



THE FLIGHT PHASE OF LONG JUMPERS

Narzullayev Sayfullo Sadullayevich

Bukhara State Pedagogical Institute

Teacher of the Department of physical education and sports

narzullayevsayfullo@buxdpi.uz

Annotation: *Consistent measures are being implemented in order to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially young people, to ensure the worthy participation of the country in international sports fields. This article provides information on the importance of movements in the flight phase in long jumpers and high jumpers. The flying phase is one of the most delicate stages for a long jumper, and at this stage it is necessary to strive to get the maximum distance by moving the body balanced, straight and controlled. Correctly selected technique gives the best result when combined with the physical capabilities of the athlete.*

Keywords: *athletics, physical education, physical qualities, jumping technique, running, depressing, sapping, stepping, base, flying, chest kerish, landing, anchor, exercise, training, flexibility, loading, trajectory.*

In the “bypass” method of jumping, the jumper goes into the flight phase immediately after depressing, further accelerating the rotation of his torso around the transverse and front-back axes. Therefore, he bends the depressing leg and pulls it close to the torso, bending his head and shoulders more towards the plank. A part of the jumper's torso and arm are passed through the plank. Thanks to this, the radius of rotation decreases, and the speed increases, and at the highest point on the top of the plank, the jumper's torso comes to a horizontal position. At the top of the



plank, it is muxim to accelerate the almanization of the torso along the longitudinal axis. The jumping rocking foot straightens the pelvic joint to the point that it is in the same line as the torso and moves it along the plank. At this time, the knee and pelvic joints of the depressing leg are quickly bent, the knee is lowered and the foot is facing up, the arms are stretched along the torso. The approach of these parts of the body to the longitudinal axis reduces the radius of rotation, thereby increasing the speed of rotation. This will allow the jumper to be in a position with his chest turned to the ground at the top of the plank. The jumper then focuses on passing over the plank. The depressant bends the leg with his knee to the bottom out, and the pelvis from the pelvic joint to the fast plank.

In the “Fosbury-flop” method, the transition over the planka is divided into 3 phases.

- 1. Planka climbing;*
- 2. Passing over Planka;*
- 3. Moving away from the plank.*

Planking involves passing the foot with the upper trajectory of the head and shoulder. During the transfer of the shoulder and leg over the plank, he.O.M. will be below the plank. First of all, the shoulder is carried over the plank, it is.o.m. when the plank is tangled, the leg begins to be transferred. The jumper's heel lift is performed when it is delivered to the upper heel.

The flying phase is of great importance in the long jump. Along the jumping ballistic curve, it reaches.o.m. it goes into the flight phase, forming its trajectory. The horizontal speed far exceeds the vertical speed prevents the jumper from having a takeoff angle of 450. In strong athletes, this angle reaches 25-270. Currently, the “scissors” method of jumping length is the most convenient. Athletes take 2.5-3.5 steps in the pool. The effective technique of long jump in the flying phase is as follows: running in the air consists in continuing. in the “scissors” method,it is impossible to step 3.5-times if it jumps to 8-8.5 m. Often, when



jumping in the scissors method, the chest is jerked and the waist is bent back to resist the front rotation of the torso.

In the triple jump, the “Jump” Force is performed with 60-680 depressions on the foot, at a sharper angle than in the running and long jump. It is possible that the jumper will increase the length of the (sapping) by directing the deppsin more upward, but it is not necessary to do this: the load on the ground after the loud “sapping” will be greater, and the depreciation in the base phase will be more stretched will not allow effective deppsin for the “step”. It is advisable that the “deviation” is always shorter than the maximum, since the execution of the “step” will be much more successful. “Sapchish” Take-off angle on 14-180.

The jumper slightly bends towards the number of the descending leg, which is rising in the body at the time of “shaking”. But when placing the foot on the ground, this bending is reduced to 3-40. The hand movement in “jumping” acts as if it were running. When the depressing leg touches the ground, the arm on the side of that leg will have already begun to move. After the “step” falls to the ground, the footrest should be fully touched. when depressing in the step, he.O.M.the takeoff angle of is 11-140. The bending of the torso at the end of deppsination is 5-60.

