

**PECULIARITIES OF TRAINING YOUNG GYMNASTS**

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**Annotation**

Sports competition is a multi-level, multi-year process that covers all stages of sports training. It is based on determining the requirements of the sport, studying the abilities of all-round athletes, and creating conditions aimed at the formation of these abilities. It also creates conditions for improvement in the chosen sport. In this case, innate abilities can be acquired only under conditions of systematic training, in the process of mastering endlessly increasing requirements.

**Keywords:** Selection and training, Sports competition, Young gymnast, development of motor functions, Movement skills, weekly routine for girls

The range of development and "trajectory" of various physical qualities and functional systems is determined by the individual peculiarities of the athlete in relation to age on the one hand, and by the rational structure of long-term training on the other hand (L.P. Volkov, A.M. Shlemin, Yu.K. Gaverdovsky, M.N. Umarov, A.K. Eshtaev)

The methodology and theory of sports gymnastics are seen in 3 stages during the long-term training process.

1st stage of selection and training Initial and in-depth specialized training with specialized training

2nd stage Achieving high results and their stabilization is the 3rd stage of high achievements

The stage of primary preparation corresponds to the preparation of young people before senior high school and junior high school. (6-7 years old)

In the process of children's physical education, the following tasks are solved: 1 - strengthening health, 2 - all-round physical development, 3 - teaching to perform various physical exercises, 4 - strengthening interest in physical education and sports.

A lot of attention is paid to educating children's active life position, forming the norms of behavior in them, and consciously having a good attitude towards training.

The development of the child's motor functions is determined in advance by the mode of movement in the kindergarten and family. The more movement activities occupy a place in children's daily routine, the better health, harmonious physical development and high level of movement readiness are characteristic of them.

Children's physical education requires special attention at the stage of primary training, because it forms the basis for general work ability, harmonious development, and the ability of all systems of the body to function in preschool and junior school age.

8-9-year-old girls are engaged in the initial specialized training stage. The tasks of preparation in this period with young gymnasts are as follows:

- 1) comprehensive physical training;
- 2) development of special physical qualities;
- 3) teaching preparation for the basics of the technique of gymnastic exercises and complex connecting elements;
- 4) qualities of will; to cultivate courage and perseverance, to know how to compete and work independently.

At different stages of the formation of movement skills, the ratio of methodical principles changes. At the beginning of the training, it is advisable to show the exercise along with the explanation. In the future, the explanation takes more place, and assumes the character of demonstration. Exercises of a complex nature, covering a large group of muscles at the same time as movement, are widely used. They are closer to the child psyche and easy to understand. In this case, the force is distributed among many muscles and thus does not tire.

Special exercises are given in order to train children to get orientation in space and to keep up with their own movements. To ensure that children master physical exercises, they are given in order of increasing complexity.

At this stage, the most important thing is to define as clearly as possible what necessary qualities to form, to restore their numerical characteristics. For example, 5-year-old girls can pull up 8-10 times in 4.4-4.7 seconds 20 m. run, angle 20-25 sec. can hold during and so on. At this stage, the work is built on the basis of comprehensive physical training, the elements of the gymnastics school are taught. They include: elements of the gymnastics style (basic posture, performing exercises with bent and straight legs, etc.), 2 - qualities and skills that determine the culture of movement (plasticity, facial expressions, sense of rhythm includes being able to play and listen to muzaka).

The educational game form of training is more appropriate at this age. With the help of movement games, skills in basic movements are improved, dexterity, spatial orientation,

movement and speed reactions are trained. The program of working with skills includes simple exercises of physical and acrobatic training, tools for the development of mobility in joints, as well as a large number of exercises performed in various game and competition situations. A.M. Shlemin, V.M. Barshai, V.N. Kurys, I.B. Pavlov, M.N.U marov, L.P. Volkov, A.K. Eshtaev 's observation results show that 5-6-year-old children can perform 150-180 elements in one training session 3-4 times a week, 2-2.5 hours a day. Very talented girls train 4-5 times a week, 2.5-3 hours a day, and accordingly do a large amount of work.

