

O'ZBEKISTON RESPUBLIKASI OLIIY VA O'RTA

MAXSUS TA'LIM VAZIRLIGI

BUXORO DAVLAT UNIVERSITETI

JISMONIY TARBIYA FAKULTETI

SPORT KAFEDRASI

Referat

**Mavzu: BALANDLIKKA SAKRASHNI RIVOJLANISHI
VA MAXSUS MASHQLARI**

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Reja

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2-Bob. SAKROVCHILARNING MASHQLARI.

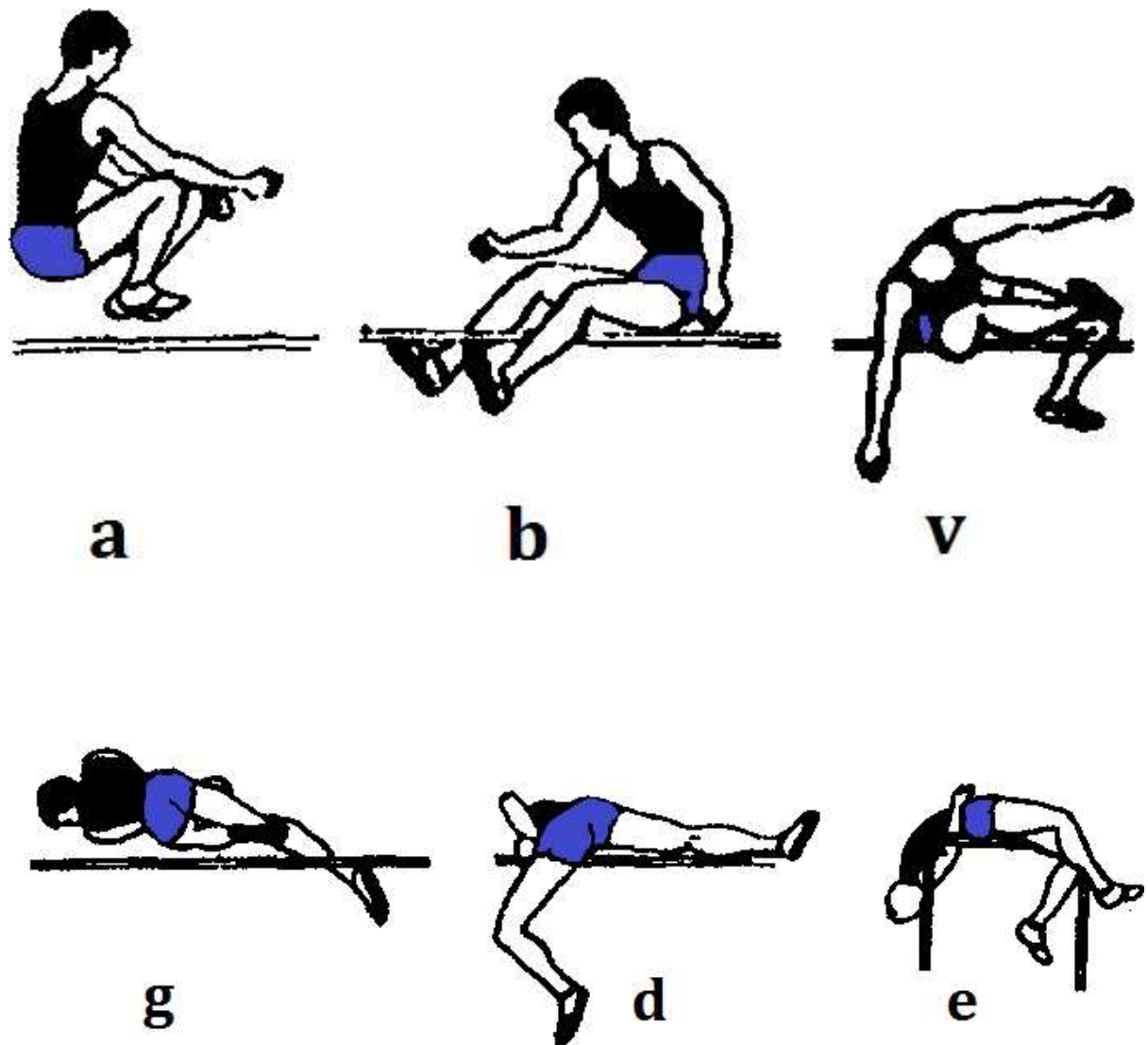
**2.1. YUGURIB KELIB BALANDLIKKA SAKROVCHILARNING
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SAKRASH TEXNIKASINI O’RGATISH MASHQLARI**

ADABIYOTLAR

1-Bob. BALANDLIKKA SAKRASHNING RIVOJLANISH TARIXI

Balandlikka sakrash sport musobaqalari turi sifatida juda qadimdan ma'lum hisoblanadi. Ushbu yengil atletika sport turining rivojlanishi sakrash texnikasining evolyustiyasi bilan chambarchas bog'liq hisoblanadi (36 – rasm).



36 – rasm. Balandlikka sakrash usullarining evolyustiyasi

Dastlab, to'g'ridan – to'g'ri yugurib kelib, oyoqlarni yig'ib sakrash usuli mavjud bo'lgan (36.1a – rasm). Bu usul nisbatan samarali bo'lib, bunda oshib o'tiluvchi planka sakrovchining OSMT uchish traektoriyasi yuqorigi nuqtasidan 35 – 40 sm pastda joylashishi mumkin. «Hatlab o'tish» usuli (36.1b – rasm) sakrash texnikasi rivojlanishida oldinga sezilarli qadam tashlash bilan amalga oshiriladi.

Planka orqali siltanuvchi va itariluvchi oyoqlarning ketma – ketlikda o'tkazilishi hisobiga sportchilar OSMT dan 20 – 25 sm quyida joylashgan balandlikni zabt eta olishlari mumkin. Sakrashning bu usuli deyarli 30 yil davomida etakchi sifatida o'rin tutgan. Bu usuldan birinchi dunyo rekordchisi R.Maychl foydalangan (167,6 sm, Angliya, 1064 yil).

«*To'lqin*» usulida balandlikka sakrash (36.1v – rasm) usuli M.Suini (197 sm, AQSh, 1895 yil) nomi bilan bog'liq hisoblanadi.

