

Questions of Improving the Legal and Pedagogical Mechanism of Young Athletes

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Abstract: This article is devoted to improving the pedagogical mechanism for the education and legal protection of young athletes with a special emphasis on academic lyceums. Academic lyceums emphasize effective practices such as an integrated curriculum, time management and psychological support, with the goal of developing clear rules and standards that provide legal protection for athletes and create conditions for the balanced development and successful performance of young athletes.

Keywords: Academic lyceums, athletes, education, pedagogy, mechanism, young athletes, legal protection, integration, educational programs, development.

FURTHER IMPROVEMENT AND POPULARIZATION OF PHYSICAL EDUCATION AND SPORT" was adopted in the Republic of Uzbekistan (January 24, 2020, No. PF-5924)

In accordance with this Decree, in recent years, popularization of physical education and sports in the republic, promotion of a healthy lifestyle among the population, creation of necessary conditions for physical rehabilitation of persons with limited capabilities, and ensuring proper participation of the country in international sports arenas. consistent measures are being implemented.

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At the same time, implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, wide involvement of young people in sports and selection of talented athletes from among them, skilled athletes who provide high results in sports there is a need to form national teams and create additional conditions for trainers.

In order to form an all-round mature and physically healthy person with a high culture in the country, to define priorities aimed at gaining skills and knowledge of the population in the field of physical education and sports, to introduce innovative forms and methods to the process of selecting (selection) talented athletes. in order to increase the total number of the population regularly engaged in physical education and sports up to 30%, the total number of young people engaged in sports organizations and institutions up to 20%, the quality composition of trainers and specialists in state sports education institutions, in particular the number of employees with higher education, in stages - to reach 80%, to develop and implement an effective and transparent four-stage organization-district (city)-territory-republic system of selecting

(selection) talented athletes among young people, regular physical training and sports increase the total number of the growing population to 30%, the total number of young people engaged in sports organizations and institutions to 20%, the quality composition of trainers and specialists in state sports education institutions, in particular, the number of employees with higher education to gradually increase to 80%, among the local youth development and implementation of an efficient and transparent four-stage organization-district (city)-territory-republic system of selection (selection) of talented athletes; such parables were defined as the main directions of the reform of the physical education and sports system until 2025.¹

Nowadays, the demands on young athletes are increasing both in sports and in education. A comprehensive approach to training is an innovative method that takes into account the unique needs and capabilities of each athlete and provides a harmonious combination of training and exercises. Academic lyceums play an important role in the formation of future champions as a center for educating talented young athletes. Pedagogical mechanism and effective legal protection system are becoming the main factor of ensuring not only physical, but also psychological and legal maturity of the young generation.

One of the important aspects of supporting young athletes is improving the pedagogical mechanism of their training. This includes the training and coaching methods used to develop their skills, as well as prioritizing their overall growth and well-being. By focusing on a holistic approach to their development, young athletes can be better prepared to handle the pressures of competitive sports as well as succeed in their personal lives.

The law of the Republic of Uzbekistan on the programs of the state policy on youth, the powers of bodies on physical education and sports in the field of state policy on youth. territorial and other programs to provide social support for young people, to protect and realize the personal, political, economic, social and cultural rights, freedoms and legal interests of young citizens, to create the necessary conditions for their participation in the life of society organizes competitions in national and other types of sports to raise awareness and activity, raise a healthy and competent young generation; on measures to promote the development of physical education and sports among young people, the desire to form a healthy lifestyle and interest in sports.²

Nowadays, society pays special attention to physical health and sports. In order to train a new generation of athletes, it is important to develop and improve a pedagogical mechanism that serves not only the development of physical skills, but also the legal protection of young athletes. In this article, we will consider the pedagogical problem and the search for ways to solve it. PQ-4307³ of the President of the Republic of Uzbekistan dated May 3, 2019 "On additional measures to increase the effectiveness of spiritual and educational work" and the Cabinet of Ministers of the Republic of Uzbekistan dated May 31, 2019 Young athletes and their characteristics⁴, as stated in December 1059 "Concerning the approval of the concept of continuous spiritual education and measures for its implementation", young athletes are in the period of active physical and psychological development. Pedagogical mechanism should take into account their age characteristics, as well as ensure complete harmony of education and training.

