

**O‘ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI  
МИНИСТЕРСТВО СПОРТА РЕСПУБЛИКИ УЗБЕКИСТАН**

**O‘ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT UNIVERSITETI  
УЗБЕКСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ ФИЗИЧЕСКОЙ  
КУЛЬТУРЫ И СПОРТА**

**YENGIL ATLETIKA, BIATLON NAZARIYASI  
VA USLUBIYATI KAFEDRASI  
КАФЕДРА ТЕОРИИ И МЕТОДИКИ  
ЛЕГКОЙ АТЛЕТИКИ, БИАТЛОНА**



**“YENGIL ATLETIKA SPORT TURI BO‘YICHA YUQORI  
MALAKALI SPORTCHILARNI TAYYORLASHDA INNOVATSION  
TEKNOLOGIYALARNI QO‘LLASH ISTIQBOLLARI”  
XALQARO ILMIY-AMALIY ANJUMANI  
TO‘PLAMI**

**17-18 | 05 | 2024**

**O‘zDJTSU, Chirchiq, O‘zbekiston**

**“ПЕРСПЕКТИВЫ ИСПОЛЬЗОВАНИЯ ИННОВАЦИОННЫХ  
ТЕХНОЛОГИЙ В ПОДГОТОВКЕ ВЫСОКОКВАЛИФИЦИРОВАННЫХ  
СПОРТСМЕНОВ ПО ЛЕГКОЙ АТЛЕТИКЕ”  
СБОРНИК МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ  
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“Yengil atletika sport turi bo'yicha yuqori malakali sportchilarni tayyorlashda innovatsion texnologiyalarni qo'llash istiqbollari” mavzusida xalqaro ilmiy-amaliy anjuman to'plami.- Chirchiq.: 2024. – 326 b.

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O'zbekiston davlat jismoniy tarbiya va sport universiteti bo'lib o'tgan “Yengil atletika sport turi bo'yicha yuqori malakali sportchilarni tayyorlashda innovatsion texnologiyalarni qo'llash istiqbollari” mavzusida xalqaro ilmiy-amaliy anjumani to'plamida yengil atletika bo'yicha yuqori malakali sportchilarni tayyorlashning muammolari, yechimlari va yutuqlari, yengil atletikachilarni nufuzli musobaqalarga tayyorlashning nazariy va amaliy muammolari, yengil atletikaning sog'lom turmush tarzini targ'ib qilishdagi vosita sifatidagi o'rni, para atletikachilarni tayyorlashning dolzarb muammolari muhokama qilinadi. Mualliflar to'plamda chop etilgan maqolalardagi ma'lumotlarning to'g'riligi uchun javobgardir.

**Mas'ul muharrir:**

**p.f.b.f.d. (PhD), dotsent v.b. A.M.Baratov**

O'zbekiston davlat jismoniy tarbiya va sport universiteti Kengashining qaroriga asosan nashrga tavsiya etildi.

**DEVELOPMENT OF CONTROL-STANDARD TESTS FOR ASSESSING  
THE BOWLING TECHNIQUE OF YOUNG BOWLERS AGED 15-16.**

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**15-16 YOSHDAGI YOSH BOULERLARNING TO'PNI ULOQTIRISH  
TEXNIKASINI BAHOLASH UCHUN NAZORAT-ME'YORIY TESTLARNI  
ISHLAB CHIQISH**

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**Key words:** bowling technique, young bowlers, control-standard tests, assessment, performance evaluation, cricket training, skill development

**Kalit so'zlar:** uloqtirish texnikasi, yosh boulerlar, nazorat-me'yoriy testlari, baholash, ishlashni baholash, kriket mashg'ulotlari, ko'nikmalarni rivojlantirish.

