

FEATURES OF SPECIAL MOTOR TRAINING OF FEMALE ATHLETES 6-9 YEARS OLD IN GYMNASTICS

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Annotation

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

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Physical culture as an integral part of the general human culture implies the development and improvement of the physical abilities of the individual, which largely ensure the successful life of a person.

The state of "physical readiness" for the manifestation of personal qualities in professional and household activities determines their effectiveness.

In the system of physical education, special attention is paid to childhood, since at this stage of development the basis for further improvement is laid and the potential of physical capabilities that can be realized in various spheres of human activity is formed.

A well-thought-out system of physical education in our country has many years of experience in formation and development and is aimed at solving the main socially significant tasks: strengthening the health of the population, physical and motor development and education of high moral qualities.

The system of physical education of schoolchildren is a purposeful and planned activity in a specific area of public culture, based on the methodology and basic principles of the theory and methodology of physical culture, and solves general and particular problems with the help of a wide arsenal of tools (exercises) and various organizational forms.

School physical education includes two main components: "basic" - providing the formation of the foundations of physical culture of the individual as an objective and necessary element for every person, without which successful adaptation to environmental conditions is

impossible and, in addition, forming the "core" of the state standard of general education training in the field of physical culture, and the second component - "variable", which is based on the basic and allows you to realize the possibility of choosing various means, taking into account individual inclinations, conditions of activity, priority of the type of physical culture and sports activity and other factors, this makes it possible to solve the problems of narrow motor specialization and general physical and motor education in the relationship.

Despite the thoughtfulness and effectiveness of the current system of school physical education, its weak link, in our opinion, is precisely the "basic" component, as the most significant, forming the basis of physical fitness and adequate motor experience.

The variety of requirements for the organization of physical culture of younger schoolchildren, the peculiarities of morpho-functional manifestations and conditions of children (dynamism and mobility, heterochronous development of body systems, ambiguity of individual capabilities and motivations, etc.), the frequent lack of coordination of psycho-physiological capabilities and desired manifestations of physical qualities, dictates the need to find new approaches to solving the problems of physical education, rationalization of the methodology of physical exercises.

In particular, determining the conditioned abilities of physical activity, clarifying the laws of the development of physical qualities in younger schoolchildren and the possibilities of their manifestation in various motor situations, can allow:

- 1) to improve the quality of physical fitness of children on the basis of the accelerated development of certain types of physical abilities;
- 2) to manage the process of physical education more rationally and effectively with the prospect of harmonious development of schoolchildren and a more accurate forecast in the choice of priority physical culture and sports activities.

A significant number of studies have been devoted to the study of the laws of the development of physical qualities. However, the available materials, with rare exceptions, relate to different aspects of athletes' training and do not cover all aspects of school physical education, taking into account age, gender and situational features of physical development and improvement.

For the organization of successful and high-quality physical training in the school physical education system, it is important to know the possibilities of manifestation of physical abilities of different nature in diverse situations of different target orientation, which can to a certain extent ensure the success of solving various motor tasks and harmonious physical development.

In this regard, the development of a scientifically based methodology for the development of physical abilities of a specific orientation, for primary school students, in order to rationalize school physical education at this stage, is relevant and justified

Gymnastics as a sport, by the nature of motor activity, is difficult to coordinate and requires athletes to display a wide range of motor skills, skills and qualities. The modern stage of rhythmic gymnastics development is characterized by a high level of sports and technical achievements, which determine the increased requirements for the technical training of gymnasts.

Technical training in gymnastics is associated with the need to master a large arsenal of motor actions in a relatively short time. These motor actions are complex coordination combinations of movements by individual parts of the body with the manipulation of various objects, which are performed against the background of musical accompaniment, and in turn, requires significant physical condition from athletes and, in particular, a sufficient level of development of specific special motor qualities. There is no scientifically-based methodology of special motor training of gymnasts for this type of sports activity. It has developed empirically and represents separate recommendations of methods and techniques for the development of mainly physical qualities.

