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Options of pedagogical control over motor preparition of gymnasts specializing in rhythmic gymnastics

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Abstract

Purpose: development of special-movement training of rhythmic gymnasts-girls of different ages at training sessions.

Methods: Analysis and generalization of scientific and methodological literature, questionnaire survey, instrumental method, pedagogical testing and observation, pedagogical experiment, statistical methods of processing the results.

Results: In the two subsequent stages of training, we observe an increase in all indicators. The results become more stable and homogeneous (P<0,05). We noted that by the students the formation of motor skills is faster, quite successfully master the available gymnastic exercises. The ability to keep balance on the right and left legs by the age of 8 years is developed well enough, we are told about it by the indicators of the studied quality. Accuracy of actions in throws and catching of a premetal is intensively formed, developed and perfected by students, 3,6 points.

Conlcusion: The improvement in the accuracy of throwing and catching an object reached 21.6 points, in spatial-temporal accuracy of rotational character the result fluctuates within 110.9 points. Such a noticeable change and improvement in the indicators of the abilities under consideration indicates the cumulation of motor potential, which is further improved and perfected.

Keywords: student athlete's, skill of gymnasts, character results, indicators, training in rhythmic gymnastics, jumps, balances, throwing elements, results of jumping ability, choreography exercises for the development and improvement of vaulting.

Introduction

The question of preparing young gymnasts for prospective competitions requires taking into account all the factors of many years of training. One of such one of such factors is the development of motor abilities, the search for effective means and methods of helping to achieve maximum results in the minimum time is the key problem. As a result, there arises a problematic situation associated with the need to develop new methods and technologies of applied and educational character.

In the last decade there has been a rapid leap in the development of sports technique in sports with complex coordination of movements. The technique of exercises is constantly improving, and to achieve high results it is necessary to search for new ways to overcome the barriers that inevitably appear at certain stages of sports training. Such ways can be reduced to the allocation of individual elements, movements and the increase of motor abilities, based on the knowledge of technology of realization of both individual actions and operations, and activity as a whole.

The world's leading theorists in the field of gymnastics have conducted many researches on improvement of the level of special The leading world theorists in the field of gymnastics have carried out many researches on improvement of the level of special physical and technical training of young gymnasts in gymnastics All-around gymnastics, the results of which show that the growth of competition in this area requires the development of optimal means and methods in this area requires the development of optimal means and methods, used in the development of special motor training gymnasts.

According to the research data of *I.A. Viner-Usmanova, V.N. Platonov* technical training in rhythmic gymnastics is associated with the need to master a large arsenal of basic exercises and elements of the all-around program in a relatively short period of time. These motor actions are complex coordination combinations of movements of individual body parts with manipulation of various objects, which are performed against the background of musical accompaniment, and in turn, requires from female athletes significant physical conditioning and, in particular, a sufficient level of development of specific special motor qualities. As *Govorova M.A., Pleshkan A.V.* believe there is no scientifically based methodology of special motor training of gymnasts for this type of sports activity. It has developed empirically and represents separate recommendations of methods and techniques of development mainly of physical qualities.

The presented scientific work offers a set of special motor actions expressing the peculi-

arities of rhythmic gymnastics - jumping ability, assessment of spatial and temporal accuracy of rotational character, accuracy of actions in throws and catching an apparatus, exercises for the development of the vestibular analyzer, the ability to maintain equilibrium. Since the special attention of judges when giving marks for exercises of highly qualified gymnasts - "artists" is directed on technically correct fulfillment of turns, jumps, balances, throwing elements. The analysis of training sessions also showed that gymnasts make the greatest number of mistakes in these elements.

Methods

Analysis and generalization of scientific and methodological literature, questionnaire survey, instrumental method, pedagogical testing and observation, pedagogical experiment, statistical methods of processing the results.