Weekly diet of 5-6 year old girls

Type of training	Jump	Brusia	Single	Acrobatics	Choreography	OFP-SFP
Time min.	45-60	70-90	70-90	120-140	50-60	55-70
Number of elements	30-40	90-105	120-140	200-265	45-60	50-70

Children will be more motivated to perform tasks if grades are given in a clear point system, rather than "good", "bad", "could be done better" for the work done. This premium is universal. It can be used when teaching any number of elements and allows the learner to focus on the most important details of the element being taught. Such game techniques increase children's attitude to training, their attention, and force them to analyze their own decisions.

At the stage of initial sports specialization, when the foundations of future female athletes are being formed, training with young gymnasts should be built on the basis of systems designed to master the basic elements of all structural groups. Exercises are thoroughly studied, strengthened and improved, combined into basic and competitive combinations ( Umarov M.N., Eshtaev A.K., Smolevsky A.M., Menshikov N.K.).

At this stage of preparation, an almost clearly defined typology of training exercises is considered (V.M. Smolevsky, 1987). It is during this period that different types of training begin to merge into a complex dynamic system, the second being related to concrete tasks, as well as the role of structural elements and the level of interconnection according to the achievement of planned results. 3 main types of training can be distinguished: training, training and control types. In order to create the necessary level of physical fitness, to make corrections, to prepare for competitions, as well as to restore the body's functional capabilities, physical training and educational-training sessions, educational-game and restorative model and control sessions are used.

In training sessions, the load can be different: from "small" to "maximum". However, a significant part of training sessions is characterized by high intensity and large volume of work. It has a significant effect on the body of those who exercise.



Average size parameters of training mats for young gymnasts (O.L. Treshcheva, 1991 )

Age	Number of elements	Intensive _ index i _	Number of combinations	Elements of the higher group	The number of jumps
8	220-255	5.7-6.3	5	26-35	9-13
9	245-280	6.8-7.4	5-7	86-106	13-17

Also, it is not advisable to conduct many hours of long training with young gymnasts, because the children's body is not adapted to such work due to the presence of age-related peculiarities. If such pressures are necessary to solve certain pedagogical tasks, in this case, methods that increase the emotional state of the student should be used in training.

Programs for youth sports schools, specialized Olympic reserve youth schools, and higher sports mastery schools (1986) recommend including general and special physical training, special movement training in the content of all parts of lessons in the 1st academic year. (UJT and MJT, MXT). General and special - is the main means of physical training for the initial training group of young gymnasts, serving complex norms for general physical training. This includes practical and gymnastic exercises, with and without subjects; exercise and sports games; elements of other sports are included. The content of special physical training consists of exercises aimed directly at the development of endurance and speed. Special movement training means teaching to differentiate one's own movements in effort, time and amplitude with the help of specially directed exercises.

Effective means of training the speed of movements are simplified rules of movement and sports games, exercises that form the ability to perform quick movements, short-distance running, relays, jumping, gymnastics and acrobatic exercises. The use of speed-strength exercises has a positive effect on the level of physical fitness and improves not only the development of strength and muscle contraction speed, but also the athlete's neuromuscular apparatus, his ability to concentrate his strength in time and space. Particular attention should be paid to the development of muscle strength of the exerciser. Taking into account that children's strength potential is not so great, it is appropriate to train strength very carefully, using short-term strength tension, partly static and dynamic in nature. The main attention should be aimed at strengthening all the children's movement apparatus, muscle groups. For this purpose, the training program includes acrobatic exercises, gymnastic exercises on shells (stretching, climbing, swinging, swinging), various throws and jumps.

A high tempo of movement dexterity is characteristic for children of senior and junior school age. This is helped by the significant flexibility of the central nervous system, the intensive

development of the movement analyzer. Dexterity is successfully cultivated in the course of mastered exercises, when performing movements in new conditions, on the basis of unexpected new movement situations.