It is known that there are a number of qualities that reflect the features of rhythmic gymnastics - these are "jumping", "spatio-temporal accuracy in rotational actions", "spatio-temporal accuracy in throwing actions", "the ability to maintain balance". We were able to determine such a range of motor qualities by analyzing the modern practice of training qualified gymnasts, as well as the rules of rhythmic gymnastics competitions, which focus on the judges' assessment of turns, jumps, balances and throwing elements. At the same time, it is with these elements that the main share of mistakes made by gymnasts, even highly qualified ones, is associated.

In every sport, including rhythmic gymnastics, special attention is paid to the level of physical fitness due to the fact that it is the basis for the full disclosure of technical, tactical and other qualities of young athletes .

Early specialization and the constant complication of competitive programs have led to the fact that 6-9-year-old athletes are competing for the title of absolute champions of the country. Considering that the process of mastering the highest sports skill lasts at least 6-9 years, during which athletes must master a large number of complex competitive exercises, the most characteristic side of the period of formation of sports skill is quite intensive work on technical training in 9-10 years. It is impractical to solve the problem of mastering such a large volume of elements only by increasing training loads, they are already close to the limit. Due to the lack of a unified training program for young gymnasts, the training process is planned without taking into account the sensitive period of development of their body [13, 18].

Early specialization and the constant complication of competitive programs have led to the fact that 6-9-year-old athletes are competing for the title of absolute champions of the country.

Considering that the process of mastering the highest sports skill lasts at least 6-8 years, during which athletes must master a large number of complex competitive exercises, the most characteristic side of the period of formation of sports skill is quite intensive work on technical training in 9-10 years. It is impractical to solve the problem of mastering such a large volume of elements only by increasing training loads, they are already close to the limit. Due to the lack of a unified training program for young gymnasts, the training process is planned without taking into account the sensitive period of development of their body. It should be noted that in order to master the curriculum in full, targeted training is necessary that meets the modern requirements of rhythmic gymnastics. This question becomes relevant for further identification of the peculiarities of the development of coordination abilities.

The age of 6-8 years is responsible in terms of the formation of motor function. At this age, a "cap of movements" is created, on which the motor improvement of children takes place in the future. Primary school age is defined as the period of creation of a broad coordination basis for gymnasts, it is considered sensitive in terms of the development of girls' coordination abilities. It is believed that at the age of 7-10, 6-12, 5-12, coordination abilities develop most intensively, reaching a high level of development, high sensitivity and recommend at this age to give as many exercises as possible for the education of coordination of movements and apply targeted pedagogical influence for the development of coordination of movements. At the same time, it is noted that younger girls are able to assess their movements in space, in time and according to the degree of muscle effort, however, they note that the change in various manifestations of coordination abilities occurs unevenly during this period, characterized by jumps, temporary declines or some stabilization.

At the same time, it is important to take into account that all movements should not only be consistent with the tempo and rhythm of the music, but should also reflect the content of the music playback, i.e. they should be expressive, emotionally saturated [48].

For the theory of sports training, it is extremely important to clarify the role that coordination abilities and coordination of movements carry in the learning process, during the formation of motor skills.

The importance of coordination abilities in the course of learning motor actions is indicated in many works. The meaning is as follows:

- high level and breadth of coordination abilities make rational mastery of motor skills;
- the learning process is improved through systematic and purposeful coordination improvement;
- it has a positive impact on sports and technical improvement.

The process of teaching girls is considered as the education of skills and their management, and the temporal spatial and dynamic characteristics of movement include the analysis of

information about the main signs of the motor act. The more complete the information received about various aspects of motor actions, the more opportunities the central nervous system has in regulating the management of these actions.

The development of the ability to control their movements in space, in time and the degree of muscle effort has a positive effect on the formation of motor skills, especially at the initial stage of training and accelerates this process.

It is established that the ability to spatial assessment of movements develops to a large extent under the influence of purposeful exercises, the increase in the accuracy of movements differs at the initial stage of training, the ability to subtly differentiate movements in time and space reaches its maximum development by the age of 13-14. The accuracy of the time characteristic is most intensively formed at the age of 11-12 years.

