© Eurasian Journal of Sport Science 2021; 1(2): 246-249
https://eajss.uz

Methods of development of coordination abilities of young rhytmic gymnasts

Ortikova Manzura Davronbekovna[1]

[1]Uzbek state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: to scientifically substantiate the effectiveness of the methodology for developing the coordination abilities of 5-7-year-old artists at the stage of preliminary basic training.

Methods: Analysis of materials of scientific and methodological literature, pedagogical observation, pedagogical experiment, mathematical and statistical analysis, questionnaire analysis.

The basis of the methodology for the development of coordination abilities specific for young gymnats was the elements and complexes of exercises for the development of the speed of a motor reaction, complex coordination movements, visual memory, attention, performed in various changing conditions;

-variation of dynamic, temporal and spatial characteristics of movements;

-introduction of unusual starting positions;

-complication of exercises with additional movements for training vestibular functions.

Results: The results reflecting the ability to dynamic balance in preschool children of the experimental group increased by 16.28%. In the control group, only by 12.10%. Improvement of indicators characterizing coordination abilities in the control group can be substantiated by the influence of traditional training methods.

Conclusion: To increase the level of coordination abilities at the stage of preliminary basic training in rhythmic gymnastics, it is advisable to use training combinations for various types of coordination abilities, which should be 2.5 - 3 times shorter than an individual exercise; should include exercises for various types of coordination, elements and connections that represent complexity from the individual program. When performing such combinations, it is necessary to monitor the correctness of the exercises, increasing the speed of movement, changing the amplitude and starting positions, increasing the number of repetitions of individual exercises, ligaments and combinations, changing the duration of exercises, rest intervals between them.

Keywords: training combinations of rhythmic gymnastics, exercises, clubs of RG, spatial characteristics of movements, Improvement of indicators of RG, speed of reaction.

Introduction

The penetration of physical education into all spheres of human social life increases its role and influence as a social institution. In this process, the correct formation of our attitude to physical culture and sports, an approach as the primary source of health, will lead to further popularization of physical culture and sports.

The approach to physical culture and sports as one of the main means of ensuring health, along with the development of the system of physical culture and sports, creates the need for further development of the process of training qualified personnel in this field. This will serve as a basis for further improvement of the criteria for training specialists who meet modern requirements. In this regard, it is necessary to attract young people to physical education by increasing their interest in physical culture and sports, as well as the systematic organization of the selection of strong future athletes.

The technology of sorting in sports is based on: knowledge of the requirements for sorting in sports and familiarity with the specific norms of indicators limiting the range of candidates, the goals and objectives of selection; scientifically sound and methodologically sound selection criteria, their qualitative and quantitative characteristics; normalized and proven analytical procedure, including the results of the survey and the provision of conclusions. In other words, in order to popularize a particular sport, it is possible to study the problems in it by means of a "survey", to identify problems and achievements in this area.

Rhythmic gymnastics is not only a popular sport, but also difficult in terms of coordination of movements. Therefore, one of the specific features of training is the dependence of sports results on coordination capabilities. The modern complication of sports equipment makes high demands in a shortened training period. Therefore, coordination abilities in rhythmic gymnastics must be developed already at a young age. However, in the learning process, the physiological characteristics of the child's body should be taken into account. Despite the large number of research works devoted to the problem of development and improvement of the coordination abilities of young athletes, the question of the most expedient meth-

od of developing coordination abilities, as the key ones in rhythmic gymnastics technique, at preschool age remains insufficiently studied. In this regard, there is a need to study the coordination abilities of female artists at preschool age and develop an appropriate development methodology.

According to L.A. Karpenko, N.A. Ovchinnikova, R.N. Terekhina, E.V. Ivanova, insufficient mobility in the joints limits the level of manifestation of strength, negatively affects coordination and speed capabilities, reduces the efficiency of work, and in the frequency of cases is the cause of damage to the supporting apparatus. As a rule, specialists focus on the development of mobility of the hip joint and spinal column.

There is much less scientific data on a comprehensive analysis of various methods for developing the mobility of the shoulder, elbow and wrist joints.

Methods

Make training combinations in a game form with clubs for various types of coordination abilities.

Conduct a comparative analysis of the scores (points) for the exercise with clubs of the experimental and control groups.

The pedagogical experiment was carried out in a semi-annual cycle on the basis of the Youth sports school in Tashkent. The experiment involved children aged 5-7 years at the stage of preliminary basic training, which were organized into a control (CG) and experimental (EG) groups of 22 young gymnasts each. Classes in the CG were held according to the program provided for by the Rhythmic Gymnastics Youth Sports School. The EG training program included a methodology developed by us for developing the coordination abilities of 5-7-year-old female artists of the elementary training group.

In order to form interest among young athletes, training sessions should be held in a playful way. Therefore, for the development of vestibular stability, outdoor games were used such as: “Upside down”, “Fast carousel”, etc.; to develop the ability to reproduce, differentiate the parameters of movement, outdoor games were used: "Accurate clubs ", "Roll with clubs", etc.