Sakrashning bu usulida sportchi tanasining planka ustida gorizontol holatda joylashishi hisobga olinadi, bu holat ushbu usulning katta darajada samaradorligini ta'minlaydi.



1895 yil
Maykl Svini, 197 sm
To'lqin usulida sakrash

«*Oshib o'tish*» ko'rinishidagi yangi usulda 1912 yilda ikki metrlik balandlik zabt etilgan (D.Xorayn, AQSh). «*Oshib o'tish*» usuli (36.1g – rasm) OSMT dan bor – yo'g'i 10 – 12 sm quyida joylashgan plankani oshib o'tish imkonini beradi. Aynan ushbu usul yordamida 1936 yilda dunyo rekordi o'rnatilgan.



1912 yil
Djordj Xorayn (AQSh), 2m
Oshib o'tish usulu

O'tgan asrning 1930 – yillarida «*oshib o'tish*» usuliga jiddiy raqobatchi sifatida «*oshirib tashlash*» sakrash usuli paydo bo'lgan (36.1d – rasm). 1936 yilda bir vaqtning o'zida ikkita Amerikalik sportchilar – K.Djonson («*oshib o'tish*» usulida) va D.Olbritton («*oshirib tashlash*» usulida) 207,6 sm balandlikni zabt etishgan.

1968 yilga qadar balandlikka sakrashda «*oshirib tashlash*» usuli ustuvorlik qilgan bo'lib, bunda plankadan o'tishda yuqori darajadagi tejamkorlik qayd qilinadi, shuningdek OSMT undan bor – yo'g'i 1 sm yuqori qilib belgilanishi mumkin. Bu davrda «*oshirib tashlash*» usuli yordamida sakrashda yorqin natijalar ko'rsata olgan sportchilar sifatida Ch.Dyumas (215 sm, AQSh, 1956 yil),

Yu.Stepanov (216 sm, Sobiq Ittifoq, 1957 yil), D.Tomas (222,8 sm, AQSh, 1960 yil), V.Brumel (228 sm, Sobiq ittifoq, 1963 yil) kabilar ko'rsatib o'tiladi.

Rim shahrida (1960 yil) va Tokio shahrida o'tkazilgan (1964 yil) Olimpiya o'yinlarida Sobiq Ittifoqlik R.Shavlakadze va V.Brumel chempionlikni qo'lga kiritishgan.

XIX Olimpiya o'yinlarida (Mexiko, 1968 yil) D.Fosbyuri (AQSh) g'oliblikni qo'lga kiritib, bu sportchi sakrashning yangi usulini namoyish qilgan, bu usul «*fosbyuri-flop*» deb nomlangan (36.1e – rasm).



1968 yil
Dik Fosbyuri (AQSh), 2,24 sm
Fosbyuri-flop

Navbatdagi 10 yil davomida balandlikka sakrashning ikkala usuli («*oshirib tashlash*» va «*fosbyuri-flop*» usullari) bo'yicha faoliyat olib boruvchi sportchilar o'rtasida baxs davom etgan: jumladan, P.Matstdorf (229 sm, AQSh, 1971 yil, «*oshirib tashlash*» usulida), D.Stounz (232 sm, AQSh, 1976 yil, «*fosbyuri-flop*» usulida), V.Yaщенко (234 sm, Sobiq ittifoq, 1978 yil, «*oshirib tashlash*» usulida)

yuqori natijalarni qo'lga kiritishgan. Bu baxslashishlar «*fosbyuri-flop*» usuli foydasiga hal qilinib, navbatdagi davrlarda balandlikka sakrash bo'yicha barcha rekord natijalar aynan, «*fosbyuri-flop*» usulida qo'lga kiritilgan: jumladan, Ya.Vshola (235 sm, Polsha, 1980 yil), G.Vessig (236 sm, GDR, 1980 yil), Ch.Szyanxua (239 sm, Xitoy, 1984 yil), R.Povarnistin (240 sm, Sobiq ittifoq, 1985 yil), I.Paklin (241 sm, Sobiq ittifoq, 1985 yil), P.Sheberg (242 sm, Shvestiya), X.Sotamayor (245 sm, Kuba, 1993 yil) kabi sportchilar bu usulda yuksak natijalarni qo'lga kiritishgan. «*Fosbyuri-flop*» usulining ustunligi shundaki, ya'ni bunda nafaqat o'tish usuli samaradorligi yuqori bo'lishi (OSMT planka darajasida yoki hatto, undan biroz pastroq bo'lishi) qayd qilinadi, balki yugurishning nisbatan yuqori qiymatga ega bo'lishi kuzatiladi.

Balandlikka sakrash bo'yicha ayollar o'rtasida birinchi rekord natija 1926 yilda qayd qilingan bo'lib, 156 sm ni tashkil qiladi (Green, Angliya). K.Gizolf (162 sm, Gollandiya, 1932 yil), D.Shili (165 sm, AQSh, 1932 yil), D.Odem (166 sm, Angliya, 1939 yil), F.Blankers-Kun (171 sm, Niderlandiya, 1943 yil), Sh.Leruill (172 sm, Angliya, 1951 yil), A.Chudina (173 sm, Sobiq ittifoq, 1954 yil) kabi sportchilar tomonidan amalga oshirilgan zo'r berishlar natijasida rekord natija «*shifti*» 173 sm ga etkazilgan. Yuqorida sanab o'tilgan barcha ayol sportchilar «*hatlab o'tish*» usulidan foydalanishgan. Iste'dodli sportchilardan biri bo'lgan I.Balash (Ruminiya) «*to'lqin*» usulida sakrash oqrali 1958 – 1961 yillar davomida rekord natijani 12 marta takroriylikda yaxshilagan va 191 sm natija ko'rsatgan. Keyin esa, ayollar o'rtasida balandlikka sakrash musobaqalarida «*oshirib tashlash*» usulidan foydalanish davri boshlangan bo'lib, I.Guzenbauer (192 sm, Avstriya, 1971 yil), I.Blagoeva (194 sm, Belorussiya, 1972 yil), R.Akkerman – Vitchas (195 – 200 sm, GDR, 1974 – 1977 yil) kabi sportchilar faollik ko'rsatishgan. Shuningdek, «*fosbyuri-flop*» usulidan foydalanib, S.Simeoni (201 sm, Italiya, 1982 yil), U.Meyfart (202 sm, FRG, 1982 yil, 203 sm, 1983 yil), T.Быкова (203 va 204 sm, Sobiq ittifoq, 1983 yil, 205 sm, 1984 yil), L.Andronova (207 sm, Belorussiya, 1984 yil), S.Kostadinova (209 sm, Belorussiya, 1987 yil) kabi sportchilar 2 metrdan baland natijalarni qo'lga kiritishgan.

