



DEVELOPMENT OF PHYSICAL QUALITIES AND ITS INFLUENCE ON GYMNASTIC EXERCISE TECHNIQUE

Sidikov Sobirjon Mamasoliyevich,

Physical Culture Theory and Methodology Department Associate Professor

Qodirova Husnida,

2nd Year Master Ferghana State University

ABSTRACT

Technical training of gymnasts is based on their physical qualities. If the gymnast's physical ability does not meet the requirements of the gymnastic element technique, it will not be possible to perform any exercise correctly. In addition, it is necessary to ensure the formation of high quality of strength training exercises from the point of view of improving technical skills. In this regard, special training for gymnasts is important. Especially during the competition, it is important for gymnasts to form qualities specific to the studied elements. Therefore, it is necessary that the process of teaching movement skills in each specific situation has its own characteristics.

KEYWORDS

Endurance ability, physical exercise, (exercise), performance of exercises, running exercise, demonstration of physical abilities, active development of your physical abilities, effort, junior school age, movement technique.

INTRODUCTION

In every speech and lecture of our President Shavkat Mirziyoyev, special attention is paid to the issue of raising our youth healthy and well, creating conditions in this regard. After all, tomorrow, what the future will be, depends on the upbringing of our children who are growing up today.

The Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On measures to further improve the management system in the field of culture and sports" is aimed at further improving the management system in the field of physical education and sports, and encouraging the desire to lead a healthy lifestyle. Also, organization of large-scale work on the popularization of sports and physical education, improvement of the continuous system of selection, training and skill improvement of physical education and health, talented and talented athletes, introduction of modern technologies in the process of sports training and formation of quality sports stock. such tasks and directions of activity were defined.

The mentioned circumstances encourage us to study the issue of developing and testing a new technological method aimed at increasing the efficiency of their physical and special movement training in the case of young gymnasts practicing in the school of specialized children and youth Olympic reserves and testing it based on research. did

It is known that every year the gymnastic exercise program acquires a new meaning and essence, and the performed combinations of movements become more and more complicated. Consequently, this situation makes it possible to predetermine the future of gymnastic all-around.

All this is related to the popularization of the Olympic Games, the expansion of the geography of their programs and medal winners, and the professional and commercialization of "big" sports. This, in turn, increases the size and intensity of training and competition loads, the growth of athletes' skills, the development and implementation of new effective methods and tools of training, and the acceleration of research and development in the field of "big" sports. and it is based on the creation of a new generation of scientific and research tools used in the provision of this process, the control of the training process of qualified athletes on the basis of a computer system, and the improvement of sports equipment, sports clothes. The expansion of the sports industry is due to the development of the sports infrastructure, the expansion of the calendar of international competitions, the activities of athletes and coaches in different countries, the increase in the volume of sports and scientific information, the establishment of scientific and sports centers and more and more training bases . is determined. In addition, it should be noted that the process of initial selection and orientation to sports, which is part of the long-term training system leading to "big" sports, is one of the most urgent and fundamental issues of modern sports.

It is necessary to improve the effectiveness of training sessions in order to ensure the growth of sports results in the practice of many years of competitions. It is necessary to manage all stages of training of gymnasts within the requirements of high sports skills. For this, it is necessary to effectively use methods and tools aimed at improving movement skills that can show maximum sports results.

Modern gymnastics uses methods and tools that make it possible to develop physical qualities specific to movement skills that need to be taught in a short period of time. This, in turn, requires faster mastering of exercises performed in gymnastic shells and more time devoted to this issue.

Technical training of gymnasts is based on their physical qualities. If the gymnast's physical ability does not meet the requirements of the gymnastic element technique, it will not be possible to perform any exercise correctly. In addition, it is necessary to ensure the formation of high quality of strength training exercises from the point of view of improving technical skills. In this regard, special training for gymnasts is important. Especially during the competition, it is important for gymnasts to form qualities specific to the studied elements. Therefore, it is necessary that the process of teaching movement skills in each specific situation has its own characteristics.

Yu.V. Menkhin said that in order to perform elements with certain complex content in gymnastic equipment, it is required to have the ability of the movement analyzer, including the gymnast's muscle tension. It is very important that the qualities of strength and speed of the gymnast must be in accordance with the coordination of the element being studied.

