

6-9 YEAR OLD GYMNASTS METHODOLOGY FOR DEVELOPING THE PHYSICAL QUALITY OF BENDING

Sabir Sidikov Mamasoliyevich

Dosent of the Faculty of Physical Culture of Fergana State University

Husnida Qodirova Marubjon qizi

Ferghana State University Master of the
2st year of the Faculty of Physical Culture

Annotation

This article shows a scientific study of the development of the physical quality of bending 6-9-year-old gymnasts

Key words: Physical development, sports, bending, running, general development exercises Health, health of life, health navillages, health components: somatiical, physical address, mental, moral.

By their nature, all exercises are divided into three main groups: general (basic), regional and local (isolating) effects on muscle groups. General impact exercises include those that work 2/3 or more of the total muscle volume, regional - from 1/3 to 2/3 and local - less than 1/3 of all muscles.

To develop strength in training sessions, various methods are used, differing in the amount of weight or resistance, the number of repetitions of movement, the speed of overcoming or yielding movements, the pace of execution, the nature and duration of rest intervals between approaches in the exercise.

The method of maximum effort. The maximum effort method includes exercises with maximum and close to maximum weights or resistances. The method ensures the development of the ability of muscles to strong contractions, to display maximum strength without a significant increase in muscle mass. An athlete with good basic physical fitness can use this method, usually it is 1 year or more of heavy training. Athletes of other (non-strength) sports should always receive instruction from a strength sports coach.

The method of repeated efforts. This is a training method in which the main training factor is not the maximum weight of the load (or resistance), but the number of repetitions of the exercise with the optimal weight (resistance). This is the main method of training with weights for experienced athletes and, of course, for beginners, while using various options for building a training session depending on the task :

In the critical implementation of the maximum effort method, several methodological techniques are used :

- 1. “Uniform” - the exercise is performed with a weight of 90-95% of the maximum, repeat 2-3 times in 2-4 approaches with rest intervals of 2 to 5 minutes.
- 2. “Ladder” up, several approaches are performed with an increase in the weight of the load and a decrease in the number of repetitions in each subsequent approach, for example: 1) weight 80% - lift 5 times; 2) weight 85% - lift 4 times; 3) weight 90% - lift 3 times; 4) weight 95% - lift 2 times; 5) weight 100% - lift 1 time. The rest intervals between the approaches are 2-4 minutes.
- 3. “Stairs” down several approaches are performed with a decrease in the weight of the load and an increase in the number of repetitions (lifts) in each subsequent approach, usually 4-6 steps. Rest intervals between approaches are 2-4 minutes.
- 4. “Pyramid” - “ladder” up plus “ladder” down.
- 5. “Maximum” - the exercise is performed with the maximum load at a given time: 1 time in 4-5 approaches with arbitrary rest time.

Now let's go directly to the methodological principles of building strength training. One of the most important methodological problems is the choice of the resistance value. External resistance is a physiological stimulus of a certain strength. Lifting the maximum weight is accompanied by a powerful flow of centripetal impulses, with small external resistances, the strength of the stimulus is relatively small.

The physiological features of movements performed with different stresses explain why attempts to increase muscle strength without resorting to maximum force stresses are not effective enough.

If a person does not systematically show significant muscular efforts, then there is no growth in strength. In an experiment conducted with a large group of students, the subjects practiced with weights that they could lift in one approach about 25 times. However, according to the experimental conditions, they were raised only 15 times. Although the total number of lifts in one session was large, even prolonged training did not lead to an increase in strength.

It is equally important to choose the optimal pace of exercise. It is shown that the use of the maximum tempo gives a relatively small effect; some average tempo is preferable: at the same time, the increase in strength is greater (N.V. Zimkin 1956).

As follows from the above, the following methodological directions are used for the development of strength in gymnasts aged 6-9 years : 1) overcoming near-limit (submaximal) weights; 2) overcoming extreme (maximum) weights; 3) overcoming weights with extreme speed. The amount of burden can be dosed according to the following criteria;

A) as a percentage of the maximum weight; B) by the difference from the maximum weight (for example, 10 kg less than the limit weight); C) by the number of possible repetitions in one approach (the weight that can be lifted in 10 repetitions, etc.).

Movements with unsaturated weights differ in their physiological mechanisms from movements with extreme weights. However, as you get tired, the picture changes. The last

repetitions "to failure" are close in some respects to the ultimate power stresses. The tension that one motor unit (DE) exhibits is falling. More and more DE enters the work, and with the last repetitions their number increases to the maximum. At the same time, the number of effector discharges increases. The weight, which in the first attempts could be easily lifted, turns out to be close to the limit and becomes a physiological stimulus of great strength. The concentration of efforts changes. As a result, the physiological picture becomes similar to the one that exists when performing extreme efforts. These largely coincident coordination traits are the main reason why lifting an unsaturated weight "to failure" has a training effect on muscle strength.

Since the leading factor here is the similarity in the last ascents, it is obvious that it is their performance that has the main value.