For the ability to orientate in space, various games with clubs were introduced.

The development of the speed of the motor reaction was facilitated by additional tasks introduced during training, and the improvement of the main movements; running with maces, changing direction on a signal, changing movements of different structures. The main part included the sets of exercises developed by us: vestibular gymnastics, complexly coordinated exercises, each of which was carried out once a week. At the end of the main part, outdoor games were introduced, which were selected taking into account the main movement leading in them and the predominant development of one of the manifestations of coordination abilities. Thus, the developed methodology is aimed not only at increasing the level of development of coordination abilities at the stage of preliminary basic training, but also at developing speed, taking into account the age-related typological characteristics of young artists.

To determine the level of development of coordination abilities, such manifestations of coordination abilities as the ability to balance, quickness of reaction, and ability to orientate in space were studied.

Results and discussion

Modern rhythmic gymnastics belongs to the technical and aesthetic sports, a feature of which is the capacity and versatility of the technical and tactical training of athletes. The search for new and effective approaches to organizing the educational and pedagogical process of students requires an additional in-depth amount of theoretical knowledge of practical skills in conducting training sessions in rhythmic gymnastics.

In addition, a large amount of training time in modern rhythmic gymnastics is dominated by special physical training - the development and improvement of endurance, speed, flexibility, strength, jumping ability, artistry, as well as the psychological and tactical training of future specialists.The testing carried out before the start of the experiment showed no significant differences in the level of physical fitness of children from the CG and the EG. Analysis of the results of the pedagogical experiment showed significant improvements both in the experimental group and in the control group. However, in the experimental group, the changes were characterized by the highest growth rates of the studied indicators. Thus, a significant improvement is noted in the change in indicators characterizing the speed of motor

reactions: in preschool children of the experimental group - by 11.8%, and in children of the control group - only by 4.59%. Considering the changes in the indicators characterizing the orientation ability at the beginning and at the end of the pedagogical experiment, it can be seen that the most significant changes over the entire period are noted in the experimental group: the orientation ability significantly improved by 21.94%, and for preschoolers in the control group - only by 13.93 %. The outstripping growth of the level of development of coordination abilities in the experimental group can be explained only by the influence of the game training methodology developed by us. It should be noted that the methods of training are not effective for all coordinating abilities at preschool age. So, according to the results obtained, the greatest sensitivity to the purposeful influence of training turned out to be an indicator of the ability to orientate in space (figure). Its growth rate exceeded 13% in both groups of subjects. While the speed of reaction turned out to be the least dynamic value: its growth rate did not exceed 12%. The indicator of the ability to dynamic balance took an intermediate position in terms of sensitivity to targeted coaching influence by playing methods. After 5 months of training with the use of training combinations with clubs for various types of coordination abilities, a control estimate was carried out at the training session, in which the gymnasts of the experimental and control groups, as in competitions (for evaluation, to music, in swimsuits), performed exercises with clubs. Refereeing was carried out by coaches from the youth sports school. The results (points, 7,5-6,8., 7,8-7,3., 7,8-7,2., 8,4-7,3) obtained were compared with the marks (points) for the exercise with clubs, obtained at the competitions in December 2019 at the Junior youth sports school championship, the comparative results of the control and experimental groups are shown in Fig. 1.