In sports that require performance at the level of moving art (gymnastics, rhythmic gymnastics, acrobatics, figure skating, diving, etc.), movement technique is a decisive factor. However, achieving high results in these sports cannot be achieved without physical qualities suitable for the performed actions.

According to the researches of L.Ya. Arkayev, LPVolkov, LPMatveyev, VNPlatonov, high special physical training and its proportionality to the technique of performed elements are very important in the growth of sports skills. A number of foreign researchers note that the matching of physical qualities with specific sports specialty (type) plays a decisive role in achieving high sports results.

According to many authors, when choosing exercises aimed at developing physical qualities, it is necessary to take into account the typology of muscle strength and the nature of competition exercises. Yu.V. Based on his research, Verkhoshansky puts forward the opinion that the formation of technical skills should be based on the growth of physical fitness. The results of some studies prove that there is an inextricable connection between the level of physical qualities and successful participation in competitions held in various sports.

It is noted that subjects with high physical fitness master the technique of gymnastic exercises quickly and successfully.

In the scientific-methodical literature on sports, there is also information that the technique of gymnastic exercises performed in different shells depends on the level of development of physical qualities specific to muscle activity. Yu.V. Menkhin, VMSmolevskiy and Yu.K. Gaverdovskiy, the result of the exercises performed by young gymnasts on the brush, the writing power of the shoulder ($p=0.85$), the bending power of the elbow ($p=0.67$), the body ($p=0.87$) and they emphasize that the strength of the leg is inextricably linked with the strength of the hip parts ($r=0.82$). Ye.Yu. Rozin's research proves that there is a connection between sports-technical indicators and integral indicators of strength performed in individual types of gymnastic all-around.

Many researchers, while noting the priority importance of speed-strength training in sports gymnastics, revealed the direct dependence of this training on exercise technique. Yu.V. Menkhin, who studied speed-strength qualities, expressed the opinion that the degree of development of these qualities affects the quality of the arch movement that is most common in gymnastics.

L. Ya. Arkayev, NGSuchilin's researches on senior gymnasts and APAl'yabyshev, AGKarneyeva, IMKolotilova, Ye.Yu. Rozin's results of observation of junior gymnasts proved that there is a close relationship between speed-strength training and exercise performance. .

The analysis of the literature shows that the development of physical qualities, on the one hand, is a complex comprehensive process, and on the other hand, it is a component of the gymnast's sports skills and serves as a foundation for its formation. Therefore, the issue is not only in the development of physical qualities, but also in the need to form these qualities in a specific manner of the studied exercise technique. This process requires a creative approach, including the ability to select techniques and tools that are appropriate for the new exercise or elements being studied.

Therefore, it can be concluded that the physical fitness of gymnasts is the main foundation of their technical skills.

Special exercises that develop physical qualities. The content of the gymnastic all-around elements performed on the bars and hoops consists mostly of arc-shaped movement exercises. For example, the exercises performed on the turnstile are represented by circular-arc movements of different amplitude, speed, direction and variable order, and on the rings, exercises related to strength and static tension are combined with arc and circular movement elements. Consequently, gymnasts should have sufficiently developed quickness-power qualities, static strength and movement coordination. Therefore, when developing special physical exercise sets suitable for the characteristics of arcuate movements, we assumed that they should be specialized for the mentioned qualities.

It is known that the efficiency of the exercises performed on the barbell and rings, in addition to the mentioned qualities and abilities, requires a well-developed flexibility in the shoulder joints. Therefore, exercises that develop flexibility and flexibility in the joints were also included in the composition of the complexes. The use of such a set of exercises as a preparation and approach tool

from the initial stage of training makes it much easier to master new and complex movement skills in the later stages of training (Tables 1, 2, 3, 4, 5, 6).

Table 1 _ 6-7 years old special movement for gymnasts exercise complex
Turnstile

No	Name of exercises	Standard amount		Methodical recommendations for conducting exercises
		6 years old	7 years old	
1.	Standing in a relaxed support position on the turnstile, return to the support position by swinging the arms	7-8 r. 1 beat .	8-9 r. 1 beat .	Feet and hands will be written correctly
2.	Pull up in a hanging position holding the barbell for 10 seconds	4-5 r. 1 beat .	5 r. 1 beat .	
3.	On the horizontal bar, hang from the hanging position with legs together and return to dh	1-2 r. 1 beat .	1-2 r. 1 beat .	Performed with the help of a trainer. Feet and hands are written correctly
4.	Coming from the position resting on the kursi band to the horizontal support position, the legs are folded and return to dh	1-2 r.	1-2 r.	Performed with the help of a trainer. Feet and hands are written correctly
5.	Exercise of changing and adding movements	7.05	8.0	The exercise is performed once after the trainer, and the second time independently
6.	Hanging from the back on the horizontal bar	125-135 ⁰	140-150 ⁰	Hanging to the maximum