2-Bob. SAKROVCHILARNING MASHQLARI

1. Baland turnikda osilib turib, tirsak bo'g'imlarini bukmasdan oyoqlar uchini yuqoriga ko'tarib turnikka tegizish (1-rasm).

2. Baland turnikda osilib turib, tizza bo'g'imlarini bukmasdan qo'llar bilan tortilgan holda gavgdani yuqoriga ko'tarish (2-rasm).

3. Bruslarda qo'llarga tayangan holda oyoqlarni yuqoriga ko'tarish. Yuqoriga ko'tarilgan oyoq uchi bilan gimnastika devori poyasi ilib olinadi va shu holatda qo'llar bukib-yoziladi (3-rasm).

4. Osib qo'yilgan arqon yoki langarcho'pda qo'llarni bukib-yozish, bunda depsinuvchi oyoq gimnastika oti yoki shunga o'xshash tepalikda bo'ladi (4-rasm).

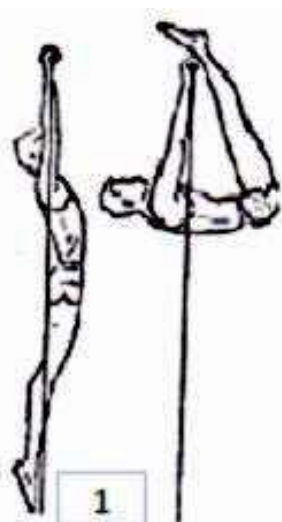
5. Osib qo'yilgan arqonda osilib turgan holatdan ko'tarilib, qo'llarga tayanish. Depsinuvchi oyoq to'pig'i ustidan oshirib tashlangan arqon xalkasiga mahkamlangan. Mashq erkin oyoqning siltovchi xarakatlari bilan va arqonning osilib turgan uchini ushlab olgan sherik yordamida bajariladi. Mashq qiluvchi qo'llar kuchi bilan langarcho'pda tayanish holatini egallashga harakat qiladi (5-rasm).

6. Pol, maysa yoki gilam ustida yotgan holatda bir vaqtda oyoq va qo'llarni ko'tarish. Mashq seriyalar bilan 4 dan 8 martagacha 1-2 daqiqalik dam olishlar bilan bajariladi (6-rasm).

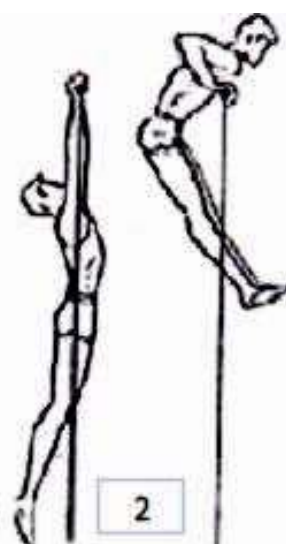
7. 4-6 qadam yugurib kelib, balandlikka sakrab chiqish (gimnastika o'rindig'i, tumba). Rostlangan oyoq kafti bilan balandlik ustini bosish (7-rasm).

8. Bruslarda qo'lga tayanib turib, oldinga va orqaga siltanish vaqtida qo'llarni bukib-yozish (8-rasm).

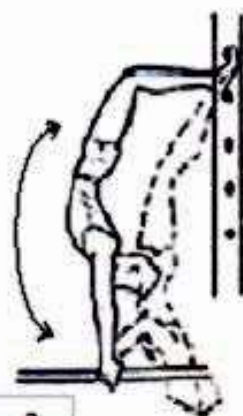
9. 15-20° burchak ostidagi qiya taxtada bir oyoqlab xakkalash. Mashq bajarilayotgan vaqtda qo'l va oyoq harakati bir – biriga mos bo'lishiga va balandroq sakrashga e'tibor berish talab etiladi (9-rasm).



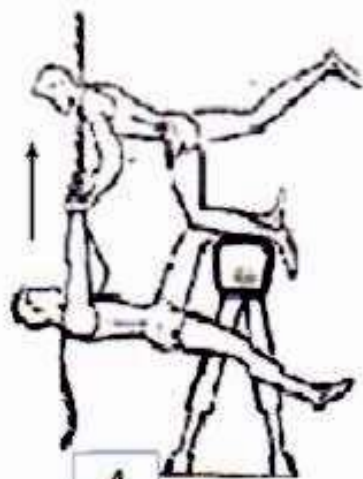
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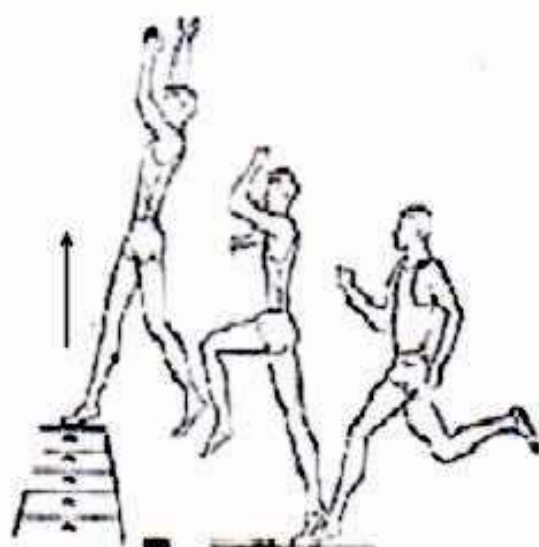
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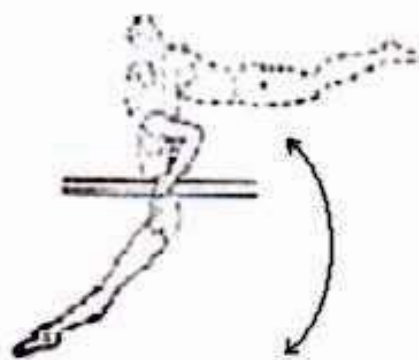
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10. Otda, g'ovda yoki boshqa balandlik ustida mashq qilayotgan kishining oyoqlarini yuqoriga ko'tarilgan qo'llari bilan ushlab turadigan sherik yordamida tayanib turib qo'llarni bukib yozish. Qo'llar bir bukib- yozilganidan keyin egilib, tos yuqoriga ko'tariladi (10-rasm).