Successful training of highly qualified athletes is impossible without scientific research of trends in the development of children's and youth sports. In recent years, in the practice of rhythmic gymnastics, prerequisites have appeared for reducing the initial age limit of those involved, shortening the training period, complicating the technique of performing gymnastic exercises, as well as the pronounced specialization of gymnasts in individual and group exercises.

Along with similar requirements for the composition and technique of individual exercises, gymnasts specializing in group exercises must perform motor interactions at a high level that form the basis of group compositions. The complexity of group exercises also increases due to their twice longer duration compared to individual ones. However, the main criterion for the selection of gymnasts in the national teams, in addition to their weight data, is the technical training shown in the individual program competitions. On the other hand, a young gymnast, getting into the national team at the sports and technical level of a candidate for master of sports, has a fairly strong stereotype of individual work, which makes it difficult to subordinate the characteristics of each athlete to the general requirements of a group exercise. .

Thus, there is a need to integrate the means and methods of training gymnasts in group and individual exercises into a single system, the use of which would be appropriate at the stage of initial training of young athletes. In the modern theory and methodology of sports training in rhythmic gymnastics, there is a fairly large range of questions concerning the problems of teaching the technique of gymnastic exercises, to which various researchers have ambiguous answers .

Thus, in the available scientific and methodological literature, we have not found a consensus of experts on the issue of teaching young gymnasts the technique of performing rhythmic gymnastics exercises at the early stages of preparation, the place and role in this process of mastering motor interactions in group exercises.

Group exercises are inherently very different from combinations of singles. In individual exercises, success, as a rule, depends on the individual physical qualities and artistic characteristics of gymnasts. The brighter the personality of a gymnast, the more interesting it is. [26].

In group exercises, it is necessary to level your individuality, perform movements with a single amplitude, speed, strength, height, detail, pace. Uniformity, consistency, clarity and unity are the main components of a successful performance in group exercises. In addition, it is important to achieve stability to the unplanned actions of the partner. The entire training load is aimed at improving the performance skills of "group gymnasts".

Group exercises represent an independent Olympic type of rhythmic gymnastics. They are distinguished by the presence, among the traditional elements of technology, of motor interactions associated with transfers, transfers of objects, coordinated movements of gymnasts on the court. Since 1967, group exercises have been included in the program of the world championships, and since 1976 gymnasts have competed at the European championships .

The interest of specialists in group exercises is growing due to their inclusion in the program of the Olympic Games (1996). In Russia, Belarus, Italy, Bulgaria, the preparation of group exercises is carried out as a continuous multi-year process. Ukraine is not able to take a stable place among the leaders. The reason is the lack of a system of long-term training, taking into account the principles of continuity and cyclicity. Currently, the national classified program is designed to introduce group exercises from the program of candidates for the Master of Sports of Ukraine, assumes 1-2 starts per year [29].

As the results of the Olympic Games have shown, one of the leading problems of rhythmic gymnastics training is the improvement of the technical skills of athletes. It is known that a high level of technical skill is defined as the ability to accurately perform competitive combinations at the required moment on the basis of virtuoso technique, despite external and internal confounding factors.

The analysis of literary sources shows that in rhythmic gymnastics at the stage of preliminary preparation, one of the important conditions in classes with young gymnasts is a combination of general and special physical training, the components of which are flexibility and coordination of movements; in rhythmic gymnastics, much attention is paid to the development of flexibility and coordination abilities compared to other motor qualities.

Despite the various specific manifestations of physical qualities, they all have common patterns of development, on the basis of which they manifest themselves in a particular sport. General physical training is aimed at the overall harmonious development of the whole organism, the development of its entire musculature, strengthening of the organs and systems of the body and increasing its functional capabilities, improving the ability to coordinate

movements, increasing speed, strength, endurance, agility, flexibility, correcting deficiencies in the physique and posture of young athletes.

The stage of preliminary basic training is characterized by an increase in the volume and intensity of training loads. The number of classes in a weekly microcycle gradually increases from 4 to 6, the average duration of classes is 3-4 hours. The main form of classes remains a training session, but elements of a training lesson are gradually introduced. The importance of an individual approach increases in the development of physical qualities, the compilation of competitive programs and in the formation of personal characteristics of athletes .

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