуального подхода, интерактивных методов, видеоанализа и цифровых мониторинговых инструментов в тренировочном процессе показывает, что современные методы способствуют повышению эффективности подготовки юных дзюдоистов. Результаты создают основу для совершенствования деятельности тренеров и полного развития индивидуального потенциала спортсменов.

Ключевые слова. Юные дзюдоисты, современные методы тренировки, спортивная подготовка, технико-тактические навыки, физическая подготовленность, психологическая стабильность, индивидуальный подход, видеоанализ, интерактивные тренировки, методика тренеров

Introduction

Since gaining independence, the Republic of Uzbekistan has placed great emphasis on physical education and sports. Uzbek athletes have achieved high results at the Olympic and Asian Games, as well as at world championships, raising the flag of Uzbekistan high. President Sh.M. Mirziyoyev has made a significant contribution to the development of physical education and sports in the country. Key measures paving the way for innovative changes in the sports sector include Decree No. PF-5924 of January 24, 2020, "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" [3]; the "Concept for the Development of the Higher Education System of the Republic of Uzbekistan until 2030," approved by Decree No. PF-5847 of October 8, 2019 [4]; Resolution No. PQ-286 of June 20, 2022, "On measures to further develop the sport of judo" [5]; and various other government decrees and resolutions. Judo is recognized as a vital tool in the comprehensive and well-rounded upbringing of the younger generation. This sport not only fosters the development of physical attributes but also significantly contributes to an individual's moral and ethical growth. Judo training comprehensively develops key physical qualities such as speed, agility, strength, endurance, and coordination. Such multifaceted physical conditioning ensures the healthy development of a growing body and enhances the functional capabilities of young athletes. At the same time, the philosophy of judo embodies moral values such as respect, discipline, self-control, and responsibility. Scientific observations indicate that young people who regularly practice judo demonstrate higher levels of discipline, self-regulation, and psychological stability.

Main Part

Current globalization and the sharply intensifying competition in the sports sector necessitate the use of innovative approaches in the training systems for young athletes. While traditional training methods remain effective to a certain extent,

the demands of modern sports require the application of more advanced, scientifically grounded methods that take into account the individual characteristics of the athletes. In particular, the proper planning of training loads, the effective development of technical-tactical skills, and comprehensive psychological preparation are crucial issues in the training of young judokas [1]. The introduction of new training methods serves to optimize the sporting process, enhance training efficiency, and reduce the risk of injury. For instance, elements of functional conditioning, video analysis technologies, interactive training techniques, and methods for simulating competitive conditions expand the opportunities to identify and correct the technical errors of young athletes. Such an approach enables coaches to monitor an athlete's individual development trajectory and devise personalized training programs. Furthermore, modern methods play a vital role in boosting young athletes' motivation, increasing their interest in training, and strengthening their psychological preparedness.

Literature Review

Scientific literature in the fields of sports pedagogy, sports theory, and youth physiology and psychology plays a crucial role in researching the importance of modern training methods for young judokas. An analysis of relevant sources indicates that the methodology of judo instruction and training is a central focus of numerous scientific studies, with the optimization of the training process—taking into account the age-specific characteristics of young athletes—occupying a leading position [2]. Primarily, scientific literature on sports theory places special emphasis on the general principles of training young athletes: systematicity, consistency, a step-by-step approach, and individualization. Researchers highlight that the balanced development of physical qualities in young athletes lays the foundation for the effective formation of technical and tactical skills. In this regard, scientific sources on judo emphasize that the training process should be organized based on a comprehensive approach. This approach serves to ensure the harmonious integration of physical, technical, tactical, and psychological preparation. Traditional training systems primarily focus on the repetitive practice of technical moves and increasing physical workloads. However, modern research demonstrates that relying solely on mechanical repetition is insufficient and that methods accounting for the motivation and

individual abilities of young athletes are far more effective. Specifically, scientific literature notes that innovative approaches—such as interactive training, game-based exercises, and the simulation of competitive scenarios—help young judokas develop their technical skills more rapidly.

