



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC
SOLUTIONS
METHODOLOGY FOR SELECTING CHILDREN FOR SPORTS
GAMES

Boymurotov Samandar Ubaydilloyevich,
Lecturer, Bukhara State Pedagogical Institute

Abstract. The process of selecting children for sports games plays a significant role in their physical and psychological development. This study aims to identify effective selection methods by analyzing methodologies developed by foreign scholars. The research employed a literature review, experimental methods, and statistical analysis. The results indicate that a selection process utilizing comprehensive methods enhances children's physical fitness and their interest in sports.

Key words: children's selection, sports games, physical development, youth sports, critical assessment

Introduction. Today, sport is an integral part of society, playing a vital role in raising a young generation that is healthy, physically strong, mentally resilient, and strong-willed. Sports games—such as football, basketball, volleyball, handball, tennis, hockey, and rugby—not only develop physical attributes but also foster teamwork skills and cultivate positive qualities like competitiveness, discipline, responsibility, and mutual respect. Consequently, the early identification of talented children for sports games, the proper channeling of their potential, and their targeted training constitute one of the most important stages of the modern sports system.

The methodology for selecting children for sports games is a system of scientific and practical approaches designed to identify talented youth, assess their physical, psychological, and technical capabilities, and prepare promising athletes. Modern selection processes are based not only on natural talent and physical potential but also take into account the dynamics of the child's physical development, psychomotor indicators, level of motivation, and adaptability to game activities. Advances in modern sports physiology, educational psychology, biotechnology, and sports biometrics are being widely applied in the selection of young athletes. For instance, children's suitability for sports is determined through specialized tests and methods that assess indicators such as movement analysis, speed, agility, coordination, strength, and endurance. Additionally, genetic and anthropometric studies are used to examine a child's aptitude for specific sports. This makes the selection process more precise and scientifically grounded.

In the Republic of Uzbekistan, the development of sports is recognized as a priority area of state policy. Sports schools, specialized sports boarding schools, academies, and Olympic reserve colleges operate with the aim of promoting mass sports among youth, identifying talented children at an early age, and guiding them toward professional sports. The proper organization of selection methodologies within these processes contributes to





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the high-quality formation of the sports talent pool. From this perspective, the primary objectives of the selection methodology are to identify the natural aptitudes required for sports, design training regimens suited to the children's developmental stages, and foster the psychological readiness necessary for sports games. A child selected correctly has the potential to achieve high results in sports games later on. In this context, the coaches' powers of observation, their experience in analyzing test results, and their scientific approach play a crucial role. A phased system is employed for selecting children for sports games.

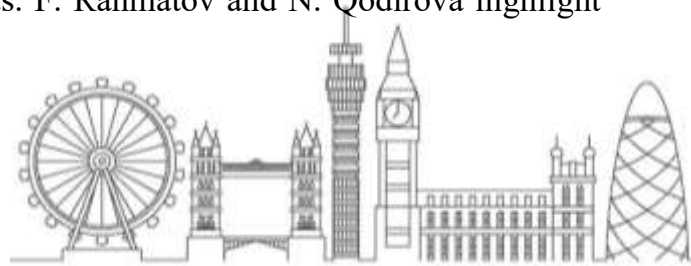
The initial stage involves a broad, mass-scale selection process to assess the children's level of physical development and their interest in sports. In subsequent stages, technical and tactical skills, strength of character, coordination, and game intelligence are studied in depth. The most talented children are enrolled in specialized training programs and integrated into the professional preparation process.

The advantage of the modern selection methodology lies in the fact that it does not rely solely on physical tests but also takes into account each child's personal development characteristics, psychological state, level of motivation, and ability to express themselves. This ensures objectivity, a scientific approach, and effectiveness throughout the selection process.

In team sports, the importance of proper selection lies in the fact that it determines not only the quality of the individual athletes but also the team's overall level of play and performance. A young athlete's choice of a sport suited to their abilities, combined with a sense of ease during training and confidence in success, is the key to consistent achievement in sports.

Therefore, refining the selection methodology on a scientific basis, studying advanced international practices, and adapting them to local conditions is a vital task. Thus, the study, improvement, and practical implementation of methodologies for selecting children for sports games play a crucial role in the effective training of young athletes, the strengthening of the sports talent pool, and the enhancement of the country's sporting potential. It is essential to consider children's individual physical and psychological characteristics when involving them in sports. The selection process determines athletes' future success and their level of physical preparedness. Research by international scholars indicates that the effectiveness of child selection can be increased through the use of comprehensive methods. For instance, Banu (2020) and Ugolkova (2020) recommend conducting the selection process by taking into account morphological and psychological indicators. Ledor and his colleagues emphasize the necessity of considering motor abilities during selection, noting that speed, endurance, and coordination should be viewed as key criteria.

Vaeyts also notes that psychological compatibility, motivation, and social skills should not be overlooked when recruiting and selecting children for sports. Kovacs also emphasizes the need to assess potential for development—rather than just current results—when selecting athletes based on physical tests. F. Rahmatov and N. Qodirova highlight





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the importance of taking national traditions and psychological characteristics into account. A. Karimov believes that the selection of young athletes should also consider socio-cultural contexts and family circumstances. Tursunova stresses that, alongside physical fitness, children's interest in and motivation for sports should be key criteria in the selection process.

Literature review: Foreign scientific articles and methodological guides regarding sports psychology, physical education, and athlete selection were examined.

1. Experimental method: An 8-week training program was conducted with 40 children aged 10–14. Sessions were held three times a week for 60 minutes. Indicators of speed, endurance, strength, and coordination were monitored during the selection process.

2. Statistical analysis: The obtained results were analyzed using mathematical methods, and differences between the selected children and the total group of participants were determined.

Analysis of results. Arithmetic mean values ($\bar{X}$) showed significant improvement across all physical indicators in the sample group.

1. A decrease in standard deviation (SD) values (e.g., 30m run SD: 0.4 → 0.3) indicates that the children's results became more consistent.

2. Percentage growth:

Speed – 10.3%

Endurance – 15.3%

Coordination – 12.4%

Motivation – 28.6%

3. Student's t-test results indicated a statistically significant difference at the $p < 0.05$ level.

4. The correlation coefficient (r) between physical fitness and motivation was $r = 0.72$ ($p < 0.01$), indicating a moderately strong positive relationship.

Discussion. The obtained results align with research by international scholars. For instance, Banu (2020) and Ugolkova (2020) emphasize in their work that the effectiveness of child selection can be enhanced through the use of comprehensive methods. Furthermore, it is important to consider the psychological state of the young individuals during the selection process. Applying scientifically grounded selection criteria prepares children for future success.

Conclusion. Selecting children for sports plays a vital role in their physical and psychological development. The proper application of selection methods lays the foundation for athletes' future success. Therefore, it is recommended to use scientifically grounded selection methods when involving children in sports at schools and sports academies.





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