

A large, semi-transparent red umbrella is the central focus, set against a white background. Inside the umbrella's canopy, a lush green tree with dense foliage is visible. The umbrella's handle is a dark red, curved shape, extending from the bottom left. The overall composition is clean and minimalist.

*Spirit time*

ISSN 2522-9923

**№2 (26)  
2020**

## PHYSICAL CULTURE

<i>Urazbaev A.A.</i> INFLUENCE OF PHYSICAL CULTURE ON CHILDREN OF PRIMARY SCHOOL AGE .....	230
<i>Urazbaev A.A.</i> SWIMMING AS A MEANS OF IMPROVING OF PRESCHOOL CHILDREN .....	232
<i>Sabdenbekov E.U.</i> MANIFESTATION AND FORMATION OF MOTIVATION IN SPORTS ACTIVITIES .....	235
<i>Sabdenbekov E.U.</i> SPEECH ETIQUETTE OF A PHYSICAL EDUCATION TEACHER .....	237
<i>Urazbaev A.A., Sabdenbekov E.U.</i> THE ROLE OF THE TEACHER IN INSTILLING A HEALTHY LIFESTYLE FOR STUDENTS .....	240
<i>Omarov B.S.</i> PHYSICAL THERAPY FOR DISEASES OF THE CARDIOVASCULAR SYSTEM .....	242
<i>Omarov B.S.</i> EFFECTIVE FIGHTING TECHNIQUES IN THAI BOXING .....	244
<i>Altynbekov A.I.</i> PREVENTION OF PSYCHOEMOTIONAL BURNOUT IN MEDICAL STUDENTS .....	247
<i>Altynbekov A.I.</i> PHYSICAL TRAINING OF CADETS DURING EXTRACURRICULAR ACTIVITIES .....	250
<i>Omarov B.S., Altynbekov A.I.</i> BASICS OF A HEALTHY STUDENT LIFESTYLE .....	253
<i>Orazbayev E.D.</i> THE ROLE OF PHYSICAL CULTURE IN IMPROVING THE HEALTH OF STUDENTS .....	256
<i>Zhilisbayev N.K.</i> DEVELOPMENT OF EXTREME SPORTS .....	258
<i>Dayrabaev M.S.</i> THE IMPORTANCE OF PHYSICAL CULTURE IN THE EDUCATION OF THE INDIVIDUAL .....	261
<i>Orazbayev E.D., Zhilisbayev N.K., Dayrabaev M.S.</i> FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS .....	264
<i>Orazbayev E.D., Zhilisbayev N.K., Dayrabaev M.S.</i> MORAL AND VOLITIONAL TRAINING OF STUDENTS IN THE PROCESS OF SPORTS AND MASS ACTIVITY .....	267

<i>Erdenov M.</i> METHODS OF DEVELOPMENT OF EXPLOSIVE FORCE AND SPEED-POWER TRAINING OF YOUNG WRESTLERS	314
<i>Erdenov M.</i> Management of physical culture and sports development in the Republic of Kazakhstan	316
<i>Khasenov T.B., Erdenov M., Abdillayev A.K.</i> CULTURE OF REPRODUCTIVE HEALTH OF STUDENTS	325
<i>Abdillayev A.K.</i> THE EFFECTIVENESS OF THE PROGRAM OF PHYSICAL AND TECHNICAL TRAINING OF YOUNG PLAYERS IN THE PROCESS OF TRAINING ACTIVITIES	329
<i>Hudiyarov G.B.</i> SELF-CONTROL AND SELF-DEVELOPMENT IN SPORTS	332
<i>Hudiyarov G.B.</i> SCIENTIFIC SUBSTANTIATION OF THE SYSTEM OF COUNTING THE EXECUTION OF TECHNICAL-TACTICAL ACTIONS WITH THE BALL YOUNG PLAYERS IN GAMING ACTIVITIES	334
<i>Abdillayev A.K., Hudiyarov G.B.</i> PROFESSIONAL AND APPLIED PHYSICAL TRAINING AMONG MEDICAL UNIVERSITY STUDENTS	337

