



METHODS FOR TEACHING YOUNG SWIMMERS SPECIAL WATER EXERCISES

Sulaymonov M.

CHDPU. Master 2nd year

marufsulaymonov543@gmail.com

Annotation. This article provides the necessary information about swimmers lying on the water, transitioning to a vertical position, transitioning from a standing position to a vertical position, transitioning from a standing position to a vertical position, lying on a wheel, lying on a wheel, swinging legs by the pool wall, swinging legs by the pool wall, and sliding with the help of the swimming position.

Key words. Water, lying, standing, wet, simple, complex, complex, reaction, start, swing, chest, belly, lying, sliding.

YOSH SUZUVCHILARGA SUV USTIDA BAJARILADIGAN MAXSUS MASHQLARNI O'RGATISH USULLARI

Sulaymonov M.

CHDPU. Magistr 2-kurs

marufsulaymonov543@gmail.com

Annotatsiya. Ushbu maqolada suzuvchilarning suv ustida yotish, tik holatga o'tish, qorinda yotgan vaziyatdan tik holatga o'tish, chalqancha vaziyatdan tik holatga qanday o'tish, chalqanchasiga qanday yotish, chalqanchasiga qanday yotish, hovuz devori yonida oyoqlarni siltash, hovuz devori yonida oyoqlarni siltash va suzish taxtasidan foydalangan holda qorinda sirpanish mashqlari haqida kerakli ma'lumotlar berilgan.

Kalit so'zlar. Suv, yotish, tik, holat, oddiy, murakkab, kompleks, reaksiya, start, chalqancha, ko'krak, qorin, yotgan, sirpanish.

Introduction.

They swim in water: this is not the natural environment for human life. Therefore, all swimming methods have their own characteristics. If you want to be safe and win, you need to memorize or repeat some basic rules.

It's the same thing in water if you don't learn how to run. The main thing is to breathe correctly, then you need to learn how to control your body in the water, lie down, stretch, stand in a vertical position, slide, move, move with the help of the feet, and finally, starting from the brass, you will get acquainted with various swimming techniques.

Lying on the water and transitioning to a vertical position. Another difference between the natural environment in which we live and standing in the water is seen in the state occupied in the void. When we try to lie in the water, we are in a vertical position in our ordinary daily life.



If you switch to a lying position knowing how to breathe correctly and open your eyes, this is not a very complicated problem, but there is an unconscious fear that a person cannot return to their normal standing position. We need to overcome the same second stage. The work should be done step-by-step in the same way as previous exercises. If possible, occupy yourself in a training pool, then in a part of a shallow pool, if necessary, use a training belt or a pinky ring in exchange for your level of preparedness or fear.

To make it easier to lie on the belly or on the wrist, you need to stretch the arms forward or along the body. A swimming board can be used for training, before placing the arms on its tip, and then holding it in the middle to grasp the elongated arm.

1. Transition from an underlying position to a standing position.

If you want to stretch on the surface of the water with or without a stop, then adjust and move the movements according to each other: bend your legs and tighten the knees tightly against the chest, raise your chin. In this way, you will receive help from the pastor.

A. Hands down.

1. The hands do not lean on the board, they lie there unsteadily on the floor (this is not a pillow).
2. You give a push with your hands.
3. You take a deep breath.
4. Hold your head between your arms and bend your arms to lean on the bench.
5. There is no danger to the face, because you have learned to keep your face in the water without diving, it lies on the surface of the water.
6. This exercise allows you to hold yourself on the surface of the water. The legs have no support under the water, and they are lifted.
7. Over the water, completely emptied.
8. The eyes are open, you hold your breath.

To maintain this position, the chin should be rested on the chest and stretched before the arms.

B. Hands at the table.

The board should be held in the middle, while the large bars are above, while the remaining bars are in the water. Similarly, the movements, the extended arms, play a key role in a powerful movement, and the movement of the head is even more important.

2. The hands hold the board on the edge.

This is the last exercise you can do without stopping. The correct head position affects the performance of the exercise.

G. Without interruption.

The lakes extend evenly along the water surface. The ends of the bar, touching the water, are now drawn forward, relying on it. The head and chin, resting on the chest, begin to move, and then it will help you stay in this position for a long time.