11. Qo'llarga tayanib yurish yoki sakrash. Mashq bajaruvchining sherigi oyoqlaridan ushlab turadi va qo'llar aravacha g'ildiragiga xos harakatini bajaradi (11-rasm).

12. Bruslarning yuqoridagi poyasidan ushlab turib, har xil balandlikdagi bruslarda oyoqlarni pastki pol ustidan chapdan - o'ngga olib o'tish. Xuddi shuning o'zi boshqa tomonga. Mashq har bir tomonga 6 dan 12 martagacha seriyalar bilan bajariladi (12-rasm).

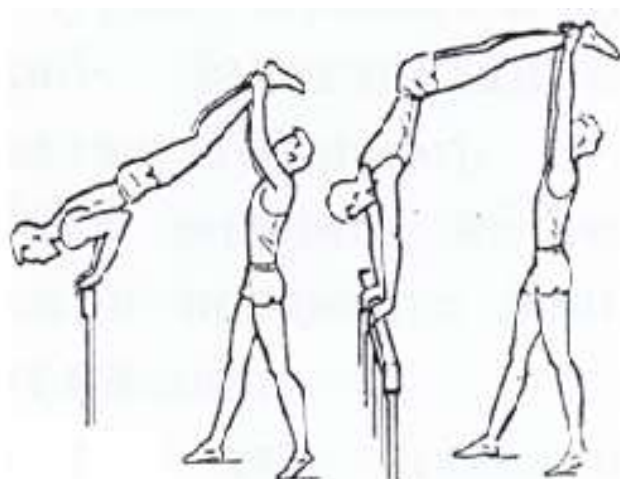
13. Osib qo'yilgan xalqa yoki yakkacho'pda bir qo'lda osilib turib oyoqlarni qo'lga tegizish. Oyoqlarni yuqoriga ko'tarayotganda tizza bo'g'imlari bukilmassligi kerak. Mashq seriyalar bilan 2 dan 6 martagacha bajariladi (13-rasm).

14. Oyoqlarni yuqoriga ko'tarib, egilib osilgan xolda arqonga qo'llar bilan tirmashib chiqish (14-rasm).

15. Xalqa, yakkacho'p yoki arqonni ushlab, unga osilgan holda qo'llarda tortilish. Mashq tez sur'atda vaqtni hisobga olgan holda 4 dan 8 martagacha bajariladi (15-rasm).

16. Arqonda ikki qo'lda osilib turgan holatdan oyoqlarni ko'tarib, tizzalarni panjaga tegizish. Mashq tez sur'atda, vaqtni hisobga olgan holda 3-6 martagacha bajariladi (16-rasm).

17. Polda, bruslar va maysalar ustida qo'llarga tayanib, oyoqlarni yuqoriga ko'tarib yurish. Qo'llarda yurib mashq bajarayotganda imkon qadar tizza bo'g'imlarini bukmasdan gavgdani tik tutgan holda yurish (17-rasm).



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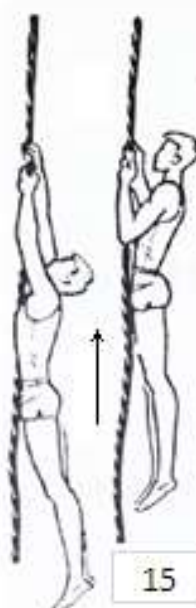
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18. Joyidan turib oldinga va orqaga salto. Saltoni amalga oshirgandan so'ng muvozanatni saqlash lozim (18-rasm).

19. Qo'l panjalarida tik turishdan orqa bilan umbaloq oshish, keyin esa oyoqlarni pastga tez tushirish (19-rasm).

20. Turnik xalqalarida osilib turib, oldinga siltangan holda gavdaning ko'krak qismini oldinga chiqarish bajariladi. Mashq seriyalar bilan 3 dan 10 martagacha bajariladi (20-rasm).

21. Osib qo'yilgan arqon yordamida plankasiz yoki plankadan oshib sakrash. Qo'llar arqonni bir-biridan 10-15 sm masofada tutib turadi. O'ng oyoqning siltash harakatlari qo'llarda tortilish bilan uyg'unlashib, gavda imkon qadar yuqoriga ko'tariladi. Ayni paytda gavda 180° ga buriladi (21-rasm).

22. Xalqalarda osilib, turgan joyda va tebranib umbalok oshib aylanish (22-rasm).

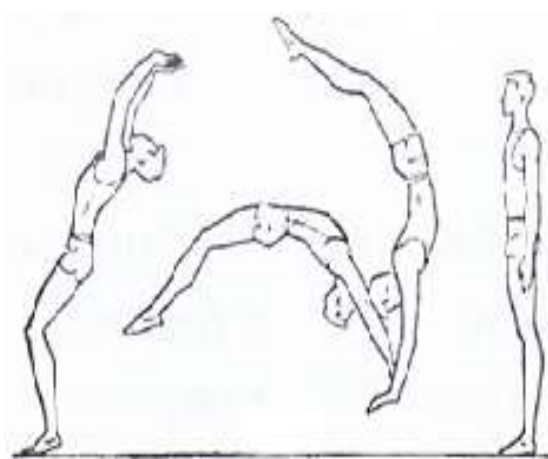
23. Yuqoridan sherikning qo'llari kaftidan mahkam ushlagan holda uni yondan aylantirish. Mashqni goh o'ng, goh chap tomonga aylantirish bilan bajarish, sheriklar o'rin almashib bajarish (23-rasm).

24. Gimnastik otining oldiga 3-4 qadamdan yugurib kelib, qo'llarga tayangan holda balandligi 130-140 sm.li to'siqdan oshib o'tish (24-rasm).

