



TECHNOLOGY OF DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG GYMNASTS

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Abstract

In the article, the technology of developing the physical qualities of young gymnasts is highlighted on the example of the structure and distribution of training tools intended for the preliminary training group of 8-9-year-old gymnasts for the weekly microcycle.

Keywords: Jumping, sitting, hanging, throwing, exercising on gymnastic shells, leaning, simple grip, swinging while leaning, swinging forward, standing up while swinging forward.

In the decree of the President of the Republic of Uzbekistan No. PF-5924 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" In order to form a person, the need to define priority directions aimed at gaining skills and knowledge of the population in the field of physical education and sports, to introduce innovative forms and methods to the process of selecting (selection) of talented athletes, and to identify talented athletes from among the local youth it is envisaged to develop and introduce an effective and transparent four-stage system of selection (organization-district (city)-territory-republic).

For this purpose, it is necessary to popularize physical education among broad sections of the population, including general education school students, students and students of professional and higher educational institutions. The organization of volleyball trainings in the above contingent and their regular holding are important in the popularization of physical education and sports. Of course, as in any sport, special attention should be paid to physical training in volleyball.

The training of highly qualified young athletes, including training of talented children in gymnastics, requires a new scientific approach to the training process and the need to create effective pedagogical technologies. Teaching (teaching) technology (Greek techne – art, skill; logos – teaching) is a collection of concepts such as scientific methods, methods, forms and tools based on non-traditional procedures and didactic laws. is a term.

The experience of sports practice shows that the traditional methods and tools used in the training of athletes can lose or weaken their effectiveness at a certain stage of the long-term training process. As a result, sports results and physical and functional capabilities are likely to stop progressing. It is natural for such a situation to arise. Because the ability of the body to adapt to loads is not unlimited, it gets used to traditional loads, specialized special exercises are not "able" to increase sports skills.

It is known that year after year the program of gymnastic exercises acquires a new content 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 events.



Physical education and sports are related to the physical development of a person, the laws of change of his physical qualities, morphofunctional and psychological capabilities in his ontogenetic development.

The process of developing physical qualities is a priority and integral part of the training system of various qualified athletes. Many studies show that the effectiveness of the development of these qualities determines the duration of teaching motor skills and the rate of acquisition of these skills.

In recent years, the increasing complexity of gymnastic elements has paid special attention to the issue of developing and improving the physical qualities of young gymnasts.

In the process of initial training in gymnastics, it is observed that children's trainers, in most cases, face some problems. In particular, the level of development of certain physical qualities is relied upon when teaching the technique of even the simplest gymnastic elements. But often, the level of development of these qualities does not allow effective mastering of gymnastic elements. In such situations, it is recommended to use a special training organized in two directions. One of the directions of this type of training is the formation of movement ability, and the second is the training of movement skills. It is necessary to develop the appropriate physical qualities regardless of whether the mentioned tasks can be solved separately and together. Therefore, effective mastering of modern gymnastic exercises primarily depends on specialized physical training.

Physical training includes the process of developing general and special physical qualities.

Experts have different opinions on which one should be preferred in improving these physical qualities. A group of experts emphasize the need to emphasize quickness, strength-quick qualities and coordination ability. They explain that preference for these qualities is proportional to the age of children. Another group of scientists, taking into account the inextricable connection between physical qualities, draws attention to the importance of developing all qualities in children of this age.

At the same time, it was observed that there are almost no studies on the main physical qualities of young gymnasts' physical fitness in different directions, including the direction suitable for gymnastic elements.

In modern sports training, the quality of strength is of inestimable importance. No matter what kind of movement an athlete does (running, jumping, sitting, hanging, throwing, exercising in gymnastic shells, etc.), the effectiveness of this movement is related to strength. In addition, strength serves as the main factor in the process of technical-tactical and psychological preparation, and it was recognized that there is an inextricable connection between mastering complex gymnastic elements.

Studying the physical fitness of young gymnasts shows that in their training, the exercises used in accordance with the nature of competition exercises and the principle that affects physical and technical training are not sufficiently expressed. Exercises based on this principle are usually used by trainers at much later stages of training. In the application of special exercises, the main attention was paid to training the qualities of muscle movements that "write" and "bring" (to the initial position) the arms and legs.