In recent years, young athletes represent the future of the sports world, and their development and protection play an important role in the formation of a healthy sports society. In this article, we consider the issue of improving the pedagogical mechanism of training young athletes and strengthening the legal protection of their interests. Attention is being paid to the mental health of young athletes. Coaches and instructors recognize the importance of not only physical fitness,

¹ Decree of the President of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020 <https://lex.uz/ru/docs/-4711327>

² Tashkent city, September 14, 2016, O'RQ-406

³ Decision of the President of the Republic of Uzbekistan dated May 3, 2019 "On additional measures to increase the effectiveness of spiritual and educational work - measures" No.

⁴ Annex 1 to Decision No. 1059 of the Cabinet of Ministers of the Republic of Uzbekistan dated December 31, 2019 "On approval of the concept of continuous spiritual education and measures for its implementation". // National database of legal documents, 03.01.2020, No. 09/20/1059/4265.

but also the mental toughness and emotional support needed to overcome the challenges of high-level competition. This shift in focus has led to the inclusion of sports psychology and mental training as integral components of young athlete development.

In particular, the legal protection of young athletes is the most important aspect that should be solved within the framework of the pedagogical mechanism. This includes protecting their rights, ensuring fair treatment and providing remedies in cases of abuse or exploitation. Several important initiatives can be implemented to improve the pedagogical mechanism of training and legal protection of young athletes. First of all, there should be a comprehensive training and certification program for coaches and trainers working with youth athletes. This program should not only cover the technical and tactical aspects of training, but also emphasize the importance of youth development, positive coaching methods and protecting the rights of young athletes.

In addition, there should be clear guidelines and protocols for reporting and responding to any abuse, harassment or discrimination in the sporting environment. This includes creating a confidential reporting system and providing resources for young athletes to seek legal and psychological support when needed. The cooperation of sports organizations, educational institutions and law enforcement agencies is important in the comprehensive protection and support of young athletes. This can be achieved by developing partnerships and joint initiatives that address the unique needs and challenges faced by young athletes.

Efforts to combine education and legal advocacy:

1. Legal rights education: informing young athletes about their legal rights, responsibilities and opportunities to seek legal help and protection.
2. Education of sports ethics: inclusion of sports ethics education in educational programs in order to educate the culture of respect, justice and honesty in sports.
3. Collaborate with legal experts: Collaborate with attorneys to provide guidance, advice, and legal representation to young athletes on issues related to their rights and protections.

As a result, it is necessary to constantly study and evaluate the pedagogical foundations of training and legal protection of young athletes. This will help develop best practices and standards that can be implemented across the sports industry to ensure the safety and well-being of young athletes. By strengthening the pedagogical mechanisms for training young athletes and strengthening legal protection, we can create an environment conducive to their growth, well-being and success in sports. The right combination of effective education and legal protection is critical to the success of young athletes both on and off the field.

In conclusion, it should be noted that improving the pedagogical mechanism of educating young athletes and their legal protection is important in creating favorable and favorable conditions for their development. By prioritizing well-rounded development and using strong legal protections, young athletes can succeed and reach their full potential both on and off the field. It is a collective responsibility to provide young athletes with the support and resources they need to achieve their athletic dreams in a safe and empowering environment. Improving the pedagogical training mechanism, strengthening the legal protection of young athletes is an integral part of their sports career. Only by ensuring that they are fully developed under the guidance of qualified coaches and that their rights are properly protected under the law can we ensure that young athletes are healthy, safe, and successful in their athletic careers and beyond.

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