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ANALYSIS OF TECHNIQUE OF RUNNERS IN OBSTACLES

Abstract: The difficulty in running technique is to correctly determine the place of landing in front of the obstacle, because it is impossible to run such a long distance with a certain number of steps. The most skilled athletes approach the obstacle without changing the rhythm of their steps and running speed. In order to place the landing foot at a certain distance from the hurdle, the runner must be able to aim with his eyes. This is perfected in the process of training and competitions. In this case, it is of great importance to be able to land on both legs evenly. The last step taken before landing is somewhat shorter than the previous steps. The foot should be placed on the ground at a distance of 140-180 cm from the outer edge of the hurdle. Shortening the last step (for this, the foot is placed closer to the projection of the total body weight) reduces the braking effect of the support reaction force during the front support. During the take-off, the runner's body leans slightly forward, and the bent leg is quickly raised up with the knee forward. To maintain balance, the hand on the other side of the swinging leg is extended forward or forward down.

Keywords: running, balance, take-off, hurdle jumping, running technique, maintaining rhythm.

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The resolutions of the President of the Republic of Uzbekistan dated November 5, 2021 “On the Program for the Development of Sports and Educational Institutions until 2025” and “On the Comprehensive Preparation of Uzbek Athletes for the XXXIII Summer Olympic and XVII Paralympic Games to be held in Paris (France) in 2024” will serve as an important legal basis for further accelerating efforts in this area, determining the prospects for the development of sports and educational institutions, and ensuring the comprehensive readiness and successful participation of our athletes in the XXXIII Summer Olympic and XVII Paralympic Games. According to the resolution “On the Program for the Development of Sports and Educational Institutions until 2025”, the program for the development of sports and educational institutions until 2025, the program for the implementation of the program in 2021-2022 The roadmap, target indicators of the program, and the main parameters for the construction, reconstruction, overhaul and equipment of the facilities of the Olympic and Paralympic reserve colleges in 2022-2025 were approved.

LITERATURE ANALYSIS AND METHODOLOGY

Purpose of the work: To teach runners to perform the rhythm and technique of running at a distance of 400 meters in the distance of 400 meters in a beautiful way and to run economically. Novelty of the work: To teach runners to attack on both legs from the initial training sessions to achieve high sports technique. We have developed a training method for runners to run at a distance of 400 meters in a complete set. The level of physical fitness of the participants of the experimental group for training runners to run at a distance of 400 meters in the distance of 400 meters in this training method is given in the table. We expressed it through pedagogical and experimental results. Accordingly, we presented the results of control and experiment in absolute

terms and percentage terms. Currently, the sharp increase in sports results in international sports arenas requires the development of sports training methods, improved methods. It is no secret to anyone that in the 400-meter race, the performance of running technique and running rhythm directly depends on the sports result. Because an athlete with high sports technique will certainly perform beautiful running with economical movements, which will ensure an increase in sports results. Taking these circumstances into account, when we analyzed the running technique and rhythm of runners over 400 meters during training, it was found that most young athletes do not pay attention to the ability to attack with both feet from the first day of training, which does not increase sports results for a certain period of time and creates difficulties in subsequent training, as observed in the course of the observations. Therefore, training the technique of runners over 400 meters and the rhythm between the steps and the number of steps during training will help to increase sports results. This shows that the chosen topic is one of the relevant topics in sports practice. The formation and development of steeplechase as a sport, and the first information about running over various obstacles, dates back to the second half of the 19th century, although it was mentioned before 1873. According to the English historian F. Webster, at the same time, students of Eton College began to test their strength in steeplechase. According to contemporaries, this type of running The emotional and artistic sport could not fail to attract even younger sports enthusiasts.

DISCUSSION AND RESULTS

The study was conducted at the Bukhara Olympic Reserve College and its trainees in the 2nd stage at the stadium of the athletics department of the Bukhara Olympic Reserve College and at the stadium of the Bukhara city sports school specializing in martial arts: In the first stage, the current research was organized in January - December 2024. The running technique, rhythm and number of steps of the 400-meter hurdlers during training were studied.

The second stage, a pedagogical experiment was conducted in January - March 2025. The following pedagogical tests were used in the pedagogical experiment.

1. 60 m run
2. 500 m run
3. Long jump from a standing position
4. 300 m 8 hurdles run results and number of steps.
5. Bending down from a gymnastic bench.
6. Throwing a 4-kg shot put forward with both hands.
7. Triple jump from a standing position.

№ Tests	Group	Before Experiment	After Experiment	Absolute Growth	Percentage (%)
1 60 m sprint	C.G.	8.3	7.9	0.4	4.8%
	E.G.	8.2	7.5	0.7	8.5%
2 500 m run	C.G.	1:33.8	1:29.2	4.61	4.9%

№ Tests	Group	Before Experiment	After Experiment	Absolute Growth	Percentage (%)
3 Standing jump	long E.G.	1:32.2	1:26.8	5.4	5.9%
	C.G.	2.06	2.27	0.21	10.2%
4 Standing jump	long E.G.	2.05	2.34	0.29	14.1%
	triple C.G.	5.54	6.20	0.66	11.9%
5 Flexibility (bending on gym bench)	E.G.	5.70	6.92	1.22	21.4%
	C.G.	5	12	7	14%
6 Shot put (4 kg, both hands)	E.G.	5	21	16	32%
	C.G.	8.00	10.30	2.30	28.8%
7 300 m hurdles (8 hurdles)	E.G.	8.30	10.83	2.53	30.5%
	C.G.	51.5	48.1	3.4	6.6%
Steps between hurdles	E.G.	50.8	46.0	4.8	9.5%
	C.G.	19	18	1	5.3%
	E.G.	19	17	2	10.5%

Legend:

- **C.G.** – Control Group
- **E.G.** – Experimental Group

CONCLUSION

The pedagogical study conducted on the analysis of the rhythm and technique of 400 m hurdles runners made it possible to draw the following conclusions:

1. The study conducted revealed the lack of scientific methodological literature on the study of the rhythm and technique of 400 m hurdles runners, and during the analysis it was determined;
2. The study conducted showed that the physical fitness and development of the participants in the process of teaching the running technique and step rhythm of 400 m hurdles runners is of great importance. 3. According to the results of the study, if from the first day of the training for training the running technique of 400 m hurdles runners, attention is paid to the development of the ability to attack and pass the hurdles in both steps, athletes can later master the technique of this type well and at the same time improve their sports results.

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