

Pedagogical skills of the tennis coach in effective organization of tennis sports and health promotion activities to strengthen women's social activity and health, which is its basis

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ANNOTATION

In this article, the legal and political issues of increasing the activity of women in society, the systematic reforms of our government for the proper functioning of women in society in our country, and the role of sports in the effective socialization of women, especially the sport of tennis, and the pedagogical abilities of trainers who teach it spoken.

KEYWORDS: modernization, public life, abilities, legal interests, awareness, language, administration, design, organization, constructive skills, health image.

It is not a secret to anyone that women's issues are analyzed in depth at the global level and appropriate solutions are found to the problems. In the territory of the Republic of Uzbekistan, the issues of women and girls are considered as urgent problems. As the policy of building New Uzbekistan, a legal, secular, democratic and social state is being implemented in our country based on the principle of "For human dignity and interests", the main focus is on the comfortable life of women and the creation of suitable conditions for their work. provision of services, the foundation of gender equality leads to the well-being of the way of life of women in society and in the family.

- protecting the rights and legal interests of women, increasing their role and activity in the social and political life of the country, ensuring gender equality guarantees, wide involvement in scientific activities;

- identifying the problems of families and women in a timely manner, providing socio-legal and psychological assistance to families and women who have fallen into a difficult social situation;

- to create the necessary conditions for women to acquire knowledge and skills in professions that are in high demand in the labor market, to widely involve women in rural areas in family and private entrepreneurship, handicrafts;

- implementation of targeted measures for the formation of a healthy lifestyle among women, strengthening of spiritual and moral values in the family;

- to support the activities of non-governmental non-profit organizations in the direction of women.

In particular, protecting the rights and legal interests of women in the country, increasing their economic, social and political activity, maintaining their health, providing vocational training and employment, wide involvement in entrepreneurship, social support of needy women. "support, systematic continuation of the reforms carried out to ensure gender equality, as well as consistent implementation of the goals of sustainable development of the United Nations Global Agenda, on March 7, 2022, "Systematic support of the family and women In Decree No. PF-87 "On Measures to Accelerate Work on Support", interest-free educational loans for 7 years were allocated for women's

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higher education institutions, part-time and evening education. , on this basis, by 2023, coverage with higher education increased from 9% to 38%, last year 49% were women. In particular, women are annually sent to foreign higher education institutions to study under bachelor's and master's education programs through the "El-Yurt Umid" foundation, "Woman Scholar", "The First Step for Women's Business" contests were held, "Society of Women Scientists" was established, courses were introduced to train women in the profession, to teach students about information technology. On the basis of the "Program to increase the activity of women in public administration" on the basis of increasing the role of women in society, gender equality and family issues, separate training courses were organized at the Academy of Public Administration for the training of women leaders, women in public administration and its share reached 35 percent for the first time. As part of the family entrepreneurship development program, more than 40% of the products produced by women artisans were placed in the handicraft centers of the "Hunarmand" association, and the share of women in the field of entrepreneurship increased. The decree focuses on strengthening women's health, especially through fitness and shaping classes organized in neighborhoods, and putting an end to harassment and violence by their close relatives.

Special recognition should be given to the Law adopted on April 12, 2023 to protect women and minors from violence. One of the main conditions for increasing the political, economic and social activity of women is the protection and strengthening of women's health through the wide promotion of physical education and mass sports. After all, only physically healthy, intellectually developed women can find their place in society and contribute to the development of society. Therefore, it is not a secret to anyone that in order to improve women's health, systematic and high-quality physical education and sports activities, organization of clubs have become the demand of the times. I think that it is in the hands of us experts to turn sports into a physical requirement from a young age. From the point of view of physiology, various types of sports have a positive effect on the body of women. For example: fitness, shaping, athletics, volleyball, basketball, gymnastics, swimming and other sports. I would like to make a special mention of tennis sport, which has been widely developed and spread since time immemorial and is a favorite game of the population. Tennis, as a guarantee tool capable of forming the nation's gene pool and raising a healthy generation, has been promoted within the priority directions of state policy since the first days of independence. To date, in all regions of our Republic, even in rural areas, thousands of sports facilities conforming to international standards serve to strengthen the health of our people, students and youth, especially women, and to develop their physical capabilities. In other words, physical education and mass sports are increasingly becoming a daily need of our citizens, especially our growing youth. According to experts-scientists, based on the results of many scientific researches, the training of highly skilled, talented and competitive athletes is carried out on the basis of mass sports. That is why special attention is paid to the development of public and professional sports in the decrees and decisions adopted by the president of our country. It should be admitted with pride that our President pays special attention to the development of Olympic sports. Tennis is no exception in this regard. Compared to other types of sports, tennis differs in that it is very complicated and requires more time to master the game skills.