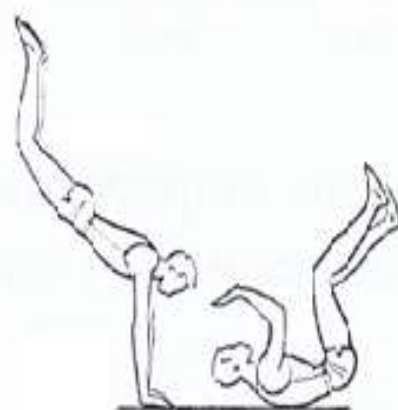
25. Gimnastika otining ustiga oyoqlarni yuqoriga ko'tarib qo'llarga tayangan holda chiqish (25-rasm).

26. Turgan joyda oyoqlar elka kengligida va qo'llar ikki tomonga keng yoyilgan. Har bir sanoqda yuqoriga sakrab qo'llarni doirasimon aylantirish. Mashqni bajarish paytida gavdani to'g'ri tutishga ahamiyat berish lozim (26-rasm).

27. Yugurib kelib, balandligi 50-60 sm bo'lgan tumba ustiga oyoqlarni yuqoriga ko'tarib qo'llarga tayangan holda tik turish. Mashqni ikki qo'lga tayanib hamda bir qo'lga tayanib ham bajarsa bo'ladi (27-rasm).



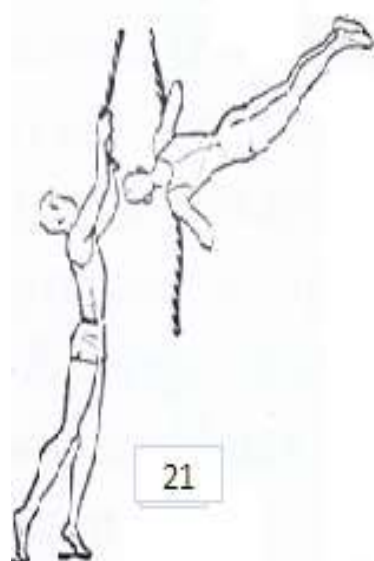
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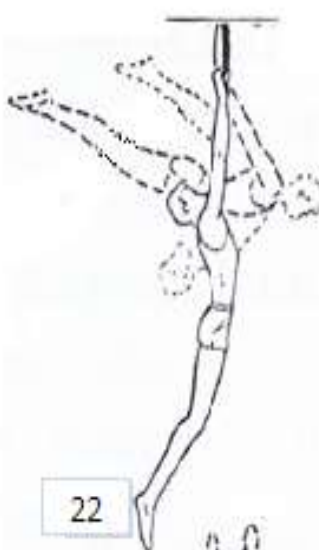
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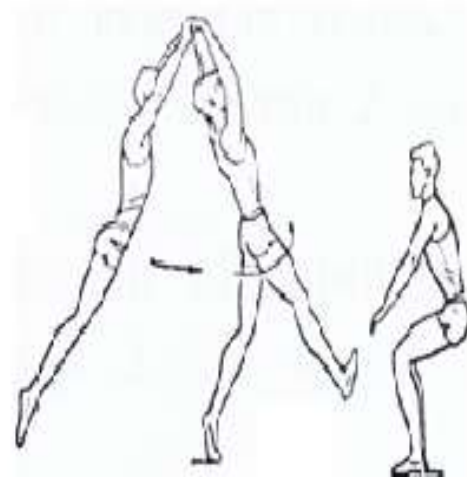
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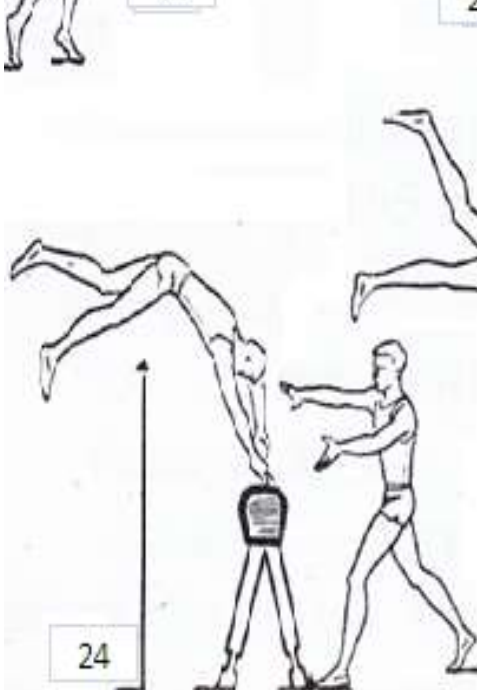
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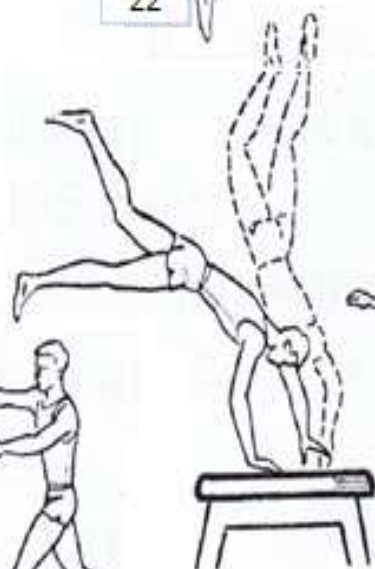
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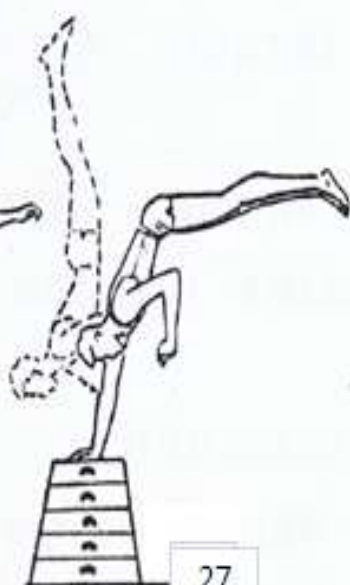
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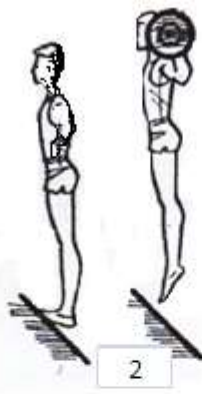
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2.3. YUGURIB KELIB BALANDLIKKA SAKROVCHILARNING MASHQLARI