The general model of the training process of young gymnasts organized by weekly microcycles and years of training is presented in Table 1.



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**Table 1 The order of construction and distribution of training tools intended for the preliminary training group of 8-9-year-old gymnasts for the weekly microcycle.
8-9 years old**

Monday	Preparatory part - 30 minutes 1. Specialized training on acrobatic elements
	The main part is 70 minutes 1. Acrobatics 2. Course 3. Choreography
	The final part is 35 minutes 1. Special physical training 2. Trampoline 3. Homework
Tuesday	Preparatory part - 30 minutes 1. Specialized exercises are exercises related to the development of quickness and strength qualities
	The main part is 70 minutes 1. Rings 2. Jump 3. Brusia
	The final part is 35 minutes 1. Special physical training 2. Trampoline 3. Homework
Wednesday	Preparatory part - 30 minutes 1. Specialized training - acrobatic training
	The main part is 70 minutes 1. Tourniquet 2. Acrobatics 3. Choreography
	The final part is 35 minutes 1. Trampoline 2. Exercises for the development of coordination stability 3. Homework
Pasunday	Preparation part - 20 minutes 1. Specialized training - general physical exercises aimed at developing quickness and strength qualities
	The main part is 80 minutes 1. Acrobatics 2. Course 3. Rings
	The final part is 35 minutes 1. MJT 2. Batut



	3. Uyga vazifa
	Preparatory part - 30 minutes
	1. Specialized work
	The main part is 80 minutes
	1. Jump
	2. Brusia
	3. Turnstile
	4. Choreography
	The final part is 25 minutes
	1. Special physical training
	2. Homework
Friday	Preparatory part - 30 minutes
Friday	1. Action games
Friday	The main part is 90 minutes
Friday	1. Acrobatics
Friday	2. Coordination preparation
Friday	3. Special physical training - circuit training
Friday	The final part is 15 minutes
Friday	1. Exercises for the development of flexibility in the joints
Friday	2. Trampoline
Friday	3. Homework
Saturday	Preparatory part - 30 minutes
Saturday	1. Action games
Saturday	The main part is 90 minutes
Saturday	1. Acrobatics
Saturday	2. Coordination preparation
Saturday	3. Special physical training - circuit training
Saturday	The final part is 15 minutes
Saturday	1. Exercises for the development of flexibility in the joints
Saturday	2. Trampoline
Saturday	3. Homework

As can be seen from the mentioned table, the volume (hours) of preparatory exercises and special exercises for gymnastic all-around types included in weekly microcycle training sessions for 8-9-year-old gymnasts increases undulatingly throughout the week. The exercises used in the preparatory part of the training are explained by their relevance to the multi-sport exercises planned in the main part. For example, if the main part of the training is planned for exercises performed on the bench and horizontal bar, then in the preparatory part of the training, flexibility and quick-strength exercises are used for these exercises, and so on. It takes 10-15 minutes to perform sets of exercises, which makes it possible to return these sets 2-3 times. Each set of exercises is performed 2 times - with a 2.3 minute rest interval. 9-year-old gymnasts are offered to perform a set of exercises again after the exercise. In the final part of the training, gymnasts perform slow-intensity exercises that develop general physical fitness.

A total of 30-40% of time is spent on general and special physical training exercises. Every 2-3 weeks, the level of development of physical qualities is evaluated with the help of control exercises.

When choosing exercises that develop physical qualities during training, it is necessary to take into account that these exercises are included in the classification program of gymnasts engaged in the initial training stage.

It is important that the main volume of physical training for 8-9-year-old children consists of playing equipment, and such equipment should be focused on the formation of weakly developed muscles and bone-joint systems. It is advisable to use these game exercises in the following order: first "who



performs more correctly", "who is more accurate", then "who is faster", "who is more". Such an approach to game exercises accelerates the formation of movement skills.

As the physical and technical preparation of young gymnasts develops, it is necessary to develop physical qualities that ensure the improvement of sports results of children and teenagers with the help of selected special exercises. In this case, it is recommended to focus on exercises that move the executive organs away from the body and bring them closer to it.

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