

## STUDYING THE TECHNICAL TRAINING OF HIGHLY QUALIFIED SWIMMERS USING THE QUESTIONNAIRE METHOD

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**Annotation:** The article aims to identify the features of the use of technical training of highly qualified swimmers of the national team of Uzbekistan with the help of a questionnaire survey. Various forms of questions are presented, the level of technical readiness of athletes is considered. This method helped to identify certain shortcomings in the technical readiness of professional swimmers. The results of the questionnaire survey showed that the study of the state of this issue in practice is an important area and requires further research.

**Key words:** questionnaire, technique, athlete, research, swimming.

**Introduction.** In connection with the continuous improvement of the technical training of highly qualified athletes, the level of sports achievements in various sports has now significantly increased. In recent years, most scientists have been attracted by the problem of developing the technical abilities of an athlete, which largely determines the effectiveness of the competitive activity of an athlete (Yu.V. Verkhoshansky 1985, 1988; L.P. Matveev 1997, 1999; V.N. Platonov 1997; A.A. Novikov 2004; H. Tunneman 1988, 2004 and others).

Technique is one of the key components to achieve high results in almost all sports. In swimming, technical training is an integral part of the training system for highly qualified swimmers. It plays a direct role, contributing to the improvement of the competitive result. Technique in swimming is different, swimmers with good joint mobility use a technique with a large range of motion, and those with less mobility use a technique with a lower range of motion, but all athletes start from the example of classical technique. We tried to determine the level of technical readiness of professional swimmers using a survey. This method helped to identify certain problems (shortcomings) in the technical readiness of professional swimmers.

The method of questioning is one of the main methods of research in all fields of activity. "The information received must be processed, compared, comprehended, researched" Questioning is a kind of research method of questioning, which allows, on the basis of written answers to the proposed questions, to identify points of view and trends that take place in a group of respondents. Questioning is a written type of survey (compared to interviewing, oral types of survey). The purpose of the work: to identify the features of the use of technical training of highly qualified swimmers of the national team of Uzbekistan using a questionnaire survey.

**Methodology.** When compiling the questionnaire, we used the methodological recommendations for constructing questionnaires, set out in the works of B.A. Ashmarin (1978), V.A. Yadov (1978), I.F. Devyatko (2002), F.A. Kerimov (2005), S.V. Nachinsky (2005). The structure of the questionnaire contains 3 parts. Introductory and main - include more than 20 questions of various forms, functions and content (direct and indirect questions, questions with a fan of answers, open, closed, semi-closed questions, control questions, filtering, questions about motives and facts) Demographic part (passport data), allowed to determine the level of sports qualification, the experience of their swimming, age aspect, etc. All of the above made it possible to characterize and examine the survey data from various positions.

**Result.** The results of the questionnaire survey showed that 100% of swimmers devote time to the development of technical qualities in the training process. A greater number of respondents (78%) use exercises in their training to develop technical preparedness, (22%) of respondents believe that it is not always advisable to pay attention to technical preparedness, believing that a large amount of training time is spent on

it. (74%) of the respondents believe that one of the first places is occupied by technical training, because it greatly influences the result, (26%) believe that technique occupies an insignificant place in swimming.

The majority of respondents (56%) answered negatively to the question of the questionnaire “Do you like the technical training program of your coach”, saying that their opinions are shared with the coach, a smaller number of respondents like the coach’s program (44%), they fully agree with the coach’s point of view for their technical training.

We were also interested in what physical qualities a swimmer should have and then opinions differed, (35%) of the respondents believe that a swimmer should have great physical potential, (22%) believe that a swimmer should have great plasticity, the last part (43%) believe that a swimmer must be technically savvy.

Respondents numbered in order of importance the physical qualities that play a leading role in the development of technology, many of them (60%) believe that the main qualities are “flexibility and dexterity”, (40%) believe that “speed and speed” play a big role in the development technology. But no one noticed the fact that strength can also play a direct role in technical training.

To the question “At what age do you consider it appropriate to develop technical training”, the opinion of the respondents did not agree, the majority (82%) believe that it is necessary to start from an early age, and (18%) of the respondents believe that not earlier than 13 years old, because the child cannot concentrate well on technique. The respondents also answered the question about in which part of the training it is advisable to develop technical training. A third (26%) of the respondents said that it is advisable to develop technique in the main part of the workout, more than half (74%) of the respondents believe that it is better to develop technique in the initial and final parts of the workout. Exceptionally all respondents (100%) did not agree that some high-class athletes believe that exercises should not be used in training to improve technique. The respondents said that they use the following exercises to determine the level of technical readiness, with the help of swimming in coordination they determine (78%) of the respondents, saying that this is the simplest and most visual analysis, with speed swimming they determine (22%) of the respondents, because this is speed swimming view. All respondents (100%) are familiar with the exercise "jump into the water" (start). In their opinion, this exercise contributes to the development of explosive strength, so say (87%) of the respondents, (13%) believe that this exercise develops dexterity.

When asked that some experts believe that training can be reduced to once a day, all (100%) respondents disagreed. Considering it not effective and not expedient.

Answering the last question of the questionnaire “What stimulates you to practice swimming”, the respondents answered differently, some of them (26%) stimulate a healthy lifestyle, believing that swimming is good for the body, strengthens and hardens it, (43%) answered that they like to compete, the last part of the respondents (31%) said that they like traveling abroad, considering this the only opportunity to visit it.

**Discussion.** As a result of the research, it was revealed that all swimmers devote time to the development of technical qualities in the training process, but not all are satisfied with it. They develop their technical qualities, which positively affects the result, however, not all respondents can boast of this, some of them devote more time to strength training, which is not very relevant for this sport. Some athletes are dissatisfied with their coach's technical training program, which means that coaches do not have sufficient knowledge to prepare highly qualified athletes. Because many athletes are not satisfied with their technique, they have a chance to further improve their skills in technique and improve their results in the future, both at the republican, continental and world championships.

**Conclusions.** Analysis of the results of the questionnaire survey showed that the study of the state of this issue in practice is an important area and requires further research.

The questionnaire included questions to determine the level of professional technical readiness of highly qualified swimmers, its significance for improving the quality of the training process. As a result of the survey, the following aspects were identified that need to be paid attention to:

- our study using a questionnaire made it possible to identify significant features of the technical training of highly qualified athletes. The technique of many swimmers does not match their professionalism;
- the survey showed that it is necessary to improve the professional orientation of the process of teaching swimming technique, to pay more attention to the methodological preparedness of coaches;

- it is necessary to devote more time to the technical training of the swimmer, both in water and on land.

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