**Introduction.** In the Republic of Uzbekistan, reforms in education and upbringing, as in all sectors, are shaping how university students conceptualize choosing a career in physical culture and sport, acquiring the necessary skills, and working effectively. The concept of one's attitude towards their profession is a significant psychological factor that subsequently determines a specialist's effectiveness. The issues of training highly qualified specialists in physical culture and sport, and organizing their work activities in accordance with modern demands, are becoming increasingly important.

In order to implement the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 118 dated February 13, 2019, "On Approval of the Concept for the Development of Physical Culture and Mass Sports in the Republic of Uzbekistan for the Period 2019-2023, measures have been developed to improve sports medicine, promote healthy lifestyles and nutrition, and engage youth and the general population in physical education and mass sports. Extensive promotional activities are being conducted in this direction.

This work serves, to a certain extent, the implementation of tasks set forth in several regulatory legal acts related to the field of physical culture and sport. These include the Decree of the President of the Republic of Uzbekistan No. PD-5368 dated March 5, 2018, "On Measures for the Radical Improvement of the State Management System in the Field of Physical Culture and Sport," and the Decree of the President of the Republic of Uzbekistan No. PD-5924 dated January 24, 2020, "On Measures to Improve and Ensure the Mass Participation in Physical Culture and Sport in the Republic of Uzbekistan [1; 2].

### 3-SHO'BA. YENGIL ATLETIKANING SOG'LOM TURMUSH TARZINI TARG'IB QILISHDAGI VOSITA SIFATIDAGI O'RNI

This research develops control-standard tests to evaluate the bowling techniques of young bowlers aged 15-16, providing coaches and sports scientists with reliable tools for objective measurement and skill enhancement.

**The aim of this study is** to develop control-standard tests for assessing the bowling technique of young bowlers aged 15-16.

**The objective of the research is** to develop specific exercises for control-standard tests to assess the bowling technique of young bowlers aged 15-16.

**Methods and organization of the research.** In this study, a literature review was conducted, followed by video analysis and pedagogical observation of the training process of young bowlers aged 15-16.

**Research results and discussion.** Based on the structural components of bowling technique, identified through video analysis and pedagogical observation of the training processes of the cricket teams of the Uzbekistan Cricket Federation [3], the control-standard tests we developed for assessing bowling technique allowed for an objective evaluation of the bowling technique of young bowlers aged 15-16 from the cricket teams of the Uzbekistan Cricket Federation. The developed control-standard tests will be presented below in Table 1 [4].

**Table 1**

Control-standard exercises (number of successful attempts out of 6)	Assessment "Excellent"	Assessment "Good"	Assessment "Poor"
<b>Demonstration of ball-gripping technique</b>	Fingers are correctly positioned on the seams of the ball, wrist is fixed 4 or more times out of 6 attempts	Fingers are correctly positioned on the seams of the ball, wrist is fixed 3 times out of 6 attempts	Fingers are correctly positioned on the seams of the ball, wrist is fixed 2 or fewer times out of 6 attempts
<b>Execution of the run-up on an 80 cm wide track</b>	4 or more times out of 6 attempts	3 times out of 6 attempts	2 or fewer times out of 6 attempts
<b>Long jump from a run-up with a one-legged takeoff</b>	Powerful push-off from the front leg, full extension of the leg and body 4 or more times out of 6 attempts	Powerful push-off from the front leg, full extension of the leg and body 3 times out of 6 attempts	Powerful push-off from the front leg, full extension of the leg and body 2 or fewer times out of 6 attempts
<b>Maintaining body balance during the flight phase</b>	The player maintains stable balance, demonstrates correct body position, and appears relaxed and controlled 4 or more times out of 6 attempts	The player maintains stable balance, demonstrates correct body position, and appears relaxed and controlled 3 times out of 6 attempts	The player maintains stable balance, demonstrates correct body position, and appears relaxed and controlled 2 or fewer times out of 6 attempts
<b>Jump from the bench landing on the "back" leg</b>	Soft landing on the ball of the foot, bending the knee, maintaining balance	Soft landing on the ball of the foot, bending the knee, maintaining balance 3 times out of 6 attempts	Soft landing on the ball of the foot, bending the knee, maintaining balance