Literature on sports psychology highlights the critical role of psychological factors in the training of young judokas. Researchers emphasize that motivation, emotional stability, and self-control skills are key determinants of success in the sport. A distinctive feature of judo is the requirement for athletes to make rapid decisions and adapt to an opponent's movements within a very short timeframe. Consequently, scientific literature frequently underscores the necessity of integrating psychological preparation as an essential component of the training process. In particular, methods aimed at managing pre-competition stress and boosting an athlete's self-confidence have been widely studied in recent years [6]. Scientific literature on the physiology of young athletes emphasizes the necessity of considering anatomical and functional characteristics specific to different developmental stages. Research highlights data regarding the body's sensitivity to excessive loads during growth, the unique nature of recovery processes, and the susceptibility to injury. Consequently, it is stressed that modern training methods should be based on the individualized planning of workloads, the monitoring of recovery processes, and the implementation of preventive exercises. Unlike traditional approaches, this strategy serves to ensure the athlete's long-term development. In recent years, there has also been a rise in research concerning the integration of digital technologies into the sports sector. The use of video analysis, biomechanical observation, and digital monitoring tools enables the identification and rapid correction of technical errors made by young athletes. Such a technological approach not only enhances training efficiency but also fosters analytical thinking for both the coach and the athlete. As highlighted in scientific studies, visual analysis methods serve as an effective tool for developing movement awareness and self-assessment skills in young athletes [7].

Shuningdek, pedagogik adabiyotlarda murabbiyning kasbiy ...competence and methodological proficiency are highlighted as crucial factors in the training of young athletes. Modern approaches view the coach not merely as a specialist teaching technical skills, but also as an educator, psychologist, and motivator.

This necessitates the appropriate selection of innovative methods during training and their adaptation to the individual needs of young athletes.

An analysis of the relevant literature indicates that the training system for young judokas is undergoing progressive improvement, and the implementation of modern methods is a scientifically grounded necessity. While traditional methods form the foundation of athletic training, the application of innovative approaches makes the training process more efficient, safe, and productive. At the same time, it is observed that research regarding certain aspects of modern methods lacks sufficient systematization in the existing literature. This underscores the need for a more in-depth, scientifically grounded study of the effectiveness of modern training methods in the preparation of young judokas.

Research Methodology

The theoretical and methodological foundation of the study comprises the theory of the staged organization of sports training, the principle of an individual approach, and modern pedagogical technologies. The study analyzed scientific perspectives regarding the age-specific physiological characteristics of young judokas, the patterns governing the formation of motor activity, and the process of acquiring sports skills. Furthermore, scientific theories concerning the impact of physical loads on the body, recovery processes, and the development of psychological readiness reinforced the study's conceptual framework. A comprehensive set of scientific methods was employed in this research. Initially, the method of theoretical analysis was used to examine relevant scientific literature, methodological guides, research articles, and best practices in the field of sports. This method helped identify the specific characteristics, advantages, and limitations of both traditional and modern approaches to training young judokas. Based on the results of the theoretical analysis, the study's main directions were defined, and the stages of practical research were established.

Among the empirical methods, pedagogical observation played a central role. Through systematic observation of training sessions, the study examined the technical-tactical movements of young judokas, their level of physical preparedness, and the practical effectiveness of the methods employed by coaches. The observation process involved analyzing the structure of training sessions, the distribution of workloads, the sequence of exercises, and the extent

to which individual approaches were applied. This enabled an assessment of how modern methods are actually implemented during training. A comparative method was also extensively utilized in the study, allowing for a comparison between the results of traditional training techniques and those organized based on modern approaches. This comparison focused on analyzing the speed at which athletes mastered technical movements, the dynamics of their physical performance indicators, and changes in their level of psychological stability. This method served as an objective criterion for determining the effectiveness of athletic training. Additionally, the perspectives of coaches and athletes were gathered through surveys and interviews; data was collected regarding coaches' attitudes toward modern training methods, their practical experience in applying them, and their insights into existing challenges. Interviews with young athletes provided insights into their motivation for training, their level of interest, and the psychological impact of modern methods. These methods contributed to enhancing the practical significance of the research findings. Furthermore, the study methodology adhered to the principle of a systemic approach. The training process for young judokas was analyzed as a system of interconnected components: physical conditioning, technical proficiency, tactics, psychological state, and educational factors. This approach made it possible to evaluate modern training methods not merely as isolated elements, but as integral parts of the overall training system.