According to historical data, if tennis is based on the invention of Italian Antonio Scaino in 1555, then this game is 458 years old. it can be said that it is "living". Even today, tennis is one of the most popular and favorite sports in the world.

The professional-pedagogical activity of a tennis teacher-trainer with a higher education can be

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carried out for women in the following educational and sports institutions:

- preschool education institutions;
- general education schools;
- professional education and secondary special education institutions;
- colleges of Olympic reserves;
- Sports schools for children and teenagers;
- Olympic reserve schools for children and teenagers;
- schools of higher sports skills;
- sports clubs;
- voluntary sports societies;
- national teams;
- private healthy physical education and sports centers;
- recreation centers and sanatoriums.

The tennis teacher-coach must have mastered the theoretical knowledge, professional-pedagogical skills and qualifications of the fundamental, special and specialized subjects mentioned in the current curriculum, physical education and sports and should know the essence of the relevant legal, regulatory and administrative documents and follow them, study the experience of conducting mass sports training, training sports reserves and highly qualified athletes.

A person who is formed as a person, has high moral and cultural qualities, is intellectually deep, independent thinker, creative, embodies national and universal values, is able to take initiative and responsibility in complex situations, and has a broad worldview. lib is required.

The qualification requirements for a teacher-coach in tennis lessons with women are determined by various skills specific to his professional-pedagogical activity: knowledge, ability to explain, observation, speech, management, design, organization , constructive, communicative, gnostic, propaganda, research, invention.

A coach's ability to know is not limited to his sport, but he should have deeper knowledge, observation, theoretical and practical developments, and events and phenomena in modern sports.

The coach's ability to explain should be able to compare the capabilities of our country's athletes and unique achievements in world sports, and apply practical experiences that match our mentality.

The trainer's ability to observe is a psychological observation related to the ability to enter the inner world of women, to understand the trainee's personality and her temporary mental states very well.

The trainer's speech ability is the ability of the trainer to clearly and clearly express his thoughts and feelings to his trainees with the help of speech and gestures. The trainer's speech should be clear, vivid, expressive, expressive and emotional.

The management skills of a coach are represented by the art of managing a group or sports team as a teacher, training, and competition processes.

The coach's design skills include the preparation of high-skilled and sports reserves in the system of multi-year sports training, the development of training projects for the annual training cycle (macrocycle), mesocycle and microcycles, planning mass tennis events and training athletes in the morning. includes issues such as teaching gymnastics and independent planning of exercises that develop physical qualities.

Constructive skills equip participants with knowledge related to tennis, teach them to choose

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exercises according to the complexity and effect on the body, complete the processes of work, education, nutrition, sleep and rest. includes the problems of forming organizational skills, teaching athletes to make independent decisions during training and competition processes.

Organizational ability is expressed by measures such as proper organization of the multifaceted and multidirectional activities of the participants, purposeful implementation of educational and health improvement processes.

Communicative skills are explained by the issues of establishing the right relationship with athletes, parents, employees of different categories and positions, and public organizations.

The gnostic skill involves mastering the knowledge specific to the theory and methodology of tennis training for various young and qualified tennis players, using scientific and methodological literature, conducting scientific research, and analyzing the essence of one's own experience and best practices. contains z.

The art of propaganda must be developed in every teacher-trainer. He should take measures to promote the priority of his sport, its positive features, its place before the international sports community, its position and traditions in the Olympic system, and further expand the popularity of tennis.

Only if the teacher-trainer has the ability to be inventive, he will have the power to train talented athletes as a result of creating new, effective exercises, methods, pedagogical technologies and skillfully applying them.

Therefore, a skilled trainer, along with knowing the secrets of the tennis sport, can convey to the young generation, organize sports and health activities taking into account the age and specific anatomical and physiological characteristics of women, and at the same time, they can improve their health. It creates a foundation for the development of the community and its perfect functioning in the society.

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