Table 2 _ movement for 8-9 year old gymnasts exercise complex
Turnstile

No	Name of exercises	Standard amount		Methodical recommendations for the use of exercises
		8 years old	9 years old	
1	2	3	4	5
1.	Raise the body in an arc on the turnstile	2-3 r. 2 hits .	5-6 r. 3 hits .	Hands are written. Correct execution with the help of a trainer
2.	Hold the barbell from above for 10 seconds and pull it up in a hanging position	7-8 r. 2 hits .	8-10 r. 3 hits .	Technically correct performance
3.	Coming from the position resting on the kursi band to the horizontal support position, the legs are folded and back	2-3 r. 1 beat .	2-3 r. 3 hits .	The exercise is performed with the help of a trainer. Feet and hands are written correctly
4.	Bending back from the position hanging on the bar and bending the arms, rotating, coming to the base position on the bar and slowly returning to dh	4-5 r. 2 hits .	4-5 r. 3 hits .	The return to the initial position is carried out with the help of a trainer. The body is kept straight when climbing.
5.	Hang on the barbell, forcefully gather the legs, hang back and return to the sh and dh position	2-3 r. 3 hits .	2-3 r. 4 hits .	Returning to the initial position is done with the help of a trainer.
6.	Standing in a relaxed support position on the turnbuckle, return to the support position by swinging your hands	9-10 r. 2 hits .	10-11 r. 2 hits .	Feet and hands will be written correctly
7.	Hanging from the back on the horizontal bar	150-155 ⁰	155-160 ⁰	Hanging to the maximum
8.	Exercise of changing and adding movements			The exercise is performed once after the trainer, and the second time independently.

Table 3 6-7 years old gymnasts special action for exercise complex

No	Name of exercises	Standard amount		Methodical recommendations for the use of exercises
		1 stage	2 stages	
1.	Standing in a horizontal support position with legs together	7-9 p.m. 1 beat .	15-18 p. 1 beat .	Hands are performed with the help of a properly written, head-up trainer
2.	On the barbell, drop to the back from the hanging position with the legs together, hang and return to dh	5-6 s. 2 hits .	6-7 p. 2 hits .	Performed with the help of a trainer
3.	Getting from the position of hanging on the gymnastic wall to the supine position	5-6 s. 3 hits .	6-7 p. 3 hits .	The ends of the legs are inscribed, the head is turned to the left
4.	135 ° to repeatedly move the arms forward and upward	10-8	8-6	
5.	Gliding with the body, leaning on an empty chair	2 s. 1 beat .	2-3 s. 1 beat .	Trying to keep the body straight
6.	In the horizontal support position 10 m. move to	13-12 p. 1 beat .	12-11 p.m. 2 hits .	The arms are not bent, the body is held straight
7.	Bending the elbow while standing in a supine position in Brusia	The exercise is performed with the maximum amount in 1-2 attempts		
8.	Exercise to develop active flexibility			

Table 4 8-9 years old special movement for gymnasts exercise complex Joint movements

No	Name of exercises	Standard amount		Methodical recommendations for the use of exercises
		3 stages	4 stages	
1	2	3	4	5
1.	Stand on hands	15 s. 3 hits .	20 s. 5 hits .	Body alignment is important
2.	Standing on the hands, lower the written legs to 45° and return to dh	5-6 s. 2 hits .	8-9 p.m. 4 hits .	It is done with the help of a trainer. The arms are straight, the back does not bend.
3.	Bending the legs in a horizontal support position	18-20 s 1 hour .	20 s. 2 hits .	Hands are written
4.	Lying horizontally on the arms, pushing the shoulders forward as much as possible	5-10 s. 3 hits .	5-10 s. 2 hits .	
5.	Moving up and down in the shoulder girdle while resting on the braces	The exercise is performed 20-30 times		
6.	Raise and lower the shoulders while leaning on the brusya	See exercise 5		
7.	Movement to .in the horizontal support position 10 m	11 p.	10 s.	The arms are not bent, the body is straight
8.	Moving on an unoccupied chair while leaning on it	3 r. 2 s.	3-4 r. 3 s.	Trying to keep the body straight
9.	Lifting the legs above the head while leaning on the gymnastic wall	6-7 r. 1 beat .	7 r. 2 hits .	Legs and feet are straight
10.	Writing with folded hands, leaning on a brush	9-11 r. 2 hits .	10-12 r. 3 hits .	
11.	Exercise to develop active flexibility			
12.	The partner lifts the child lying in the supine position by the legs and walks backwards	10 m 3 hits .	10 m 5 hits .	Hands and body do not bend. The legs are held at the shins