2. Zelentsov A. S. Technical and tactical actions of football players: problems of improvement / A. S. Zelentsov, V. V. Lobanovsky, E. A. Razumovsky // Football. Yearbook. 1982. No. 4. Pp. 9-13.
3. Lyakh V. I. Complex program of physical education of students in grades 1-11 / V. I. Lyakh, A. A. Zdanevich; M-in education and science ROS. Confederations. Moscow: "Enlightenment" publishing house, 2004. 126 PP.
4. Maslovsky E. A. Use of the program for physical training of young football players during the two-year pedagogical research / E. A. Maslovsky, A. N. Yakovlev, A. p. Saskevich // Izvestiya Sochi state University. 2013. No. 4. Pp. 155-159.
5. Maslovsky E. A. Theoretical and methodological bases of using the individual-conjugate approach in physical education of school children and training of young athletes: autoref. dis. ... d RA PED. sciences'. Mn., 1993. 49 PP.
6. Saskevich A. p. Attacking and defensive TTD with meat of young football players and their implementation in the conditions of competitive activity / A. p. Saskevich, E. A. Maslovsky // Scientific potential of youth – the future of Belarus. Pinsk., 2014. Pp. 300-302.
7. Saskevich A. p. Complexes of special preparatory exercises for teaching the technique of playing football with the connection of peripheral vision at the stage of initial sports specialization: practical recommendations. Pinsk: publishing house of Polesky state University, 2012. 14 p.
8. Yakovlev A. N. Determination of the rational structure of physical training of young athletes in the training of technical skills of playing football / A. N. Yakovlev, E. A. Maslovsky, A. p. Saskevich // Scientific notes of the University named after P. F. Lesgaft. 2013. No. 10. Pp. 177-182.
9. Sohan, L. V. the way of life of youth / L. V. Sohan // Sociology of youth: encyclopedia. dictionary / Rel. ed. Yu. A. Zubok, V. I. Chuprov. - Moscow: Academia, 2008.
10. The great Soviet encyclopedia. – 3rd ed. - Vol. 16. - Moscow, 1988.

**Hudiyarov G.B.**

*International Kazakh-Turkish*

*University after H.A.Yessevi*

*Faculty of sports and art*

*Department of physical culture*

## SELF-CONTROL AND SELF-DEVELOPMENT IN SPORTS

*Self-control, development-concepts often used in the definitions of modern society and a healthy lifestyle. Sport is a certain type of activity of a person or group of people, organized according to certain rules, promotes the development of physical and intellectual abilities.*

In modern life, sport is closely linked to self-control, because the rapid development of information technologies and the transformation of the public make these concepts constant abrupt adjustments. Not only sports are changing, but people themselves are making a sense of the vital need to maintain a physical and even emotional state. Now we can talk about the specifics of the concepts of sport and self-control [1].

We can say that both, so to speak, terms are most often associated with the forced state of an individual or group of individuals associated with the achievement of personal development. In other words, everyone contributes to these concepts their own meaning. For some, it is necessary in the modern world to be strong in terms of bodybuilding or strength gymnastics, someone uses a sports direction to increase overall physical fitness. To do this, we chose a type of physical activity such as swimming. We just had to go to this sport with the words "we need it to be better". After a long time, through complex self-control and systematization, we have achieved results. We began to change, improve, and develop. We had a goal-to become better, stronger, more beautiful.

A feature of self-control is also the improvement of the emotional state of a person and people in General. He and they become (become) more calm and stress-resistant to many situations in life, i.e. the main focus is on achieving results in sports.

We can also say that self-control is a kind of Foundation for all human activities aimed at personal improvement [2].

The term "self-control" should first begin with the question "do I need it?", "what can I change in myself to achieve the result?", "what will I get in the end, through self-control and periodization of my sports activities and how will my life change not only in the family, but also in other areas?"

Features of sports are based on the targeted result of self-control and confidence in achieving results in any sport. First of all, a person should start sporting activities with the words "it is necessary". The main case is also the normalization and systematization of activities, so as not to harm, on the contrary, to improve it. It is also a feature of periodic training and improvement of the emotional, primarily physical condition of the person. A special feature is also the end result of a person or groups of people in the process of sports activities, the desire for career growth, improving the quality of their life and improving relations in terms of communication with people around them [3].

But, sometimes, sport becomes for certain people the meaning of their existence in this world, which has a detrimental effect on all the remaining activities can lead to the loss of family and work. The reason for this situation is the lack of control and system in the

classroom. Therefore, self-control is also associated with the term "systematization and normalization".

But we can say that the example given before is the negative side of the lack of positive self-control, although there are no positive sides in the lack of self-control, respectively.

Everything depended on the period. If it's winter, you can practice more (4-5 times a week) and strive to achieve results. If this is a University class or a job, then choose the appropriate time.

The main word is "need and purpose". To achieve results, you need to understand the need for sports activities. Of course, you need to have a strong will to achieve a General level of self-control.