Children of this age have all the favorable opportunities for training flexibility (mobility in the joints). It is necessary not only to raise the level of active and passive mobility in the joints, but also to strengthen them. It is desirable to increase the maximum amplitude in movements that help to effectively master sports techniques. To develop flexibility, it is considered a type of "pulling" exercise, which is characterized by a gradual increase in the amplitude of movement up to the final peak in the given exercise (Yu. V. Menkhin).

A.M. Shleming (1973), I.V. According to Kulkova, M.N.Umarov, A.K.Eshtaev (2004) studies, gymnasts who showed a high level of development of mobility in their joints in the primary test, keep these capabilities for years. Based on this, the author concluded that the indicators of the optimal level of mobility in the joints have prognostic value in the selection of children (17).

As a result of special scientific research, a test (control exercise) was found that allows to evaluate these physical qualities. Tables 1 and 2 show the list of tests and their methodology. It reflects control tests conducted in 6-7 and 8-9-year-old children (17).

Table No. 1. Tests to determine physical fitness.

No	The name of the test	Age	
		6	7
1	Hanging weight (number). When hanging, it is held from above, above the perekladina. If, when bending, the elbows are at the level of the perekladka grip, and when straightening, the arms are fully opened, the movement is considered completed. If the movement is made with the body and legs, it is not taken into account.	+	+
2	Push-ups while lying on the floor. When the arms are bent, the elbow should not be bent to the side, and the front part of the body should not touch the floor.	+	+
3	Push-ups with a twist (thigh) are performed hanging on a bar; the arm hangs and straightens completely. The pause between attempts is 2 hours. In auxiliary movements of the legs and trunk, the attempt is not counted.		+
4	Hanging with an angle (sec). Gymnastics is performed on the wall. Wall legs should be straight.	+	
5	From hanging with straight legs, rise to the top of the head (thigh). Gymnastics is performed on the wall.		+
Speed strength training			
6	20 m run to it is done on rubber pavement. If possible, 2 people start.	+	+
7	Standing long jump (cm). It is necessary to join two legs together, jump up and down on 2 legs.	+	+

8	10 seconds (number) of lying down. The requirements are the same as for test 2.		+
Reluctance			
9	Bridge (0 points. Gymnastics is performed by someone from 6 years old when someone is holding it or lying down, and from 7 years old it is performed independently).	+	+
10	Forward bending (point) - performed in the initial position - with force on the floor.	+	+
11	The barbell (point) is scored for the best of 3 steps.		

The necessary volume of various skills and knowledge can be acquired only on the basis of general and special physical training of students. At the modern stage of the development of gymnastics, the "principle of directed connection" is used more often (V.E. Zaglada, O.L. Treshcheva, Yu. Menkhin, etc.). In these shells, it is assumed to approach the peculiarities of the movement technique, the technique of performing preparatory exercises aimed at serving the means of training physical abilities. It is advisable to use OFP and SFP exercises only in a complex and in a certain sequence.

At the beginning of training, one of the effective methods of developing the necessary qualities is testing and relays and rotating trainings on SFP. SFP group trainings are held every month. It allows not only to observe the dynamics of the development of qualities, but teaches gymnastic girls to work on their development. As a result of all the tests and pedagogical observations, at the end of the school year, it is possible to objectively determine the primary diagnosis of children's suitability for sports gymnastics. To a certain extent, their talent and perspective are assessed, and if necessary, it is recommended to give the child to another sport.

Table 2

No	The name of the test	Age	
		6	7
Strength training			
1	Drooping (number). Table #1, requirements in test 1.	+	+
2	Hanging and leaning turns (number ) ( It is performed in a hanging position on the jerdy, on the chest, the supported arms are completely straightened).	+	+
3	To do tchimanie in a lying position , legs are gymnastic in bench acid ( number ). Requirements in table #1, test 2.	+	+
4	While hanging, bend straight legs until they touch the head ( thigh ). Gymnastics is performed on the wall.	+	
5	Hanging and lifting the legs in the form of an angle, touching to the head ( number ). Hanging gymnastics is done on the wall; gymnastics indicates the angle of hanging and begins an independent exercise.		+
6	Crossing the legs and standing with straight arms - " spichag " ( number )		+
Power speed training			
7	Running 20 m(sec ek ). Table #1, requirements in test 6.	+	+
8	Standing long jump (cm). Table #1, requirements in test 7.	+	+



