

THE CONTENT AND PROSPECTS OF THE GAME OF RUGBY.

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Currently, rugby is one of the rapidly developing sports in our country. The Rugby Federation of Uzbekistan and its regional divisions have been established and are functioning, the national rugby team of Uzbekistan actively participates in prestigious international competitions at the Asian Games and takes honorable places. among the top eight countries in the region. Further development of rugby, its active promotion and popularization among the broad sections of the population of the republic, provision of high-quality training process, creation of favorable conditions for continuous improvement of skill level and qualification of rugby players, trainers and referees , as well as the first resource in Uzbek language was prepared for athletes and coaches in order to train rugby players. As a result of the continuous support of the leadership of our government, great attention is also paid to the sport of Rugby.

The presence of sports in human life brings great benefits for social, physical and personal development, as well as the expansion of cultural outlook. Rugby is a hugely enjoyable sport, and as a coach you can have a real impact on players' personal development, sense of belonging and self-esteem.

Rugby is the team's Olympic connection, where the goal is to make effective moves, such as scoring an opponent's goal or moving the ball into the opponent's penalty area. Unlike football, rugby allowed you to catch the ball with your hands.

A student of one of the schools in the city of Rugby (England), during a football match, he caught the ball with his hands and ran to the opponent's test zone. At that time, there were several types of football, and the rules of this game allowed catching the ball with the hands, but it was not allowed to move with the ball. It should be noted that this hypothesis has no evidence, but it is based on rugby culture and Webb Ellis has become one of the symbols of the game.

In 1845, students made the first attempt to formulate the rules of rugby, and in 1848 the students of Cambridge University issued their own code of rules, which became the regulation for subsequent games.

In 1863, the first Blackheath Rugby Club (Blackheath) appeared, which included members of the English Football Association and was open to anyone.

In 1871, the English Rugby Union was formed. At that time, the game itself was called "Rugby football".



At the end of the 19th century, there was a split in the English rugby team. This was due to the fact that some clubs in the northern part of the country were actively deprived of the right to pay monetary compensation to players, as many players were forced to leave their jobs due to the games. The game had amateur status and therefore could not be paid. The result of the conflict was the withdrawal of some teams from the association, their change to the rules of rugby and the formation of a new game - rugby league. On March 27, 1871, the first recognized international match was played between England and Scotland. Later, their teams appeared in Ireland and Wales, where they also played in the Nations Cup. In 1888, the British Isles team visited Australia and New Zealand.

In 1886, the International Rugby Board (IRB) was founded, which became truly global only at the end of the 20th century.

Since 1905, a series of tournaments have been held by the strongest rugby teams of the USA and European countries.

Since 1987, the Rugby World Cup has started, and the geography of the game has expanded significantly. The first winner of the World Cup was the New Zealand team.

In 1995, a decision was made to give rugby the status of "free" and remove restrictions on the payment of salaries to athletes.

In the last few years, the game of rugby sevens has gained a lot of popularity and today there are several international competitions for this sport in the world. Literature on rugby sevens is surprisingly hard to find. High-level coaches are trained people who are directly involved in the management of national teams. Regardless of whether the game of rugby sevens is used for the purpose of developing talented players for the national team or popularizing the game in the Unions, where few people know about rugby, its potential can only be increased with the help of knowledgeable and systematic coaches.

In the game of rugby sevens, all players must have a wide range of individual skills to react to the development of any situation. Every player needs to be able to react quickly, because the game of rugby sevens is a game of rapid changes of pace: from slow diversions to explosive speed when breaking through the defensive line. Players need to be fast and strong with a high level of anaerobic endurance to recover quickly. To select a rugby sevens team, you need to know what game plan the team will follow and what game combinations. This allows for more precise regulation of play, but the basic positional roles and responsibilities are common to most teams.

Positioning is less important in rugby sevens than in rugby 15s. The selection of players in rugby sevens is mainly based on running speed, quick reaction, experience and individual skills. The most important of them is the ability to pass, run and catch. Nothing can replace the pace, speed and catch position of a powerful striker. There is no place in the team for players who perform poorly in the catch, because this weakness and weakness will lead to defeat possible. In addition, players must have good side peripheral vision and good aim in space. All of this plus the ability to make the right decisions about when to go into contact and when to be part of a combination to dominate for long periods of time - makes for a good rugby



sevens player. The best all-round athletes become their best players in the game of rugby sevens. Of course, their size is just as important in order not to damage other features. Free-headed forwards or defenders can adapt to the role of forwards in rugby sevens. They may need to do this, as head studs generally lack essential general skills. Specialists will probably need a scrum half-back player who can deliver a free ball accurately into space. Each team must have at least two players who put the ball into play. These players must have excellent peripheral vision, situational assessment and decision-making skills. They should be more involved in developing the game plan, combinations and tactics than other players. They should participate in decisions made by coaches and team captains on these matters. Therefore, it should be selected from regular members of the team with a lot of experience and/or a member who has the guts to play the game of rugby sevens. These skills can then be developed and adapted through decision-making exercises. Obvious candidates for this role are rugby-15-related, such as scrum half-back player and throw-in player (authav, number 10), as they are usually rugby-15 they play the same role in the game. In addition, they must have the basic qualities of a rugby sevens player. Otherwise, they can become a target for opponents. Their individual participation in the game is so important that they cannot act as a player who puts the ball into play. During an attack, the player taking the ball into play must start the play and allow the other players to continue it. It is this that gives him the opportunity to think about the next direction of the game. It is important to have one or two players on the team who are able to kick the ball into the goal in order to take kick-offs and try-outs. The most common form of rugby sevens is a tournament. Teams must be physically fit to last throughout the tournament. To do this, the team must choose a strategy to conserve energy after winning in the group. The rules of the competition may base the ranking on the number of attempts (popitka) scored, but the team's choice of kicking rules,

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