

CURRENT PROBLEMS OF QUALIFICATION FOR ARTISTIC GYMNASTICS

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ABSTRACT	KEYWORDS
In this work, the actual problems and ways of qualifying rhythmic gymnasts are discussed.	Technical training, systematic methods, initial selection, special selection, potential opportunities, elements of action.

Introduction

Determining sports talents in rhythmic gymnastics is a complex and difficult process. The demand for morphotype, ability to move - artistry is growing more and more. Searching for children with the ability to move makes public work easier to some extent.

The problem of qualification is important in all types of sports and does not depend on the age of the participants. It is closely related to education and functional development of the growing organism.

In the next 10-20 years, many specialists have studied this problem. According to them, the real purpose of selection is related to the special requirements of this sport, the need to have specific abilities to achieve high results in this chosen sport. The concept of ability means all the anatomical functional ability of the organism that determines skill in sports.

The modern style of sorting is predictable. There are informative, reliable methods for assessing physical fitness. However, according to experts, the problems of orientation and selection in sports are currently at the stage of empirical research. Currently, sports science does not have a sufficiently argumentative and effective selection method. This problem is especially relevant during early education. The unevenness of physical development, individual characteristics of the psyche and the uncertainty of the unformed child's future make it difficult to assess the selection in advance. It is possible to increase the reliability of sorting, for this it is necessary to create an opportunity for the child to be engaged for some time, and then it is necessary to carry out the sorting. It is known that not all children can reveal their abilities in the first competition. According to the latest information, the child's potential is revealed only in active and specific activities. The need for mass involvement of children in rhythmic gymnastics from a young age and the tendency to lower the starting age to 5 years old are included in some new, namely, the system of sorting rules.

That is, it is necessary to carry out preliminary qualification work in kindergartens, in special schools engaged in this type of sport in primary grades. In mass education groups, one of the main factors is

the interest of the children, the desire to engage and the desire to imitate. During the period of primary education, talented girls are selected from primary education specialists with the help of rhythmic gymnastics specialists. In this, they use pedagogical observations and a minimum number of tests. With the rest of the children, systematic training is conducted according to a certain program, and they remain the object of pedagogical observation and test control. It is very important that the remaining girls do not get upset and continue training in the appropriate groups. The sorting procedure is of great importance for both children and their parents.

When determining the results of the tests, it is necessary to ensure accuracy, it is necessary to pay attention to the motivation, level of desire and activity of the girls. During the initial qualifying period, the appearance of the girls is evaluated by passive and active flexibility, dynamic strength and general movement coordination. Daily sorting is especially important. In the initial period of training, from 3 months to 1 year, 4-6 competitions are held on various types of training. It takes into account the mastery of basic qualities and basic exercises. The main selection is carried out at the end of two years of training in the specialty. Success in teaching is evaluated through control tests, which are included in the rhythmic gymnastics program and confirmed. In the main selection period, non-measurable factors such as flexibility, aesthetic appeal, and artistry are taken into account.

A special selection is held at the end of the third year. In this, numerical indicators are compared with his initial level, while the ability to apply the accumulated knowledge in gymnastics to solving new options of the problem is also taken into account. At the same time, indicators such as health, interest and willpower in girls also play a big role.

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