9	Hanging in 10 seconds ( number ). The training starts under the coaching team. It ends after the "March" and "Stop" commands .	+	+
10	Leaning on a gym bench do 10 s ek ( number ).		+
11	Lifting the leg in a hanging position until it touches the head 10 s ( count ). Requirements in table #1, test 4.	+	
12	Lifting the leg to the head in a hanging angle 10 s ( number ). Table #1, requirements in test 5.		+
13	Bending up ( number ). It is done by hanging on the bottom of the bras .		+
<b>Reluctance</b>			
14	Bridge (point). In the initial position, the legs are stretched.	+	+
15	Bend forward	+	+
16	(points) for performing right, left, straight splits .	+	+

Not only the high level of physical quality development, but also their optimal equality is important for achieving sports results in gymnastics. There is a specific physical training structure for each age group. There should be a certain correlation between parameters of movement functions and sports-technical results of gymnasts. ( I.V. Kulkova , Petrov P.K., Ponomarev G.I. ).

One of the requirements of modern gymnastics is the constant increase in the complexity of high-quality exercises. This applies to all stages of multi-year sports training. For junior gymnasts, as the easiest method to determine technical preparation, the evaluation of the quality of execution and the number of specialized elements mastered are calculated. These elements differ in complexity in each age group and imply further improvement of technical training. In order to evaluate the technical training of 7-9-year-old gymnasts, it is proposed to conduct control tests on the following specialized elements.

#### 7 years old (1st academic year)

##### Free exercises

- 1 . Spin with the side
- 2 . Slow roll back
- 3 . Slow forward rotation

##### Single arm exercises ( moderate )

- 1 . right (left) balance on the feet
- 2 . 180° rotation : crouching on 2 legs, swinging back on one leg
- 3 . Jumping with alternating legs
- 4 . "Step", " Fly " .

##### Exercises in bruce

- 1 . Push up with two
- 2 . Hanging above - twisting climb
- 3 . Leaning back on the lower beam

4 . Bending and leaning on the lower beam, jumping in a half circle

#### Base jumps

1. Reclining and reclining, crouching .
2. Bending the legs .

8 years old ( 2nd year of training )

#### Free exercises

1. Fly away from place
2. Spinning slowly on the back
3. Randat-flak
4. Randat , 2 fly

#### Solo exercise

1. Turning with the side
2. A slow turn back
3. Swing forward 180° on one leg
4. Bending with force and holding the arms straight (spichak)
5. Forward somersault or backward jump

#### Exercises in bruce

1. Double ascent with a corner hang
2. Hanging in the corner and climbing with a razgib
3. Splicing in a semicircle from the lower part

#### Base jumps

1. Bending the legs
2. Turning forward

9 years old ( 2nd year of training )

#### Free exercises

1. Group back somersault - flyk - rondat
2. Three spaces - rondat
3. Turning with the head to the side - split flyak
4. Rondat - flyak -tempo somersault - flyak



Solo exercises

1. Spin with the side
2. A slow turn back
3. 360 ° g a turn on one leg
4. Standing fly
5. Jumping with a step
6. To turn sideways - somersault or to do somersaults - somersaults.

Exercises in bruce

- 1 . Leaning back and rolling forward
- 2 . Hanging from the lower beam and climbing back
- 3 . Hanging from the lower beam, forming an angle and climbing back
- 4 . Standing on the bottom jerkin
- 5 . Jumping: Jumping up

Base jumps

- 1 . Turning forward
- 2 . Turning to the side with rotation ( rondat ).

Technical training is evaluated by a team of judges using a competitive method. The quality of execution of the elements is determined according to the modern rules of litigation. The technical preparation score is derived from the average of the scores for all elements in each category, and the average score is the overall indicator of technical preparation.