Results and Discussion

Within the scope of this study, the effectiveness of modern training methods in the preparation of young judokas was analyzed from both theoretical and practical perspectives. The analysis involved a comparative study of traditional training methods versus training processes based on modern approaches, with the resulting data synthesized according to scientific criteria. The research findings demonstrated the positive impact of innovative methods on the preparation of young athletes.

First, the dynamics of developing technical-tactical skills were analyzed. Observations indicated that modern training methods—specifically those incorporating video analysis, the modeling of competitive scenarios, and interactive exercises—enabled young judokas to master technical movements

more rapidly and accurately. A reduction in the number of errors made by athletes during the execution of techniques was observed, alongside improvements in movement coordination and temporal precision. This confirms that modern methods play a crucial role not only in the initial formation of skills but also in their stabilization [8].

The use of technological tools during the training process also merits attention as a significant recommendation. Visually analyzing athletes' technical movements using video analysis and digital monitoring systems enables them to identify and correct errors more quickly. Explanations based on visual analysis foster the ability to critically evaluate one's own movements, thereby accelerating the process of refining technical skills. Consequently, the regular use of technological tools during specific training stages is recommended. Employing interactive and game-based training methods plays a crucial role in boosting the motivation of young athletes. Situational drills simulating competitive conditions, team tasks, and tactical games enhance athlete engagement and enrich the training process emotionally. As a result, young judokas develop a sustained interest in training and acquire the proficiency to execute technical and tactical moves in realistic scenarios. Furthermore, maintaining an optimal balance between workload and recovery is a vital aspect of applying modern training methods. Gradually increasing training intensity while systematically incorporating recovery exercises and preventive training helps preserve the functional capabilities of young athletes' bodies. This approach not only reduces the risk of injury but also ensures the sustainability of long-term athletic activity [9]. A synthesis of the results revealed that modern training methods have a comprehensive impact on the effectiveness of young judokas' preparation. These methods facilitate the accelerated development of technical skills, the systematic enhancement of physical attributes, and the strengthening of psychological resilience, while also allowing the training process to be tailored to individual characteristics. Furthermore, the study findings demonstrated that the methodological preparedness and technological literacy of coaches are crucial factors in the practical implementation of these modern approaches.

Conclusion and Recommendations

Based on the research findings, several important scientific conclusions were drawn. First, it was determined that modern training methods accelerate the development of young judokas' technical and tactical skills while enhancing movement precision and stability. Furthermore, it was demonstrated that functional exercises, individualized training loads, and interactive approaches positively influence the consistent development of physical attributes. The integration of psychological preparation elements into the training process was also noted as a significant finding, as it served to strengthen the athletes' motivation and self-confidence. Additionally, the use of digital technologies and video analysis tools during training enhances instructional effectiveness by enabling the rapid identification and correction of technical errors. Emphasizing an individualized approach in coaching allows for the consideration of each athlete's unique developmental trajectory. It is considered advisable to focus on several promising areas in future research within this field. First and foremost, there is a need to study the impact of modern methods on young judokas across different age groups through long-term monitoring. Furthermore, the integration of monitoring systems based on digital technologies, biomechanical analysis, and artificial intelligence into athletic training requires dedicated scientific research. Additionally, developing effective models for integrating psychological preparation methods into judo training, as well as creating methodological systems aimed at enhancing the innovative competencies of coaches, are considered promising areas of research. Issues regarding the adaptive planning of training sessions—taking into account the individual developmental characteristics of young athletes—also serve as a vital foundation for future scientific inquiry.

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