

## Managing the Education of a Young Athlete

**Khamraeva Zuhra Bahadirovna**

Lecturer of the Department of "Physical Culture and Sports Activities" of the Tashkent Financial Institute

**Abstract:** The features of the process of modernization of physical education are considered, as the creation of conditions and a mechanism for the development of youth sports, ensuring the modern quality of accessibility and effectiveness of school sports, the strategic lines for the development of the space of sports activities, the development of a sports culture of the individual are revealed.

**Keywords:** physical culture, personality, young athlete, development, education, sports activities.

At present, the tasks of educating young people are becoming more complicated, and the need for a scientific solution to this problem becomes especially obvious. The scientific organization of the educational process is manifested in the ability of the coach to ensure the controlled formation of the personality of a young athlete in accordance with the goal and objectives of its comprehensive development. The management of the formation of the personality of a young athlete is carried out in the educational and training process and requires the coach to know the ways of influencing the personality and the ability to operate with them in specific conditions.

A clear definition of the goals and objectives of education, the adoption of the correct starting positions in the organization of the educational process and the development of a strategy and tactics of control actions require the trainer to have specific knowledge about the characteristics of the character, interests, needs, living conditions and upbringing of children. In this regard, a planned and systematic study of young athletes is of particular importance in order to determine the level of their upbringing, to identify the most typical qualities and relationships characteristic of this teenager as manifestations of personality. At the same time, the personality of a teenager acts not just as an object of study, but primarily as an object of education. Therefore, along with the study, the ways of the most effective impact are outlined, taking into account the characteristics of the young athlete.

Beginning coaches focus on the methodology of teaching physical exercises, sports activities and organization of work, providing the order necessary to master these exercises and activities. At the same time, the educational influence of the order established by the coach in training, which forms moral feelings, concepts, habits and behavior, is often not effective enough. This happens, firstly, because novice trainers have a poor command of teaching methods, and secondly, they often subordinate the disciplinary procedure not so much to educational as to educational tasks, using individual measures of educational influence not systematically and mainly in relation to those adolescents who try to disobey the established order. The study of adolescents in the course of the activities of a children's sports team requires a coach to have a clear target setting, the ability to identify the determining motives and needs of a young athlete and ways to implement them: correctly assess the actions and actions of adolescents and outline pedagogically appropriate ways of educational influence, put students in conditions that require the manifestation of those or other personality traits, to correctly determine the level of upbringing of adolescents.

All this allows the coach to creatively approach the setting of goals and objectives for the formation of the personality of a teenager, create conditions for the comprehensive development of the individuality of each member of the sports team, provide an integrated approach to education, including each pupil in the affairs of the team.

In addition, the coach needs to develop a program of influences that provides for the formation of new qualities and properties in the development of the team and the formation of the personality of a young athlete.

Modeling the expected results and developing a program of activities for the coach and his pupils involves, first of all, the determination of appropriate pedagogical actions.

And since it is impossible to directly control the formation of a teenager's personality, the trainer, knowing what relationships contribute to the formation of certain personality traits, should design the inclusion of pupils in such activities that lead to the formation of these relationships. By changing the conditions for organizing certain relationships, ways of involving children in various activities, the coach controls the formation of the personality of a young athlete. Moreover, the coach will be able to effectively manage the educational process, only knowing its essence.

The theory of upbringing does not set the task of providing teachers with ready-made recipes for all occasions. It presupposes knowledge of the principles, guiding initial provisions that determine the main requirements for the process of education, its content, organization and method.

Under the principles of the educational process in Soviet pedagogy, it is customary to understand those foundations that determine its main direction, its entire system: content, methods, organization, and even the relationships that develop between its participants.

The main principles of communist education are: party spirit; scientific character; the connection of education with life, with the practice of communist construction; education of the individual in the team; unity of requirements and respect for the individual; consistency, systematic and unity of educational influences; individual and differentiated approach; support and positive in a person.

The principles of communist education help the coach to ensure the solution of all the tasks of education. The principles of communist education help the coach to ensure the solution of all the tasks of education. Guided by them, the coach chooses the content and means of solving this problem, in accordance with the principles creates the conditions for the formation of the necessary relations between pupils. The principles help him to more correctly and accurately evaluate the result of the educational process.

The principles are implemented in the methods, means, techniques, forms of educational work.

I. Lenin considered the main condition for communist education to be the connection of education with everyday practice, participation in the construction of a new life. Experience is accumulated in activity, motivation of actions develops, views, judgments, assessments are formed, creative forces and abilities are strengthened. In communication in a team, traditions are assimilated, ideals are formed, the personality is enriched with the best patterns of behavior.

The upbringing of young athletes, along with the general features of communist education, has some features due to the nature of sports activities and the specific goals and objectives of mass sports work among children and adolescents.

## References

1. Ташпулатов Ф., Хамраева З. ФИЗИЧЕСКАЯ КУЛЬТУРА В ОБРАЗОВАТЕЛЬНЫХ УЧРЕЖДЕНИЯХ //Educational Research in Universal Sciences. – 2022. – Т. 1. – №. 4. – С. 10-17.

2. Farhad T., Khamraeva Z. B. PROBLEMS AND SOLUTIONS IN CHILDREN'S FOOTBALL //INTERNATIONAL CONFERENCES ON LEARNING AND TEACHING. – 2022. – T. 1. – №. 1. – C. 45-51.
3. Tashpulatov F. A., Shermatov G. K. Wrestling–The Honor of Uzbek Nation //Eurasian Scientific Herald. – 2022. – T. 8. – C. 205-208.
4. Alisherovich T. F. Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI. – 2022. – C. 187-190.
5. Khamraeva Z. B. Planning Annual Training for Runners Running Over Obstacles //Eurasian Scientific Herald. – 2022. – T. 8. – C. 229-232.
6. Khamrayeva Z. B. Physical Education of Students in Modern Conditions //European Journal of Business Startups and Open Society. – 2022.
7. Shermatov G. K. Classification of Methods of Sports Wrestling, System //EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY. – 2022. – T. 2. – №. 2. – C. 39-42.
8. Мухаметов А.М. (2021) Methodology for Normalizing Workload in Health Classes, european journal of life safety and stability,<http://www.ejlss.indexedresearch.org/>
9. <https://iejrd.com/index.php/%20/article/view/2965>
10. <https://iejrd.com/index.php/%20/article/view/2962>
11. Qaxxorovich S. G. Methodology of Organizing Wrestling Competitions //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2022. – T. 1. – №. 4. – C. 14-18.
12. Хамроева З.Б. (2021) Current Issues of Forecasting in Physical Education and Sports today, european journal of life safety and stability <http://www.ejlss.indexedresearch.org/>
13. Khamrayeva Z.B. (2021) Actual problems of forecasting in physical culture and sports today, European Journal of Life Safety and Stability <http://www.ejlss.indexedresearch.org/>
14. Khamrayeva Z.B. The origin of the athletics sports tour /Spectrum Journal of Innovation, Reforms and Development Volume 02, May, 2022 ISSN (E): 2751-173 Website: [www.sjird.journalspark.org](http://www.sjird.journalspark.org)
15. Мухаметов А.М. (2021) Methodology for Normalizing Workload in Health Classes, european journal of life safety and stability,<http://www.ejlss.indexedresearch.org/>