Working "to failure" is unprofitable in terms of energy. To achieve the same training effect with small weights, you have to perform incomparably more mechanical work than with increased ones. It is essential that the most valuable recent attempts are carried out against the background of reduced excitability of the central nervous system due to fatigue. Performing exercises against the background of fatigue makes it difficult to form those subtle conditionally reflexive relationships that ensure to a large extent the further development of strength. All this reduces the effectiveness of this methodological direction in comparison with the one in which limit weights are used.

However, despite the relatively lower efficiency of the considered methodological direction, we will use it for a number of reasons and significant advantages [7]: 1) a large amount of work performed, naturally, causes large shifts in metabolism. Activation of trophic processes creates opportunities for enhancing plastic metabolism, which can lead to functional muscle hypertrophy and thus have a positive effect on the growth of strength. A large degree of energy consumption can also be useful if classes are conducted primarily with a wellness orientation; 2) exercises with unsaturated power stresses give great opportunities to control the technique. This is of particular importance for beginners. As is known, at the beginning of the formation of a motor skill, there is an irradiation of excitement, which is externally expressed in the stiffness of movements due to the inclusion of unnecessary muscle groups in the work. Obviously, all other things being equal, the wider the irradiation, the stronger the excitement. Working with small weights makes it possible to reduce the strength of the excitatory process, as a result of which the irradiation becomes relatively small, and the movement becomes more coordinated; 3) at the initial stage of training, limiting the weight of weights makes it possible to avoid injuries, the probability of which is very significant when working with extreme stresses; 4) it is also significant that at first the effectiveness of force education almost does not depend on the amount of resistance, if this value exceeds a certain minimum (approximately 35-40% of the maximum force).

When using this methodological direction, a number of specific methods are used - repeated exercises, repeated efforts, circular training, etc.

Of no small importance in the method of strength development is the development of strength endurance.

Endurance can be characterized as the body's ability to resist fatigue.

Endurance is a physical quality necessary to one degree or another in every kind of human activity.

In practice, there is a distinction between general endurance and special endurance.

General endurance is the ability to exert muscle efforts of relatively low intensity for a long time, such as long-term walking, track and field running, skiing, long-distance swimming, etc.

It is believed that general endurance is the basis for the education of all other varieties of endurance, so it is not by chance that athletes devote a lot of time to training general endurance.

One of the varieties of general endurance is strength endurance, that is, the ability to show optimal muscle effort for a long time is one of the most significant motor qualities in physical training and sports. The success of a person's motor activity largely depends on the level of development of strength endurance.

Strength endurance is a complex, complex physical quality and is determined by both the level of vegetative functions that provide the necessary oxygen regime of the body and the state of the neuromuscular apparatus. When working with near-limit muscular efforts, the level of its development is determined mainly by maximum strength. With a decrease in the amount of work effort, the role of vegetative support factors increases. The boundary of the transition of work with the predominant predominance of "power" or "vegetative" factors in sports practice is considered to be a load with an effort of 30% of the individual maximum.

Therefore, the development of strength endurance should be carried out comprehensively, based on the parallel improvement of vegetative systems and strength abilities. The main method of developing strength endurance in gymnasts aged 6-9 years is the method of repeated efforts with the implementation of various methodological techniques.

The following exercises are used :

- 1. Exercises with weights of 30 - 70% of the maximum, with the number of repetitions 8 - 15 times. They are performed at arbitrary rest intervals, until recovery. The number of approaches - up to a decrease in the power of the work performed (usually - 6 - 8 approaches).
- 2. Exercises with weights up to 60% of the maximum with the number of repetitions from 15 to 30 times. 2 - 4 approaches are performed with a rest of 3 - 5 minutes. In the process of work, it is necessary to constantly monitor the technique of performing the exercise.
- 3. Exercises with a load of 20 - 70% of the maximum, performed "to failure", no more than 3-4 approaches.

- 4. Exercises with a load of 20 - 70% of the maximum, performed during a given period of time, 1, 2, 3, 4, 5 to 20 minutes at a certain pace, such approaches from 1 to 10 depending on the pace, time and weight.
- 5. Exercises aimed at improving overall endurance: long-term uniform running, cross-country, interval running, skiing, etc.

Training for the development and improvement of strength endurance can be organized both in the form of sequential application of the series of each selected exercise, in the form of a “circular workout”. The number and composition of exercises in the “circle”, as well as the number of “circles” depend on the level of preparedness of those involved and the goals of the training. The most effective “circular training” is at the stage of basic (general physical) training.

An effectively organized training for the development of strength qualities is compliance with its basic rules to prevent injuries when performing strength exercises :

- 1. you should do strength exercises under the guidance of a trainer.
- 2. Strictly observe the general methodological principles of building the training process.
- 3. General physical training is the basis of success in the development of strength.
- 4. Training should not be monotonous.
- 5. Do not perform strength exercises with maximum weights until the age of 16. Apply lighter weights with the ability to perform each training exercise 7-10 times.
- 6. Pay attention to strengthening the abdominal and back muscles.
- 7. Prevent injuries - they are the result of improper training.
- * 8. Do not get carried away with exercises with isometric (static) and inferior (eccentric) modes of operation.
- 9. Stop the training session when pain occurs
- 10. Be regularly examined by a doctor.
- 11. Before each workout, first perform a general warm-up.

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