In the medical department of the sports competition of gymnasts, a great place is occupied by the study of the level of physical development based on the characteristics of the body structure type. The type of body structure identified in adult gymnasts (men - muscular, chest - muscular, women - mesosome and leptosome)

the Stefko-Ostrovsk smell classification. The main type of body structure for 7-9-year-old girls is as follows: Thoracic and astheno-thoracic.

Thoracic type - a long chest, a sharp inframammary node, a small belly (reminiscent of a downward-pointing pear shape) decreasing downwards, the middle part of the face is more developed.

Asthenic type - thin, fine-boned limbs, well-developed limbs, thin, evenly narrowed chest, sharp sternum, underdeveloped abdomen, thin and long arms, dry muscles.

Determining the indicator of physical development is of great importance at the first stage, because unfavorable characteristics of individual development inhibit the training of young gymnasts.

A.M. Shlemin (1973), I.V. Kulkova (1991), P.K Petrov (2003), Yu.K. Gaverdovsky, V.M. Smolevsky, (2005), L. P. According to Matveev (1999,2008), weight, height and body proportions of athletes are of great importance for achieving high results in gymnastics competitions. The optimal indicators of body length and weight for 6-year-old gymnasts are 110- 112,0 cm and 16.9- 17,5 кг, for 7-year-olds - 118- 121,5 cm and 21.6- 22,9 кг. and for 8-year-olds – 127.2- 130 cm and 25.5- 27,4 кг. According to the group of authors of the monograph called "Physical education of schoolchildren", the high level of connection between the length of the body in children is determined from the age of 4. When choosing, it is recommended to focus on body length of 6-year-old children - 46 119 cm, weight - 17 . 20 кг. In the years after this age, the process of intensive development of the bone system is observed. The height of athletes grows dramatically, 130 d an 136 cm to , the weight of two gymnasts is 24.5- 29,0 кг. Gacha gets heavy.

Weight-height indicators of 8-9 -year-old gymnast girls

Age	Body length (cm)	Weight (kg)	Body length	Arm length (cm)	Leg Length (cm)	Shoulder width (cm)	Pelvic width (cm)	Body circumference (cm)
8	124.2 ± 3.9	23.0 ± 1.8	38.8 ± 1.6	52.9 ± 2.0	64.2 ± 2.6	27.6 ± 0.9	19.3 ± 1.0	59.5 ± 2.7
9	132.5 ± 4.2	26.8 ±	40.9 ±	57.0 ±	61.9 ±	28.9 ±	20.3 ±	62.5 ±

Muscle strength develops quickly. By the age of 9, the relative integral performance of the eight major muscle groups reaches a potential enlargement of about 80% in young female gymnasts. At the same time, children's muscles are more elastic. However, it shortens significantly and lengthens during contraction and relaxation. Their physical body recovers quickly after injury.

Adaptation of children to physical loads and work capacity in many cases depends on the state of vegetative functions, mainly with the cardiovascular and respiratory systems.

Significant frequency of heart contractions (90-92 beats per minute in 7-8-year-olds) and, accordingly, blood circulation is also fast, which nourishes the heart well. Other female gymnasts are characterized by a higher respiratory rate compared to adults, i.e. 20-22 times per 1 min. at rest.

L.P. Volkov, M.A. Matov, O.A. Ivanova, I.V. According to the conclusions given in Kulkova's works, on the basis of the research of the higher nervous activity of gymnasts, high mobility

of the nervous system, reactivity, and the strength of nervous processes are determined for them. Presence of risk elements in gymnastic combinations, bravery and perseverance.

Thus, the following facts can be ascertained: each block in the complex of tests used has specific information related to it, and on this basis it is possible to introduce a correction in a narrow specialty. And only the comprehensive application of various indicators of research allows us to effectively manage various parts of the training process. This is especially important at the initial stage of training, when the process of formation and birth of the future extra-class gymnast is taking place.

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