

THE METHODOLOGY OF TEACHING 13-14-YEAR-OLD BOYS AND GIRLS IN SPORTS SCHOOLS THE TECHNIQUE OF ARCHERY

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Abstract: *The article also refers to the Presidential Decree No. PQ-5149 of June 17, 2021, which outlines measures for further developing and popularizing archery in Uzbekistan. It mentions the creation of conditions for a healthy lifestyle, promoting regular physical activity, and selecting talented athletes. The article also highlights the importance of preserving the heritage of archery traditions passed down from great ancestors like Amir Temur and Jaloliddin Manguberdi, and the need to prepare the national archery team for participation in international competitions like the Olympics and Asian Games.*

Key words: *Bow, string, stabilizer, aiming, target, peep sight, target lens.*

Introduction: This article discusses the methodology for deepening the skills of 13-14-year-old boys and girls in archery, enhancing their mastery, and continuously improving their techniques. It emphasizes the use of psycho-correction methods while working with student-athletes in archery, the basics of physical preparation, shooting techniques and exercises, analysis of mistakes, and the specific terminology associated with archery.

Research Objective: To achieve results in sports by developing the mental stability and physical skills necessary for successful participation in archery.

You can give additional life to your bow strings. If you will watch these "servings," as the wrappings are called, and replace them as soon as they begin to fray or wear. And this is the way to do it. (Fig. 2.) Brace the bow and measure it to be sure that it is strung at the proper height, then take a razor blade or sharp knife and carefully cut the worn serving away—care must be taken here lest you cut strands of the string itself and so weaken the string. Next take a three-yard length of Jif S Meyers' shoe thread which you have obtained from a shoe repair shop or archery supply house, and wax it with bowyers' wax—likewise obtainable for a few cents from any archery supply house.

Double and wax this string lightly again. Place this serving string across the bow at the top of the handle and the bow string exactly at right angles, as though the string were the arrow across the bow—you do this to ascertain the spot where the arrow will fit onto the string. Now take the serving string one-third of the way from the end, between your right thumb and forefinger, and holding the serving

string onto the bow string securely at this spot, swing the bow onto your knees and start winding the serving string over the bow string away from you and toward the right of the lower bow nock. This wrapping makes a smooth covering over the bow string. When you have used up all but about three inches of this string, cut a foot of this same thread. Double and wax it lightly, then double it again to form a loop. Lay this loop on the serving you have just made, with the loop end toward the right and the lower bow nock.

Continue winding the serving string, covering this extra loop until only a little of the serving string is left. Be sure to leave the cut ends of this loop **STICKING OUT TOWARD THE LEFT WHEN YOU BEGIN TO SERVE OVER IT**. Now run the end of the serving string up through the loop slackly and then jerk the ends of the loop back toward the **LEFT**. This pulls the end of the serving string back under the serving itself and prevents its coming unwound. With your knife cut off the serving string end which was pulled through. Now serve the string above the handle with the other end of the serving string in the same way. This should reinforce at least two inches above and about six below the place where the arrow fits onto the string.

Making the Arrow Knot: A small knot applied to the string at the point just below where the arrow should fit expedites the mechanical process of fitting the arrow onto the string when shooting, and assures the archer that the arrow is across the bow at the same angle for each shot. To make this knot, cut a 36" length of the Meyers' thread. (Fig. 3.) Wax it lightly, then double it. Using this string, measure again across the top of the bow handle to find exactly where the arrow should fit. Mark the spot with a pen or colored pencil. Now grasp the doubled thread about four inches from one end and hold it onto the serving at the marked spot with the thumb and forefinger.

Lay the 4" length of thread along the serving toward the lower nock. Loop the remainder of the knot thread over the second finger and with the same winding motion that you used for the serving, make a **SMALL COMPACT KNOT**. When the knot is of sufficient size to prevent the arrow nock's crossing it, yet is still not large enough to feel clumsy, run the end of this thread slackly through the loop made by the string held over the second finger. Firmly pull the string that projects to the right, and the end that was used for winding will be pulled back under the knot. Cut off both ends of the thread close to the knot. Don't try to pull the string through, but just under **THE KNOT**.

Weighing Bows: Most bows have their weight stamped on their backs. By "weight" of a bow is meant, not its actual weight in pounds, but the number of pounds of pressure that an archer must exert in order to pull the bow to its full draw. Full draw for a 5' bow means 24"; for a 5' bow, 26"; and for a 6' bow, 28". Unless you are acquainted with a bow and know that it will stand a greater draw than this scale indicates, do not pull it beyond the distance indicated. You should know the exact weights of all your bows, and since some manufacturers are not

careful to mark bow weights accurately, you will do well to weigh these bows yourself. Making a "Tiller" : A simple device for testing the weights of bows can be made from a six foot 2" X 4" and a few nails.

Research Tasks:

1. To develop the physical preparation indicators of qualified archers.
2. To optimize the methodology for conducting special physical preparation exercises during training, with an individual approach to improving technical and tactical movements in archery.

Conclusion: Developing mental resilience and skills plays a crucial role in achieving excellence in archery. An individualized development plan focusing on meditation, concentration exercises, and positive visualization can build a strong psychological foundation for archers. Regular consultations with a psychologist and analyzing training videos will ensure continuous improvement. Reading literature on sports psychology will further enhance practical experience and enrich the understanding of mental preparation. This customized plan serves as a reliable guide to achieving sports excellence in archery.

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