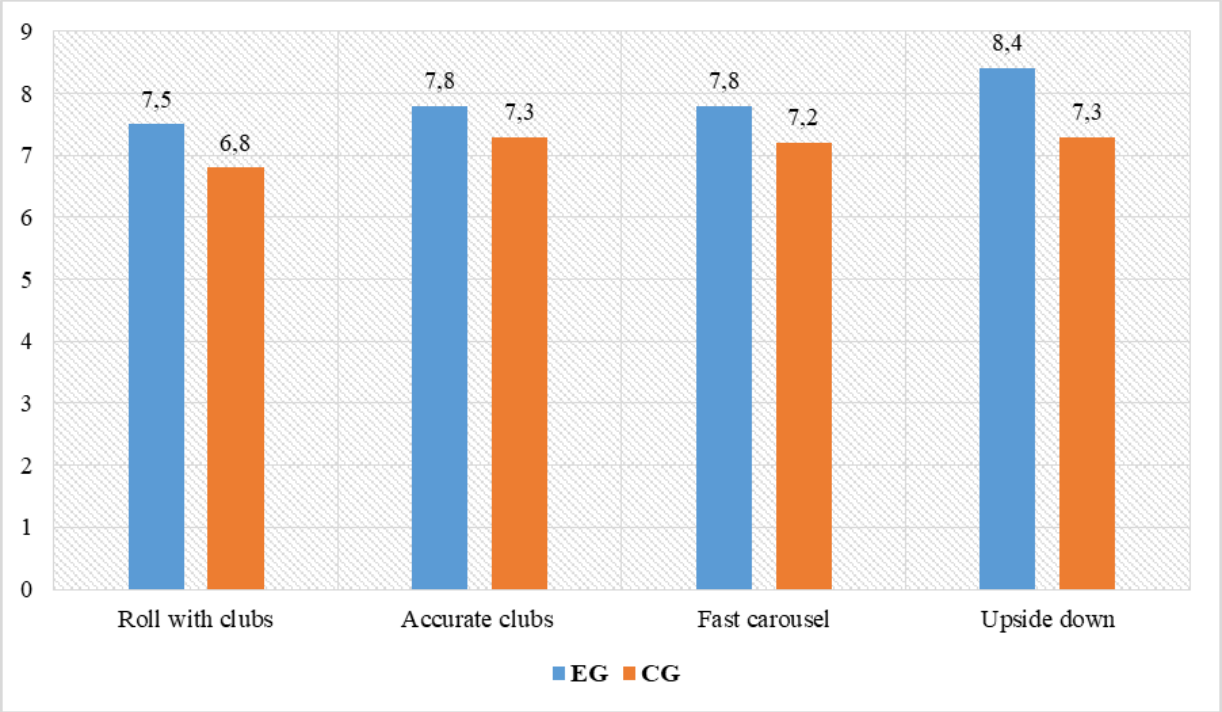


Figure. Estimates of the experimental and control groups, obtained in the championship of the Junior Youth Sports School for exercises with clubs.

Conclusions

The developed methodology for the development of coordination abilities of 5-7-year-old female artists of the initial training group made it possible to accelerate the speed of the motor reaction and the ability for dynamic balance of young female artists. However, to a greater extent, the developed technique contributes to the development of orientation in space. Fragmentary organization of educational and training work, i.e. logically built within the framework of the main sections of technical, physical and psychological-tactical training. Awareness and

implementation of not only the current (operational), but mainly the future purpose of most fragments of educational and training work. Carrying out, if not all, then most of the sections of educational and training work to music and, as a result, doing a lot of responsible "home" work on selecting music and compiling musical soundtracks for fragments of the lesson. Thoughtful planning and organization of the weekly cycle of training work in terms of "full coverage" and rational distribution of the educational and training sections of the gymnasts' sports training.

Recommendations

To increase the level of coordination abilities at the stage of preliminary basic training in rhythmic gymnastics, it is advisable to use training combinations for various types of coordination abilities, which should be 2.5 - 3 times shorter than an individual exercise; should include exercises for various types of coordination, elements and connections that represent complexity from the individual program. When performing such combinations, it is necessary to monitor the correctness of the exercises, increasing the speed of movement, changing the amplitude and starting positions, increasing the number of repetitions of individual exercises, ligaments and combinations, changing the duration of exercises, rest intervals between them.

-Estimates (points) for exercises with clubs in the experimental group are higher than the results of the control group (on average by 0.6 points). This is a big gap, because according to the rules of the competition, the winner in one type of all-around can be determined not only by tenths, but by hundredths of points. Estimates for the performance of the experimental group are more stable, as evidenced by the dispersion factor (V exp = 5.71; V counter = 7.1)

-Based on the results of physiological tests, it can be seen that the mechanisms for controlling the precise movements of gymnasts in the experimental group have improved significantly, which confirms the high level of fitness of gymnasts to work with clubs.

-Fragmentary organization of educational and training work, i.e. logically built within the framework of the main sections of technical, physical and psychological-tactical training.

-Awareness and implementation of not only the current (operational), but mainly the future purpose of most fragments of educational and training work.

-Carrying out, if not all, then most of the sections of educational and training work to music and, as a result, doing a lot of responsible "home" work on selecting music and compiling musical soundtracks for fragments of the lesson.

Further research is supposed to be carried out in the direction of studying other problems of compiling training combinations for various types of coordination abilities at the stage of preliminary basic training in rhythmic gymnastics.

References

Arkaev L. Ya. (1994). Integral'naya podgotovka gimnastov: na primere sbornoj komandy strany [Integral training of gymnasts: on the example of the national team of the country]. *Extended abstract of candidate's thesis*. St. Petersburg (in Russian).

Platonov V. N. (2019) *Dvigatel'nye kachestva i fizicheskaya podgotovka sportsmenov* [Motor qualities and physical training of athletes]. «SPORT», Moscow (in Russian).

Umarov M. N., Eshtaev A. K. (2009) Integral'nyj podhod v podgotovke vysokokvalificirovannyh gimnastov [Integral approach in the training of highly qualified gymnasts]. *Fan sportga [Science to sport]*, **3,** 45-47 (in Russian)

Gaverdovskij Yu. K. (2008) *Obuchenie sportivnym uprazhneniyam. Biomekhanika. Metodologiya. Didaktika* [Training in sports exercises. Biomechanics. Methodology. Didactics]. Soviet sport, Moscow (in Russian).

AUTHOR BIOGRAPHY



Manzura Davronbekovna ORTIKOVA

Employment
Student of PhD at Uzbekistan state university of physical education and sport.

Degree
MD

Research interests
gymnastic training, artistic gymnastic, aerobic training,science of sport, education with young gymnasts.

E-mail: m.gymn@mail.ru