

HOW WATER POLO CAN BUILD CONFIDENCE AND TEAMWORK IN YOUTH

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Khayotbek Ergashkhonov

Annotation; this article talks about the fact that water sports are considered one of the most difficult activities and require special skills, water athletes need to perform special exercises in their type, master the technique of water movement well.

Keywords: water sports, swimming, ability, attention, movement, environment.

Аннотация; В данной статье речь пойдет о том, что водные виды спорта, считающиеся одними из самых сложных, требуют особого мастерства, водные спортсмены должны выполнять специальные упражнения для своего вида, хорошо владеть техникой передвижения в воде.

Ключевые слова: водные виды спорта, плавание, способности, внимание, движение.

Annotatsiya; Ushbu maqolada suv sporti eng qiyinq mashg'ulotlardan biri hisoblanib alohida mahorat talab qiladi, suv sportchilari o'z turlari bo'yicha maxsus mashqlarni bajarishlari, suvda harakatlanish texnikasini yaxshi o'zlashtirishlari kerakligi haqida so'z boradi.

Kalit so'zlar: suv sporti, suzish, qobiliyat, diqqat, harakat, muhit.

Each sport is in turn divided into individual sports disciplines. For example: sports gymnastics as its discipline is floor exercise, the discipline of skiing – the discipline of mountain skiing and white water racing – rowing in a pair of canoeing[1] .In Germany, the German Olympic Sports Confederation (DOSB) decides whether it complies with the rules for the adoption of the new sport and meets the sporting and organizational requirements. Sports should be" separate, sports determining motor activities". Underwater sports-fast swimming at different distances, diving, aiming, tourism and hunting underwater using special equipment (aqualang, mask, last). The sport has been known from ancient times, and various competitions were held underwater, as well as diving into the water to extract pearls from underwater, items from sunken ships.

In 1959, the International Federation of scuba diving was established in Monaco. The 1957 World underwater hunting and European Championships were held. Scuba diving and scuba diving with last began to be held from 1967, European scuba diving from 1968, and World Championships from 1976. Swimming with last underwater takes place in a swimming pool (pool) of 100, 200, 400, 800, 1500 m, 4x100, 4x200 m. Swimming to 1500 m, on the other hand, is organized in open water bodies. In scuba diving, the competition is held 50 m without a set and 100, 400, 800 m using diving equipment.

Water sports have long been a source of excitement and joy for adventure seekers around the world. From the exciting waves of surfing to the quiet depths of diving, the world of water activity is wide and diverse.

Water sports are undoubtedly one of the most difficult sports in the world, and there are several reasons for this.

These sports embody a number of characteristics that require a high level of training from athletes, both physical, psychological and technical. Below are the reasons for the difficulty of water sports:

1. Specificity of the natural environment:

- Water resistance: Water is a much denser environment than air, with significant resistance when moving. This requires additional strength and endurance from athletes. To move quickly inside the water, athletes need to spend more energy.

- Uncertainty and volatility: the state of water (flow, wave, temperature, etc.) is constantly changing, which requires athletes to have flexibility and the ability to make quick decisions. Changes in natural conditions force athletes to act at the limit of their capabilities.

- Underwater propulsion: some water sports (scuba diving, underwater hockey) require underwater propulsion, which presents specific challenges in terms of oxygen supply and coordination.

2. Physical requirements:

- High endurance: water sports often require physical exertion for a long time. Athletes are required not only strength, but also high endurance of the cardiovascular system and respiratory system.

- Strength: athletes must have high strength and physical strength to overcome water resistance. In most water sports, the muscles of the arms and legs work actively, as well as the muscles that hold the body.

* Flexibility: many types of water sports require the same flexibility as in dancing. This requires athletes to be able to move their body freely, to maintain accuracy and balance of movement.

- Special training: Water athletes need to perform special exercises for their type, carefully study the technique of movement in the water and constantly train.

3. Technical difficulties:

- Complex techniques: many types of water sports require a thorough mastery of complex techniques, in particular swimming, rowing, scuba diving and water balance techniques.

* Balance: maintaining balance in water is much more difficult than on land. Athletes are constantly required to have control over their body and the skill of maintaining balance.

- Quick decision-making: conditions can change rapidly during water sports, so athletes are required to have the ability to make quick decisions, react correctly and in a timely manner.

4. Psychological pressure:

- Stress and anxiety: because water sports can be dangerous and unforeseen situations can occur, athletes may experience a feeling of stress and anxiety.

- Overcoming fear: in some sports (diving, water jumping), athletes are required to overcome the feeling of height and fear of water.

- Concentration: water sports often require a long concentration of attention to one point, which requires high concentration and attention from athletes.

5. Special equipment and infrastructure:

- * Availability of equipment: special equipment (swimsuit, glasses, floatboard, boat, oars, etc.) is required for water sports.

These equipment can usually be expensive and require special conditions to maintain.

- * Infrastructure: Special Infrastructure (pools, lakes, seas, special sports fields) is required for water sports. This infrastructure also requires certain costs.

Conclusion:

Water sports include many sports, and each has its own challenges. The uniqueness of water, physical requirements, technical complications, psychological pressure and the need for special equipment make water sports one of the most difficult in the world. To succeed in these sports, athletes require years of training, perseverance, endurance, and a high level of skill.

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