1. Tik turgan holda 1 oyoqda galma-gal 50-60 sm. balandlikka sakrab chiqib-tushish. Mashq yuk bilan yoki yuksiz bajariladi (yuk og'irligi 20-30 kg) (1-rasm).
2. Yuksiz yoki yuk bilan ikki oyoqda balandlikka sakrab chiqib-tushish (2-rasm).
3. Gimnastika otiga o'tirgan holda orqaga engashib o'ng va chap tomonga burilish yoki yon bilan o'tirgan holda oldinga egilib boshni erga qaratish. Bu mashqni bajarayotganda oyoqlar gimnastika narvoniga biriktirilgan bo'ladi (3-rasm).
4. Egik gimnastika o'rindig'ida yotgan holda oyoq uchlarini yuqoriga ko'tarib qo'ldan yuqorigacha etkazish (4-rasm).
5. Oyoqlar holatining almashuvi. O'rindiqda o'tirgan holda o'ng oyoq to'g'ri va tepaga ko'tarilgan, so'ng chap oyoq to'g'ri tepaga ko'tariladi (5-rasm).
6. 40-60 sm balandlikdan sakrab tushib, uncha baland bo'lmagan to'siqlardan oshib sakrab tushish (6-rasm).
7. Bu mashq 3-7 qadam yugurib kelib, 1-1,5 qadam oralig'ida joylashtirilgan g'ovlararo sakrab bajariladi (7-rasm).
8. Oyoqlarni uzatish. Bu mashq seriyali (5-6 sekund ichida 1 harakat) bajariladi. Oyoqlar 135° burchak atrofida yig'iladi (8-rasm).
9. Oyoqlarni ko'tarish. Mashq o'tirgan holda (20-40 kg.li yuk bilan) bajariladi. Har bir xarakat 5-b sekundda takrorlanadi (9-rasm).
10. Tos, orqa va qorin mushaklari kuchini rivojlantirish mashqlari. Mashq yotgan holda bajariladi. Zo'riqish davomiyligi - 5-6 sekund (10-rasm).



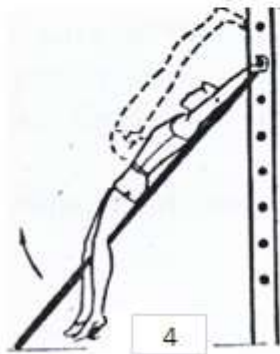
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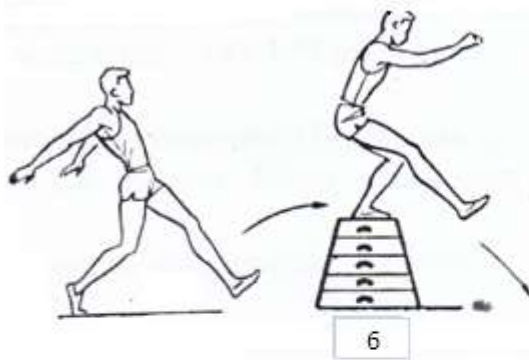
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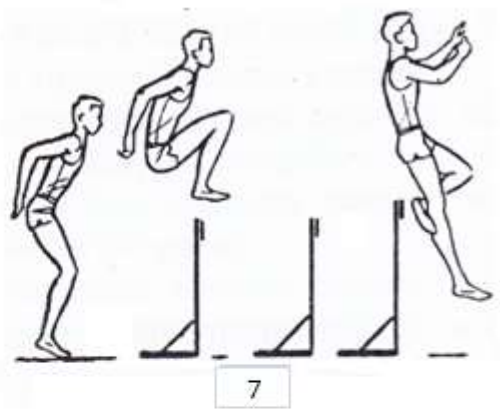
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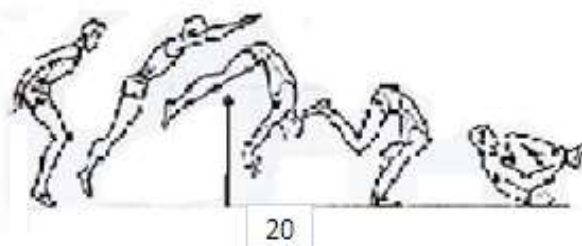
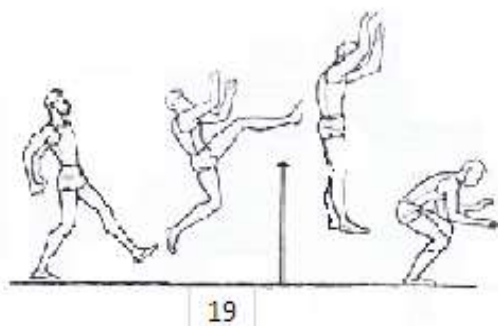
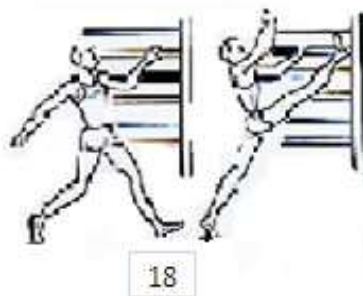
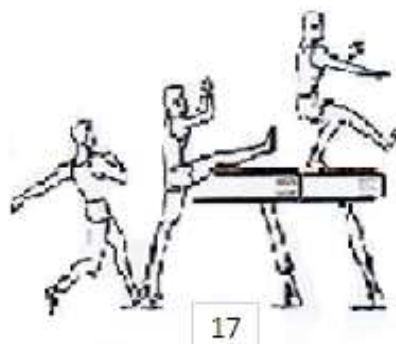
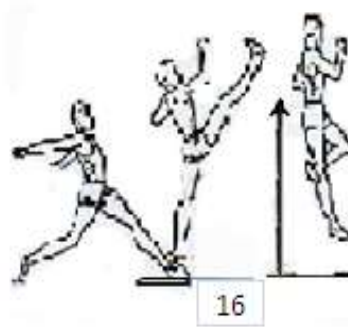
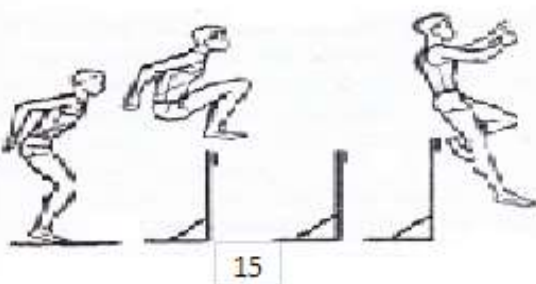
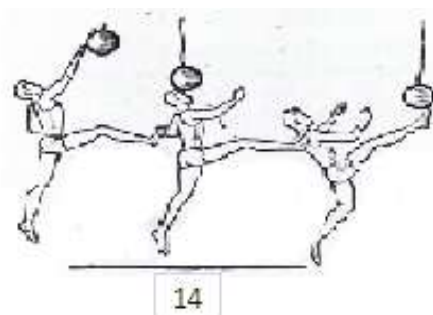