Table 5 movement for 6-7 year old gymnasts exercise complex

No	Name of exercises	Standard amount		Methodical recommendations for the use of exercises
		6 years old	7 years old	
1	2	3	4	5
1.	walking with hands 10 m	13-12 p. 1 beat .	12-11 p.m. 2 beats.	Hands and body do not bend
2.	Shuttle run 3x10 m.	10-10.6 2 beats.	10-9.8 2 beats.	
3.	20 m. to run			
4.	High jump	27-29 sm 5 beats.	29-32 sm 5-6 beats.	
5.	" The Bridge "			
6.	135 to repeatedly move the hands forward and upward in an arc	10-8	8-6	The execution of the exercise is given in the appendix
7.	Little by little long jump	5-6	7-8	
8.	120 stroke test	1.0-0.8 2 beats.	0.5 2 beats.	The execution of the exercise is given in the appendix
9.	Changing and adding movements is an exercise	7.0-7.5	8.0-8.5	
10.	The main position is the hands above, bending forward, touching the hands to the carpet and sharply raising the body, returning to d.h.	6-7 r 2 beats.	8-9 r. 2 beats.	Paying attention to not bending the body when lifting the trunk
11.	Jumping from a gymnastic bench with precision landing	4 r. 2 beats.	5-6 r. 3 beats.	
12.	Hill jumping	3 r.	4 r.	
13.	Jumping with hands on the swinging " bridge " .	5 r.	7-8 r.	
14.	180° turning hanging jump on the trampoline			Paying attention to the accuracy of the turn, the hands are raised up, the body is kept straight.

Table 6 movement for 8-9 year old gymnasts exercise complex

No	Name of exercises	Standard amount		Methodical recommendations for the use of exercises
		8 years old	9 years old	
1	2	3	4	5
1.	20 m run to	2 r.	3 r.	Pay attention to the movement of the hands and heels
2.	Shuttle running 3x 10 m.	2 r.	3 r.	
3.	Jumping with hands on the swinging " bridge " .	6 r.	8 r.	same time, pay attention to the movement of the arms and hands
4.	Standing long jump	3 r.	4 r.	
5.	High jump with arm movements	3 r.	3 r.	Foot squats and arm movements are performed simultaneously
6.	To the hill 20 sm. jump to	3 r.	4 r.	

7.	Jumping from a gymnastic chair with eyes closed and landing with precision	8 r.	10 r.	
8.	Swinging with correctly written arms in a supine position	Exercise is performed maximally		Hands do not bend, push-ups are done at the expense of bending the back
9.	Lowering and raising the shoulder while standing in a supine position	Exercise is performed maximally		
10.	The main position is hands up With a load of 0.3-0.5 kg, bend until the hands touch the mat and return the body sharply to DH	2-3 r. 2 beats.	4-6 r. 2 beats.	
11.	Keeping the leg straight forward and to the side	3 r.	5 r.	Correct posture
12.	Repeatedly moving the arms forward and upward	3 r.	2 r.	
13.	Changing and adding movements is an exercise			
14.	360° turning jump on the trampoline			Keeping the body straight, hands up

For overall development of speed-strength qualities, pull-ups for 10 seconds are used on the horizontal bar and double bar (table 2-6). To develop flexibility and inter-articular flexibility, in a hanging position, gather the legs and knees in front of the chest, turn around and return to the initial position (hanging position), hold the gymnastic lever and transfer the body to the back completely. The selected and proposed sets of exercises aimed at effective development of these qualities are taken from the exercises available in gymnastics practice in most cases. But in their selection and application, special attention is paid to the quality, accuracy, content, essence, number of returns, duration and proportionality of these exercises. This approach to selected exercises allows young gymnasts to master new elements faster and more perfectly.

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