The jumper artificially suspends the downward movement of the thigh in the “step” position and tries to fly through, trying to hold more. In this, the leg on the back is bent tightly: the leg in front is bent while standing high with the thigh. As the number rises, the torso also bends more. When the jumper is “stepping”, he stops his half-bent arms for a short time backwards with an arc-like movement. In the last third of the flight, the bending of the torso reaches the limit, the number of Hunchback legs rises even more sharply higher, the back movement of the arms also reaches the limit.



In this position, the foot, as if placed on the ground at the end of the “jump”, drops sharply and violently with a breaking motion, and the footspray is placed full on the road. In this, as in “sapping”, the foot is almost straight when it touches the pavement. The flexion of the zakhoti torso, which falls on the place of leg depressions, also decreases, thereby starting. Jumpers often push the leg too far forward, saying that they will jump longer at the expense of lengthening the “step” part. This is incorrect, since a large braking is formed in this, the horizontal speed drops sharply, and the length of the third jump decreases. In this case, the base leg should not be bent too much in the depreciation after the "step" part is performed, just as the “jump” falls to the ground after the “jump” to depress quickly and intensely to the third jump, which is performed as high as possible.

On the third jump, the deprecation angle is approximately the same as in “jumping”, but the takeoff angle will be more-18-220. The jumper moves to the flight in the “step” position after the depressant, and reaches the position where he bends the legs, pulling his back leg towards the front, just like in the simple way of jumping length.

At this point, the jumper must raise the arms and straighten the spine so that it does not roll forward. Subsequent moves, which include bending the torso forward, lowering the arms and lowering them backwards, landing on the ground pre-straightening the legs, and landing on the ground itself, are performed as if jumping long. Some jumpers perform a standing jump in the “breast cyrish” method, which is more effective. Going forward after landing is done as if you were running and jumping into the zone. Dragging the anchor to the ground and deprecation is an important element of the anchor jumping technique. The good execution of deprecation affects hanging, raising the torso, pulling and passing over the plank.



The suspension lasts from when the jumper is disconnected from the ground until the body begins to be moved away from the baton. The main purpose of the oscillation is to achieve enough speed, a means of a jumping anchor system, to start lifting the body up. Starting to pull hands prematurely at this time is a serious mistake. As soon as the anchor begins to straighten, the anchor will move the legs up and the torso along the center of gravity trajectory, while the anchor will be straightened-lying. The jumper tries to bring the anchor straightening closer to the end of the adjusting anchor by lifting the legs even higher, while holding it firmly, feeling like a solid support has formed.

To make the right use of ironing the anchor, the jumper must continue lifting by straightening his bent torso and bringing his foot closer to the anchor during his distance. The adjustment of the torso begins with the correction of the knee joint of the legs. After correction, the jumper writes the pelvic joint, trying to raise the pelvis as high as possible along the anchor.

The jumper moves his pelvis and legs up, trying not to bend his right arm, and raises the pelvis up to the armpit, trying to reduce the angle between the arm and the torso. Left arm bent away, U.O.M. as it rises, it becomes more and more bent, the athlete pulls his wrist into the anchor, starting to pull on the anchor, bringing the same left-handed paw closer to the left side of the chest. Tension is a movement that continues from the beginning of the pull in the right hand until the right shoulder is raised to the right claw. Since the anchor grip is wide between the arms, it is pulled alternately rather than fold in both hands, while the lifting movement of the anchor relieves the active tension of the jumper.

The left hand is pulled and corresponds to the straightened position of the right hand, while the right hand pull is in the time when the left hand goes to the base and is coughed up by the same hand Force. Tension, twisting, and passing over the plank is the Giving of continuous uniform force.



The push from the anchor ends when its angle of inclination to the ground is equal to 85-90°. After the jumper has finished the push, it is necessary to push the handlebar back with its last strength, without exerting too much effort so that the anchor does not deviate towards the plank. When the jumper has performed the previous movements correctly, the jumper does not exert much effort and goes to the most effective method, which is called “climbing” over the plank.

This method consists of: the jumper rises above the plank as soon as the leg is above it, while ending the reluctance from the anchor. In the air, he quickly lowers his leg behind the plank. The torso is slightly bent and takes on a more arc-like shape. At the bottom of the head, the left arm, which extends down as the right hand continues to push, is tightly bent, with the elbow facing to the side. The athlete continues to fly with inertia, circling over the plank.

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