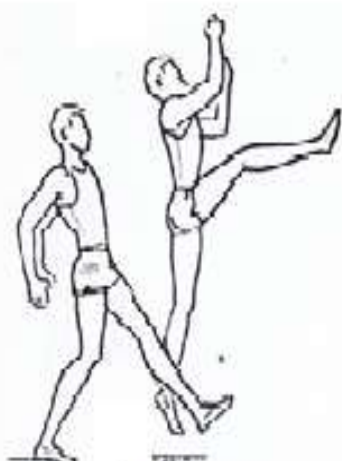
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11. Qiyalikda sakrash. Mashq 1 oyoqda tepaga va pastga sakrab bajariladi. Depsinish tezligi maksimal darajada (11-rasm).
12. Zina bo'ylab yuqoriga va pastga yugurish hamda oyoqdan-oyoqqa sakrash. Mashq maksimal tezlikda bajariladi (12-rasm).
13. 100-150 sm balandlikda osilgan to'pni sakrab oyoq uchlari bilan tepish (13-rasm).
14. Balandlikda osilib turgan to'p yoki daraxt bargiga sakrab qo'l, bosh va oyoqni tegizish (14-rasm).
15. Balandligi 76,2 va 84,0 sm. g'ovlar osha 1 yoki 2 oyoqda sakrab o'tish (15-rasm).
16. Balandlikdan oshib o'tish. Sakrab tushish masofasi 30-40 sm bo'lishi lozim (16-rasm).
17. 4-8 qadamdan yugurib kelib gimnastika otiga sakrab chiqib, bir oyoqda muvozanatni saqlab turish (17-rasm).
18. Gimnastika devori oldida yon bilan turib oyoqni yuqoriga ko'tarib siltash. Silkinch oyoq oldinga qo'tarilganda tayanch oyoqning uchiga ko'tarilish va toshohasini oldinga chiqarish lozim (18-rasm).
19. Joyida turib uzoqqa balandlikka sakrash. Mashq signaldan so'ng bajariladi (19-rasm).
20. To'siqdan sakrab o'tib umbaloq oshish (20-rasm).
21. Oyoqlarni galma-gal ko'tarib tezlik bilan tushirish (21-rasm).
22. Uncha baland bo'lmagan to'siq osha sakrash. Mashq yondan yoki to'g'ri yugurib kelib bajariladi (22-rasm).
23. Tik turgan xolda bir oyoqning tovonini ikkinchi oyoq tizzasiga tegizish (23- rasm).
24. 5-8 qadam yugurib kelib gimnastika yakkacho'piga sakrab chiqish va 1-oyoq uchini 2- oyoq tizzasi orqasiga o'tkazish va yugurib kelib gimnastika taxtasi osha qo'lga tiralgan xolda 1 oyoqda sakrash (24-rasm).
25. Oyoqni son sohasiga tortish, tizza yon tomonga qarab ko'tariladi. Oyoq uchi erkin (25-rasm).

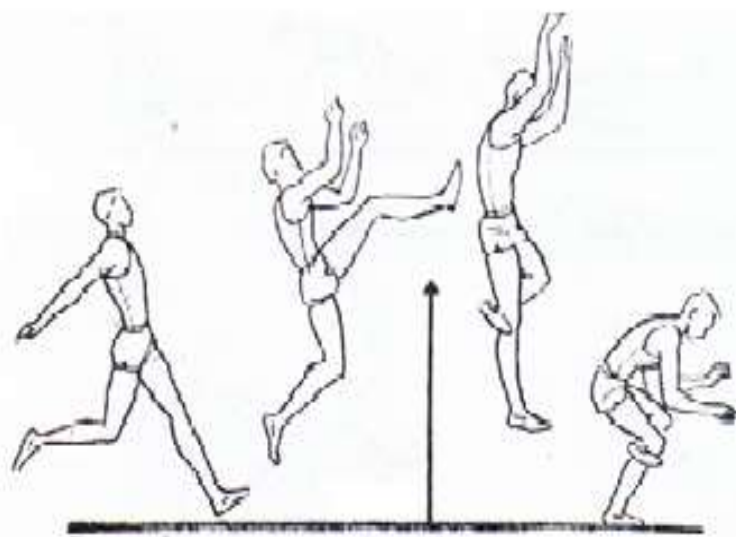
26. Ikki qo'lga tiralgan xolda otdan osha sakrash (26-rasm).

27. Qorin bilan gimnastika yakkacho'pida yotib, 1 oyoqni 2-oyoq soniga tegizish va uzatib yakkacho'p osha tushish (27-rasm).