Results:

- expected result
- perfection
- getting closer to peace of mind
- spiritual development
- developing will and power
- rationing and ability to manage your own time
- the ability of self-discipline and rigor

Communication. Let's repeat – everything depends on external and graphical (daily) factors and on questions to yourself "do I need this?".

The main thing in self-control is discipline, rigor, normalization and systematization of the day, so that it does not harm either the family or the work. When you have reached perfection, you must decide to continue or finish your development. Proud of perfection, do not waste it by the disintegration of self-control and idle fun [5].

According to the world Health Organization (who), a person needs at least 150 minutes of moderate-intensity aerobic physical activity per week. If moderate physical activity is understood as intensive walking at a speed of at least 5.5 km per hour and lasting at least 40 minutes per session, then to meet this standard, it is necessary, for example, to use a treadmill 4 times a week.

Regular physical activity will help maintain your health and bring a sense of well-being to your life, which in turn will make you mentally healthy and reduce your level of anxiety (Booly and Fletcher, 2000; Goodwin, 2003). Therefore, most medical rehabilitation programs include some type of physical activity (Dunn, Triverdi, O'neill, 2001). Sedentary lifestyles, in contrast, are associated with negative consequences: overweight, obesity, type 2 diabetes, and cardiovascular disease (Hamilton, Healy, Dunstan, Zderik, and Owen, 2008) [6].

Research shows that 31% of the world's population remains physically inactive, and 80% of adolescents aged 13-15 years exercise for less than 60 minutes a day.

Problem

Although most people are informed about the positive effects of regular exercise and have the intention to exercise regularly, as a result they do not, i.e. there is a gap between intentions and actual behavior. (Rhodes, Plotnikoff, & Courneya, 2008). Moreover, most traditional theoretical approaches (Eisen 1991) cannot fully explain this gap just because they focus on

how intent is formed (Sniehotta, Premeau, & Araújo-Soares, 2014; Rebar, Loftus, & Hagger, 2015). In addition, it is difficult to maintain an active lifestyle for a long time because people face stressful situations on a daily basis.

In high-performance sports, too, there is enough stress. It is extremely important for an athlete to control impulsive actions or behavioral patterns formed on the basis of them: for example, he must regulate the level of anxiety in extremely stressful conditions (sports competition) in order to be more calm and focus on the task at hand (for example, in basketball to make a free throw), force himself to work hard on strength exercises or adhere to the planned training plan for a long period of time [7].

Often in the training process, the athlete and his coach lose sight of the fact that the prevailing tendency to automatically react in high-pressure conditions leads to strong excitement and anxiety, and the athlete "gives up" and gives up before difficulties at the most crucial moment. Instead of physical activity and an approved training plan, he chooses rest.

Controlling the dominant goal

One theory that explains the difficulties listed above suggests a self-Control Model (the Strength Model of Self-Control) based on the dominant influence of the athlete's target setting (Baumeister et al., 1994, 1998). Baumeister and his colleagues define self-control as the ability to hold, change, or control dominant response tendencies in order to move away from short-term pleasure drives in favor of a more desirable long-term goal that will bring much more significant benefits (Baumeister, 1998) [9].

Any act of self-regulation (for example, regulation of emotions, concentration of attention) requires energy, which a person draws from their internal resources. These resources are not unlimited, have different values for different people, and can be depleted.

In psychology, this is called "ego depletion". The ego determines the mental resources of self-regulation, and its depletion negatively affects self-control in the direction of achieving motor results.

The difference between the self-control model and the cognitive load model

The self-control (or goal dominant) model differs from the cognitive load model in that it tracks the effect of transferring a previous event related to the need for self-control to subsequent events.

According to the theory of cognitive load, performing two tasks simultaneously has a negative impact on performance, while the self-control model assumes that a decrease in performance occurs in the second task after the main one [10].

To test the self-control model, scientists conducted an experiment: participants were divided into two groups and shown a sad video clip. Participants in one group were given the task of suppressing any of their emotional responses (i.e., regulating emotions). In the control group, participants simply watched the clip without any additional instructions. Then the experiment participants were given a second task: to compress the expander. This exercise becomes tedious and painful after a while, and you need to have self-control

to continue doing it. The results showed that performance was significantly lower under ego depletion conditions. It is important to understand that this effect is not related to any specific subject area and the previous task may require a different form of self-control. For example, the previous cognitive task will affect the next physical one.