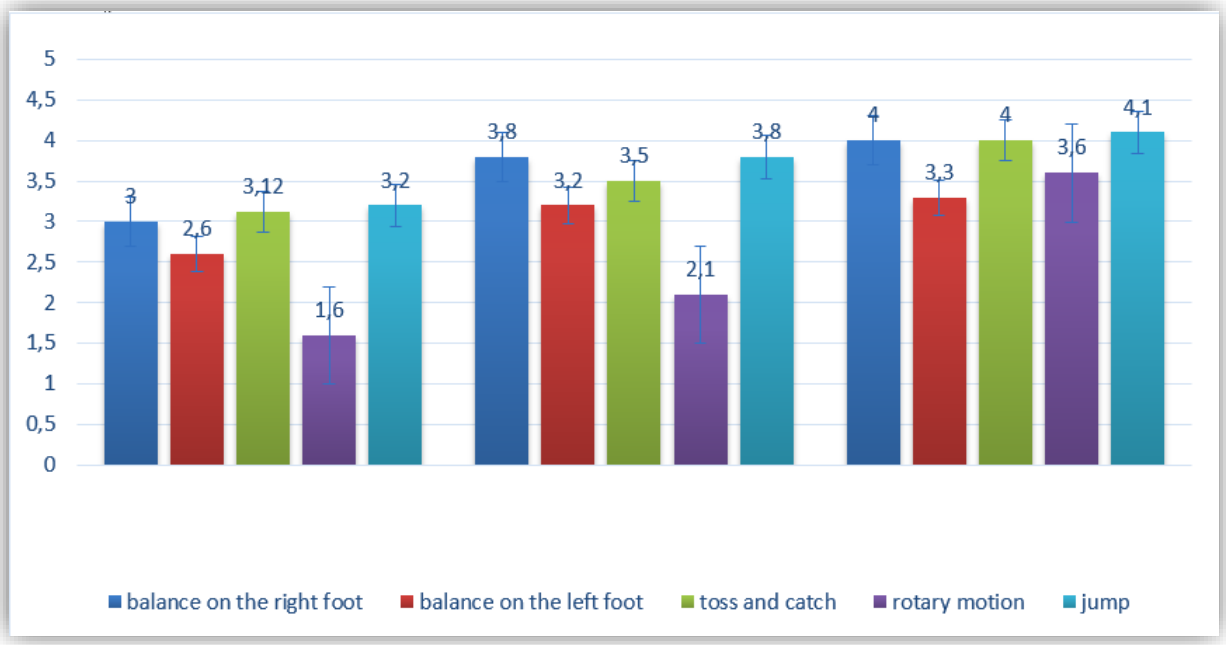
The factors and tools used to ensure the effective selection of talented the factors and means used to ensure the effective selection of talented young people involved in gymnastics and possessing high sportsmanship are highlighted. Organization of training camps for preparation of the Olympic reserve, intensification of cooperation with foreign countries Olympic reserve, intensification of cooperation with foreign schools, academies and clubs, schools, academies and gymnastics clubs abroad.

Results and discussion

For realization of the set tasks of research it was offered to form groups of gymnasts, in age range students, so the first group of gymnasts made athletes of 6-8 years old, the second group of gymnasts of "A" group students old and the third group of "B" group students.

In the process of research in the training process of gymnasts were included complexes of motor tasks, including choreography exercises for the development and improvement of vaulting, spatial-temporal accuracy of rotational character, accuracy of actions in throws and catching an object, the ability to maintain balance.

Fig. Results of testing of motor actions of young gymnasts of three age groups



The results obtained in the course of scientific research show that by the age of 9, gymnasts can observe a certain level of physical and motor development, which allows them to master certain basic elements, thus creating the foundation of technical competence.

At the stage of initial training, the level of average development of motor qualities includes exercises in balance, on the right leg - 3,0 points and on the left leg - 2,6 points; jumping from a place - 3,2 points, exercises for accuracy of throwing and catching - 3,12 points.

All the obtained results were converted and calculated from 5 points. Such quality as the assessment of spatial-temporal accuracy in rotational actions refers at this stage of training

to a low level of development, the score amounted to - 1,6 points. Apparently it is connected with insufficiently developed functional and psychological development of the proposed age, the complex nature of education of this quality. It is known that there is a direct correlation between vestibular stability and the quality of performance of gymnastic exercises related to body rotation. The level of development of vestibular stability determines the accuracy of differentiation in space and the quality of formation of motor skills.

Jumping ability - according to *G.I. Kovalchuk, E.B. Osipova* is a complex (speed-force) quality of motor activity, which is based on the combination of strength, elasticity and speed of muscle contractions, while maintaining optimal amplitude of movements. At the age of "A" group students there is an intensive growth of speed-force qualities as the basis of complex coordination types of human activity. Throughout the study we observe the growth of results of jumping ability as a motor quality, the greatest jump is at the age of "B" group students 4,1 points.

The analysis of the obtained results of testing of special-motor training of gymnasts shows a smooth and gradual improvement of indicators considering the age development of children. Thus, the value of growth of the indicators of maintaining a stable position on one leg amounted to 20,9 points (on the right leg), 10,9 points (on the left leg). A significant difference in the indicators between the right and left leg indicates the presence of the main - trained support (right) and auxiliary (left). This "leg work" remains unchanged throughout the gymnast's sporting activity.

Conclusion

Changes in the indicators of physical quality "jumping ability" were observed during the whole period of the study and amounted to 17,3 point. In the process of researches we have revealed the interrelation of the considered motor actions with technical preparedness of young gymnasts: 6 - 8 years r=0,69, 9-11 years r=0,55, 12-13 years r=0,82.

Thus, the proposed motor actions determine the level of technical preparedness of gymnasts, increase the skill of execution of exercises, thereby enriching the special-motor dance of young athletes.

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Research interests
Rhythmic gymnastics, hoop, ball, physical education and sport, Theory of physical education, Analyzing of sport competitions