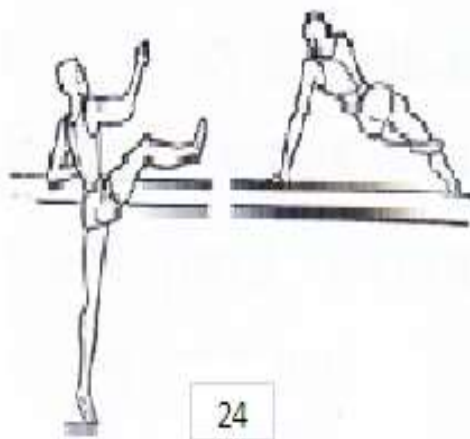
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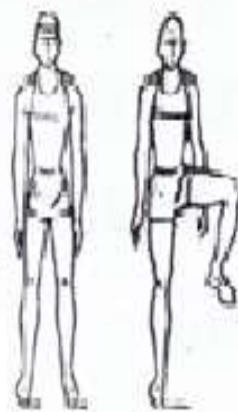
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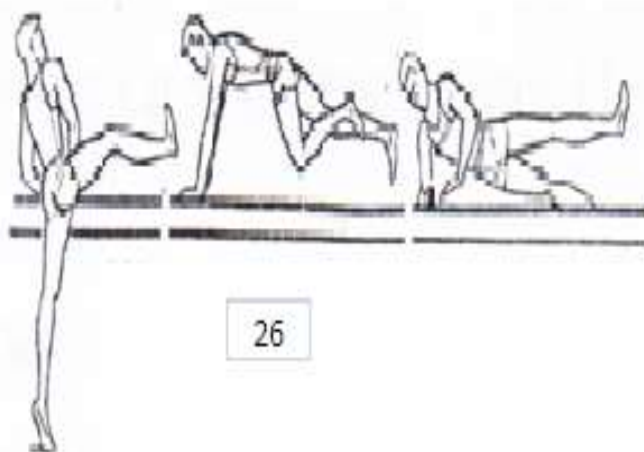
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2.4. YUGURIB KELIB “FOSBYURI-FLOP” USULIDA BALANDLIKKA SAKRASH TEXNIKASINI O’RGATISH MASHQLARI

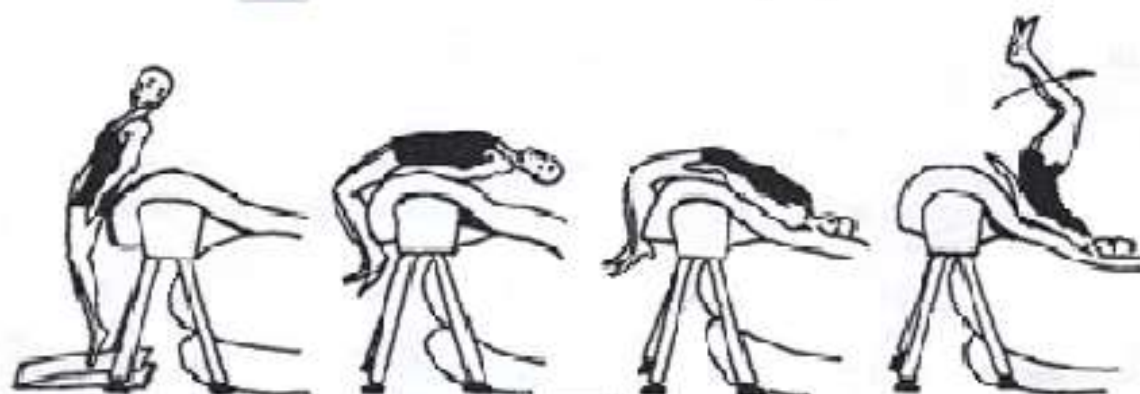
1. Gimnastika otiga xuddi plankadan o’tayotgan holatdagidek orqa bilan yotish holati (1-rasm).
2. Tik holatdan asta-sekin orqaga egilib, gimnastik ko’prik holatida turish (2-rasm).
3. Gimnastika otiga to’shamalarni joylashtirib, ot oldiga tik turiladi va orqa bilan xuddi plankadan o’tayotgandek sakrab, orqaga umbaloq oshib tushish (3-rasm).
4. Xuddi shu mashqning o’zi, faqat ikki oyoqda deysinib, o’rnatilgan plankadan o’tishni amalga oshirish. Balandlikdan oshib o’tayotganda texnikaga e’tibor berish lozim (4-rasm).
5. Shu mashqni maxsus richagda sherik yordami bilan sakrab balandlikdan o’tish. Mashqni bajarishda sakrovchining xavfsizligini ta’minlash maqsadida har ikki shug’ullanuvchidan bir vaqtning o’zida harakatni amalga oshirish talab etiladi (5-rasm).
6. 4-5 qadamdan yoysimon shaklda yugurib kelib, 240-250 sm balandlikka osib qo’yilgan engil buyum yoki daraxtning pastki bargiga yon bilan sakrab bitta qo’lni shu buyumga tegizish. Chap oyoqda deysinuvchi osib qo’yilgan buyumga nisbatan o’ng tomondan yugurib kelishi zarur. O’ng oyoqda deysinuvchilar esa aksincha. Depsingandan so’ng 80° - 100° burilib, silkinch oyoqni tizza bo’g’imidan bukib yuqoriga ko’tariladi. Shu tomondagi qo’l esa yuqoriga ko’tariladi. Bu deysinishda va balandlikdan oshib o’tishda shug’ullanuvchiga qulaylik yaratadi.
7. Shu mashqning o’zi, faqat diametri 5-6 m bo’lgan doira atrofida engil yugurib, har ikki qadamda yuqoriga deysinib bajariladi. Doira atrofida aylanish soat mili bo’ylab va unga qarshi yo’nalishda bo’lishi kerak.



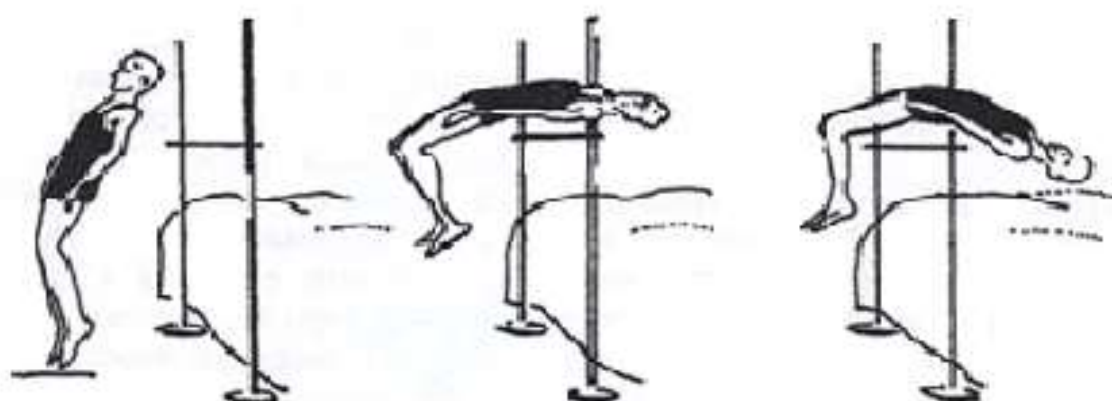
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