**3-SHO'BA. YENGIL ATLETIKANING SOG'LOM TURMUSH TARZINI TARG'IB QILISHDAGI VOSITA SIFATIDAGI O'RNI**

	4 or more times out of 6 attempts		2 or fewer times out of 6 attempts
<b>Ball bowling with a step forward</b>	Smooth positioning of the front leg after landing, maintaining balance, controlled completion of the movement 4 or more times out of 6 attempts	Smooth positioning of the front leg after landing, maintaining balance, controlled completion of the movement 3 times out of 6 attempts	Smooth positioning of the front leg after landing, maintaining balance, controlled completion of the movement 2 or fewer times out of 6 attempts
<b>"Dry" backswing</b>	Smooth backswing with sufficient height and speed, correct position of arm and body. 4 or more times out of 6 attempts	Smooth backswing with sufficient height and speed, correct position of arm and body 3 times out of 6 attempts	Smooth backswing with sufficient height and speed, correct position of arm and body 2 or fewer times out of 6 attempts
<b>Releasing the ball towards the target</b>	4 or more times out of 6 attempts hitting the target accurately, correct position of arm, wrist, and fingers during release	3 times out of 6 attempts hitting the target accurately, minor release technique flaws	2 or fewer times out of 6 attempts hitting the target accurately, significant release technique flaws
<b>Ball bowling transitioning into walking</b>	Smooth completion of the movement, maintaining balance, controlled transition into walking. 4 or more times out of 6 attempts	Smooth completion of the movement, maintaining balance, controlled transition into walking. 3 times out of 6 attempts	Smooth completion of the movement, maintaining balance, controlled transition into walking. 2 or fewer times out of 6 attempts

Demonstration of ball-gripping technique. Objective: to assess the correct positioning of the fingers on the seams of the ball and the fixation of the wrist when gripping the ball, which affects control and accuracy of the delivery.

Execution of the run-up on an 80 cm wide track. Objective: to assess the bowler's ability to maintain straightness, balance, and control while moving along a narrow track, simulating real game conditions.

Long jumps from a run-up with a one-legged takeoff. Objective: to assess the power of the push-off, which affects the delivery speed.

Maintaining body balance during the flight phase. Objective: to assess the bowler's ability to maintain balance and control of the body during the jump, which affects the accuracy and consistency of the delivery.

Jump from the bench landing on the "back" leg (the leg that remains behind during the ball release). Objective: to assess the bowler's ability to land correctly on the "back" leg, which is important for injury prevention and maintaining balance.

Ball delivery with a step forward. Objective: to assess the smoothness and accuracy of positioning the front leg, which affects the stability and control of the delivery.

"Dry" backswing. Objective: to assess the smoothness, height, and speed of the backswing, which affects the delivery speed and accuracy.

Releasing the ball towards the target. Objective: to assess the accuracy of the bowling and the correctness of the ball release technique.

Ball bowling transitioning into walking. Objective: to assess the smoothness and control of the movement's completion, which affects stability and injury prevention.

**Conclusion.** The development of control-standard tests for assessing the bowling technique of young bowlers aged 15-16 has provided a structured and objective approach to evaluating key aspects of bowling performance. These tests, grounded in biomechanical principles and pedagogical observations, offer reliable metrics for coaches and sports scientists to measure and improve the technical skills of young athletes. By focusing on specific components such as grip, run-up, delivery stride, and follow-through, the tests ensure a comprehensive assessment of each bowler's technique. The implementation of these tests will not only enhance the training processes but also contribute to the overall development of cricket by fostering a deeper understanding of effective bowling techniques. Ultimately, this research supports the goal of optimizing performance and reducing the risk of injury, laying a solid foundation for the future success of young bowlers in the sport.

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