#### Effect of stress

The influence of stress on physical activity levels was studied by Nguyen-Mikael, GITIS, and Bray. Their research has shown that under stress, the volitional resource is emptied faster. Self-control resource is an intermediate link between stress and training discipline. Martin GITIS and Bray suggest that the ability to stick to an exercise schedule for a long period of time is an act of self-control (see also Bandura, 2005). One study found that people were less likely to exercise on days that they perceived as stressful. Accordingly, later models of physical activity also include, after a deliberate act of self-regulation, the protection of intentions from distracting or tempting alternatives (for example, to relax instead of working; Gollwitzer, 1999; Schwarzer, 1992; Schwarzer & Luszczynska, 2008).

#### Anxiety and self-control

In conditions of high pressure (for example, sports competitions), athletes are not always able to show the best result and show everything they are capable of. Some studies show that poor performance in athletes is associated with high levels of anxiety and an inability to focus on the task at hand (Behan and Wilson, 2008; Wilson et al., 2009), but there are also studies in which no negative effects of anxiety on athletes' results were found (Craft et al., 2003; Woodman and Hardy, 2003). The self-control theory offers an explanation for these contradictory results, since the availability of a self-regulation resource at a given moment can determine under what conditions an athlete has a better chance of achieving the goal. According to Baumeister and Schmeichel, the arbitrary act of regulating attention is an act of self-regulation that can suffer from ego depletion.

Thus, the self-control Model offers possible answers to the questions posed in the title and explains why athletes sometimes fail to perform well-practiced elements under pressure (Englert and Bertrams, 2012), may be less resistant to difficult physical exercises

(Bray and colleagues, 2008), have difficulty suppressing impulsive actions (McEwen and colleagues, 2013), or do not always adhere to training discipline (Martin Gini and Bray, 2010).

#### References:

1. Life of a healthy woman: encyclopedia / editor-in-Chief Nepokochitsky A. S.-M.: LLC " Ed. Dom ANS: OLMA Press, 2003. - 767c.
2. Curtis G, Schuler D. Guide to pregnancy. From conception to delivery. - Moscow: Eksmo Publishing house, 2005. - 320c.
3. Kreff A. F., Kanyu M. F. Woman and sport: TRANS. with FR. - Moscow: physical culture and sport, 1986, - 142 p.
4. Lawrence D. Water Aerobics. Exercises in water / TRANS. from English. Moscow: fair PRESS, 2000. - 256 p.
5. Alehno A. V. Technique and tactics of volleyball.- M.: the World of sport, 2006. 2. Nikolaev V. V. and others. Methodical instructions for teaching sports disciplines// Sports Bulletin-2010.- No. 6.- Pp. 46-48 3. Tsoi I. T. Technical techniques of volleyball.- Almaty., 2012 4. Smetnik V. P., Tumilovich L. G. Medicine and sport.- Astana.: Glasir, 2007. 5. Ilyina M. M. Gymnastics. The basics.- Moscow: Enlightenment, 2011.
6. Begidov, V. S. Methods of power training of wrestlers of 15-17-year-old age / V. S. Begidov, V. N. Sehyuanov // Theory and practice of physical culture. - 1993. - No. 5-6. - P. 5.
7. Belotserkovsky, Z. B. Adaptation of athletes to perform specific static loads / Z. B. Belotserkovsky, B. G. Lyubina // Theory and practice of physical culture. - 2000. - No. 7. - Pp. 46-49.
8. Vorobyov, A. N. Strength as physical quality and methods of its development / A. N. Vorobyov // Weightlifting: Yearbook. - Moscow: physical Culture and sport, 1981. - Pp. 117-131.
9. Koblev, Ya. K. System of long-term training of international class athletes in wrestling: dis. ... d RA PED. Sciences / Ya. K. Koblev. - Moscow, 1990. - 328 p.
10. Kuznetsov, A. S. Organizational and methodological foundations of long-term technical and tactical training in Greco-Roman wrestling: dis. ... d RA PED. Sciences / A. S. Kuznetsov. - Krasnodar, 2002. - 458 p.

*Hudiyarov G.B.*

*International Kazakh-Turkish*

*University after H.A.Yessevi*

*Faculty of sports and art*

*Department of physical culture*

### SCIENTIFIC SUBSTANTIATION OF THE SYSTEM OF COUNTING THE EXECUTION OF TECHNICAL-TACTICAL ACTIONS WITH THE BALL YOUNG PLAYERS IN GAMING ACTIVITIES

**Abstract:** *This article describes the author's scoring system perform technical and tactical actions with young footballers different ball game roles. Just shows the level of performance of the attacking and defensive technical and tactical actions with the ball and competitive (game activity) and permissible, in the performance of young athletes percentage of errors.*

**Keywords:** *football; young athletes; tactical actions; counting system; competitive activity*