3. How to transition from a challenging situation to a standing position?

To return to a standing position, the following actions must be performed simultaneously:

- placing the chin on the chest to make the head stand upright;
- knees to the chest and leg flexion;
- extending the arms along the wall.

It is possible to simply turn your head, stretch your arms forward, and vice versa, in order to give pleasure to the state in which your stomach is on the floor. An interesting game will be very useful for subsequent exercises, as it emphasizes the important role of the head in mastering the necessary state in the water.



Another exercise involves transitioning from a position lying on the belly to a circle due to the rotation of the head.

4. How to lie in a wheelchair?

In the same way, but the main difficulty is that they move without seeing where they are lying. This exercise, similar to the stretching exercise performed on the belly, is performed first with the help of a bench, and then without a break.

1. Standing on the water in the pool, the arms are stretched over the head.
2. To lie in a circle, you lean over the water, while at the same time, your hands lie on the water in a strong spring.
3. Because your chin is raised, you can see the ceiling.
4. The placement of the springs on the surface of the water continues without difficulty, without compression.
5. The head is always in the middle of the arms, and the wings of the arms stand side by side.
6. This movement allows you to lift your belly and back, and the legs break off from the support points at the bottom of the pool and rise to the surface.
7. Your navel "looks" directly at the ceiling.
8. To be comfortable in this situation:
 - lying on top of free water;
 - relaxation of the chin;
 - Looking up;

"we need to extend our arms at a good pace."

Move the feet around the pool wall.

It will be useful to learn how to move your legs during training. Hold the edge of the pool and stretch out on the water with your arms straight. Along with breathing, it is necessary to strike with the legs and:

- a) legs extended and loosened, knees not bent;
- b) The movements have a small amplitude and are carried out at high speeds.

These movements with the legs, if necessary, will be a stretch for you, and you will feel the process of movement.

This exercise can also be performed in a training pool, with the arms resting on the edge of the pool or holding the ladder.

Slide

Now that you've learned to lie on the water and stand up straight, you've got to learn to skate on the water.

1. Sliding on the bottom using a swimming table.

Because the board is easier to find, it can be purchased or borrowed. How it is used:

1. The board is used as a support for arms and wings, but does not fulfill the function of a pillow, and the board itself cannot lift your weight. It should be easy to use and easy to use for registration.
2. When the arms are stretched, they lie on the floor in the water, but the arms are not very strong.

At the current level of development of sports swimming, athletes who are distinguished only by the high efficiency and expediency of their actions are achieving great success. Therefore, technical training is very important in the process of sports training and improvement.

Conclusion: If you don't learn to walk, it's the same thing in water. The main thing is to breathe correctly, then learn to control one's body in water, lie down, stretch, stand upright, slide, move, and move with the help of feet. Experts have developed a specific system of ideas about motor skills. Rational options based on general laws of biomechanics and hydrodynamics are established in each of the four sports swimming techniques. These goals determine the optimal directions and trajectories of working movements of the swimmer's body



parts, the position of the arms and legs relative to the water, as well as rational elements in coordinating movements.

REFERENCES:

1. Karayev V.Sh. Suzish va uni o'qitish metodikasi: o'quv qullanma 2021. – 20 b.
2. Korbut V.M., Islamov I.S. Suzish nazariyasi va uslubiyati. O'quv qo'llanmaT.:«Sano-standart» nashriyoti, 2017. –192 b.
3. Sulaymonov, M.Sh. (2023). Suzuvchilarni texnik- taktik tayyorlash metodikasini takomillashtirish. Yoshlar tafakkurini rivojlantirishning dolzarb muammolari mavzusidagi respublika ilmiy-amaliy konfrensiyasi, 649-650.
4. Shukurullayev, J. M., Sulaymonov, M. Sh., & Sayfullayeva, Sh.Sh. (2024). 14-16 yoshli Suzuvchilarni texnik-taktik tayorlash mexanizmini takomilashtirish. Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik, pedagogik-psixologik yondashuvlari va fanlararo integratsiyalashuv masalalari mavzusidagi ilmiy-amaliy anjuman, 127-129.