

## THE MAIN LAWS OF THE DEVELOPMENT OF PHYSICAL ABILITIES

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**Annotation.** Currently, it is accepted to distinguish physical abilities into five main types: strength, agility and coordination skills, endurance and flexibility. Each of them is different in different types of movement activity manifests in forms.

**Keywords:** *physical education, sports, strength, endurance, physical training, physical qualities, loading, training.*

Movement is the leading factor in the development of physical abilities. Both innate and environmental factors are of great importance in the formation of abilities. However, in the development of physical abilities under equal conditions a decisive role is played by the activity of movement aimed at improving the mental and physiological nature of a person. That is why with exercise in those who are engaged, the morphological and functional indicators of different members and systems, movement readiness are generally higher. Activity as a necessary factor in the functional and morphological improvement of the organism, the importance of exercise was first demonstrated by Jean Lamarck. Composing his” first law“, the "law of practice", he wrote: "Frequent and non-attenuating foiling from any member gradually strengthens, develops, enlarges, and gives it a force that lasts as long as it is used, while regular use of the member imperceptibly weakens it, leads to degradation, consistently narrowing abilities, eventually causing it to disappear will". Jean Lamarck thus introduced one of the General Laws of living nature expressed. An even more thorough study of this law was later made by P.A. Lesgaft, A.A. Ukhtom-skiy, I.P.Pavlov, G.F.Folbort, N.N. Yakovlev et al. made significant contributions.

The dependence of the development of abilities on the mode of action activity.

Physical abilities require their manifestation-not gina, but also a certain mode of their execution-develop in the process of digan activity. The regime is understood as the performance of some kind of physical exercise and the rest between them, within the framework of one busy lot or training system. When establishing the necessary order, it is important, first of all, that the stages in the ability of a person to work fluctuate of importance. The ability to work in connection with the consumption of the

body's energy and functional reserves in the process of performing physical exercises declines.

At rest (when the exercise is completed), a recovery in working capacity occurs. The human organism at this time has several cases: the ability to work the attenuated stage; the functional capacity-ti traverses the fully restored stage and, finally, the Super-restored, i.e., the functional capacity-enhanced stage. Each of the listed stages, in addition to other conditions, will have a certain length, which depends on the characteristics, intensity and duration of the work performed.

Depending on at what stage of rest each subsequent exercise is repeated, three main modes of activity of movement can be distinguished, which have a different effect on the development of physical qualities:

Mode 1: in this, each subsequent exercise in the lesson is short-term rest with intervals, that is, at a stage when the ability to work is not fully restored repeat. Performance ability-all indicators of regular decline goes. Such a shift mode of work and rest is suitable for the development of endurance.

Mode 2: each subsequent exercise is repeated with rest intervals that return a number of functional indicators of the organism to the level before functioning, that is, at a stage when the working capacity is fully restored. Such a regime allows you to develop speed, strength and coordination capabilities will be specific to guided lessons.

Mode 3: in this case, each subsequent exercise is repeated with much longer rest intervals corresponding to the stage that has been restored with an excess of performance. The movement of a person as the exercise is repeated in such a mode in their capabilities, all-round changes are observed-muscle strength and agility increase, and endurance decreases.

The staging of the development of physical abilities. Physical in the dynamics of the development of abilities – in the long term of the same loads, many times in-conditional three relatively independent stages can be subtracted into:

The first-to increase the level of development of abilities;

Second-achieve maximum blinds in the development of abilities;

Third-a decrease in the indicators of the development of physical abilities;

As a result of the application of loading in the first stage, the body undergoes all-round adaptive changes, which cause an increase in physical abilities associated with the characteristics of the activity of movement and an astasekin expansion of funkstional capabilities.

As the adaptive changes in the second step increase, the standard load causes fewer and fewer funkstional shifts in the body. This is a sign that the adaptive processes have passed into the stage of type-hyperadaptation. Lying on the basis of the manifestation of appropriate abilities the possibilities of body organs and systems are

seriously expanding. In their activities, economy and mutual coordination increase. All this creates conditions for the maximum manifestation of abilities.

In the third stage, this load does not cause adaptive shifts due to the expansion of functional capabilities in the body parts, that is, its developing effect either decreases, or disappears altogether. Loads applied so that the development of abilities continues again changing the characteristics and *maz-Muni* (choosing other exercises, increasing the intensity of work, changing its duration or the conditions for performing exercises), thus, it is necessary to make new, higher demands for physical abilities. In other words, moving the development of abilities to the supposedly first stage must.

Uneven and heterochrony of the development of abilities (at different times affiliation). Abnormal development physical ability at one stage the fact that the growth rate of its indicators is much more serious than in others denotes possible. These are not very large time cuts (e.g. one how many weeks, monthly lessons), both for the development process and for the development process as a whole (say, for several years of training) can be correct. Usually, the most increase in physical abilities with exercise it is observed in the initial period of engagement. Of any ability as the level of development increases, its growth rate decreases. Physical it is necessary that the development of *qobi-liats* is associated with a decrease in their growth rate more and more at each subsequent stage of development to achieve shifts it will take time.

In changes in the indicators of the development of physical abilities (in growth), the phenomenon of heterochrony (belonging to different times) is observed. It is separate of the moments corresponding to the onset of intense growth of physical abilities time is manifested in the fact that the view does not coincide with the *naza-Rida*. Special studies-layers and practical experience show that a certain age of a person's life during the period, there are favorable opportunities that affect the development of abilities will be, because the growth rates of some of them are the same as in other age periods is relatively much higher. These periods are usually considered sensitive (emotional) or critical they call it because they have a special *aha-brain* in the development of an organism.

Abilities are the re-rarity of development indicators. Achievable as a result of regular exercise functional and structure-specific changes are reversible, which are reversed development is also possible. If there is a relatively short break when dealing suffice it to say that immediately the level of functional possibilities begins to decrease, to the structure specific characters go to develop in the opposite direction, and as a result of physical abilities indicators also decrease. First, speed skills, later strength and in the end, the long-term *fao-Liate* resistance skills will weaken. Observations of athletes show that training lasted 5 months stop *hara-Kats* to the initial level of the maximum rate after 4-6 months, after 18 months to the initial level of the

maximum pace of muscle strength, and it leads to a similar indicator of endurance after 2-3 years.

The displacement will be one-composition and of different composition. Same in one-composition migration through exercises in which the level of ability is applied and not applied an increase is observed. For example, strength by bending and writing hands while hanging durability increases; the same ability to bend them while relying on hand – it also develops during writing. One ability to move with different content the training that leads to the development of other physical, including changes in the level of abilities also lead to -. For example, in a block device as the isometric strength of the hand curls increases when engaged, this force is provides an increase in durability as well. Displacement is two-sided again (e.g., if power capabilities when developed, speed skills are also improved, speed skills are and when improved, the power abilities also develop) and one in the case of lateral (e.g., when motion acceleration is developed, the reactance time is also improves, but exercises aimed at improving reactionary time absolutely does not affect the development of speed of movement).

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