

**ЎЗБЕКИСТОН RESPUBLIKASI SPORT VAZIRLIGI
МИНИСТЕРСТВО СПОРТА РЕСПУБЛИКИ УЗБЕКИСТАН**

**ЎЗБЕКИСТОН 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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УзГосУФКС, Чирчик, Узбекистан

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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.

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**DEVELOPMENT OF A CLASSIFICATION FOR BOWLING TECHNIQUES
BASED ON THE PERFORMANCE OF STRUCTURAL COMPONENTS OF
BOWLING TECHNIQUES IN CRICKET**

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**KRIKETDA TO'PNI ULOQTIRISH TEXNIKASINING TARKIBIY
QISMLARINI BAJARILISHI ASOSIDA TO'PNI ULOQTIRISH (BOULING)
TEXNIKASI TASNIFINI ISHLAB CHIQUISH.**

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Keywords: cricket, bowling, structural components, classification.

Kalit so'zlar: kriket, bovlng, tarkibiy qismlar, tasnif, to'pni uloqtirish turlari.

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].

The process of executing a bowling technique (ball delivery) consists of the following structural components: ball grip, run-up, front foot push-off, flight phase,

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

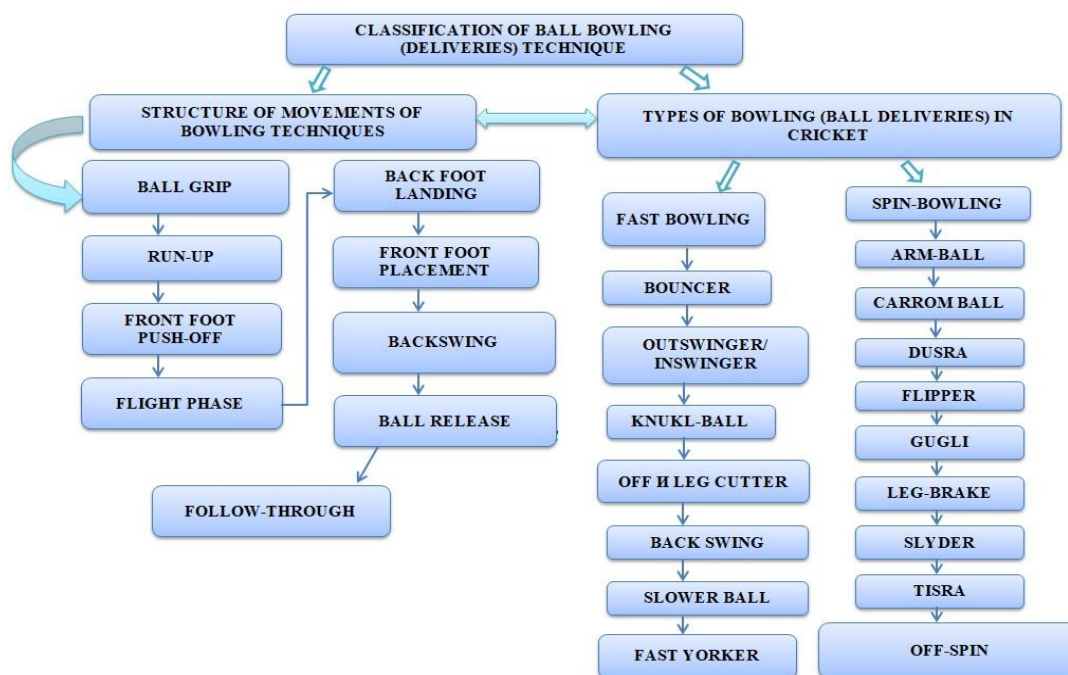
back foot landing, front foot placement, backswing (delivery preparation), ball release, and follow-through. [3].

The aim of this research is to develop a classification of bowling techniques (ball deliveries) based on the execution of structural components observed through video analysis and pedagogical observation of the training process of young bowlers aged 15-16 from the cricket teams "Barlos" and "ANFA cricket club."

The objective of this research is to develop a classification of bowling techniques (ball deliveries) based on the structural components of their execution.

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 from the cricket teams "Barlos" and "ANFA cricket club

Research results and discussion. Based on the identified structural components of bowling techniques (ball deliveries), a classification of ball delivery techniques was developed. Our developed classification of bowling techniques (ball deliveries) will be presented below in picture 1.



Pic-1. A classification of ball bowling (deliveries) technique

The classification of bowling techniques (ball deliveries) is divided into two main groups: the structure of movements of bowling techniques (ball deliveries) and the types of bowling (ball deliveries).

The structure of movements of bowling techniques (ball deliveries), as shown in picture 1 [4], represents a sequence of interconnected biomechanical movements aimed at imparting optimal speed, trajectory, and rotation to the ball to achieve the goal of knocking down the batter's wicket. Types of bowling (ball

deliveries) in cricket. Fast bowling focuses on delivering the ball at high speeds, utilizing the bowler's power and momentum. Fast bowlers are typically tall and strong, capable of generating speeds exceeding 140 km/h. There are two main types of fast bowling (ball deliveries), which in turn are further divided into various types of bowling:

seam bowling: the goal is to deliver the ball in such a way that it bounces off the ground at an unpredictable angle, making it difficult for the batter to hit. The biomechanics involve holding the ball with the seam upright and focusing on the precise landing spot on the pitch.

swing bowling: the goal is to make the ball deviate in the air, creating difficulties for the batter in predicting its trajectory. Biomechanically, this is achieved by manipulating the seam of the ball and utilizing aerodynamics.

Conclusion. The study of the structure of movements of bowling techniques (ball deliveries) in cricket has revealed important aspects necessary for optimizing the execution of this game element. The presented sequence of interconnected biomechanical movements aims to impart optimal speed, trajectory, and rotation to the ball for successful knocking down of the batter's wicket. The analysis of various bowling types, including fast seam and swing bowling, has shown a significant diversity in tactics and techniques used by bowlers to create difficulties for batters.

Thus, understanding the biomechanical and aerodynamic principles of various bowling types in cricket is key to developing successful game strategies. Research in this area contributes to the improvement of bowlers' techniques and tactics, which can ultimately lead to increased effectiveness of their performance on the field. Prospects for further research include a deeper study of aerodynamic effects and the development of new training methods for bowlers, aimed at improving their skills and raising the level of cricket play.

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