



AGE CHARACTERISTICS IN THE PHYSICAL DEVELOPMENT OF ARTISTIC GYMNASTS

Seytbekova Zulfiya Reymbek qizi

2nd year student of the Faculty of Physical Culture of Karakalpak State University

Abstract: In the article, the issues of age characteristics in the physical development of rhythmic gymnasts are comprehensively studied. Every piece of information has been scientifically analyzed.

Keywords: Artistic gymnasts, training, force reaction, development of speed, biological development, age period, basic physical qualities, formation of extensive knowledge and skills, changing the basics of movement technique.

Decisions and decrees adopted by the President of the Republic of Uzbekistan Shavkat Mirziyoyev and our government play an important role in strengthening the health of the young generation through physical education and sports, in order to grow into strong and mature people. The tasks specified in the law "On Physical Education and Sports" envisage strengthening the health of our people, making it possible for them to engage in physical education and sports [1:5].

High-performance sport requires constant improvement of the training system of international athletes with its opponent. We can see this in the artistic gymnastics, which is a type of sport. This sport attracts everyone with its beauty and charm. Therefore, the study of age characteristics in the physical development of young gymnasts is one of the most important issues.

Until now, scientific research in the sport of artistic gymnastics consists mainly of improving the general and special physical training methods, studying the specific features of the structure of technical exercises, and improving complex exercises[2;2].

According to the method and structure of the sport at the preparatory stage of artistic gymnastics, only those athletes who have a high level of aesthetic taste, strong morals, attractiveness, technique of using gymnastic exercises, tactical skills and a high level of results can participate in modern competitions and defeat their opponents.

The result in improving the method of training strong athletes of a significant level is controlled by the system of reserve personnel training, methodical level and high level of organization of work with young people, teenagers and girls. In this environment, long-term training from the beginning to the level of a master of sports is important to achieve high levels. In this process, it uses different levels of training for beginners, experienced athletes and high-level gymnasts based on their physical qualities, complexity and goals in the sport [3;122].

Starting artistic gymnastics at the age of 7-10 is one of the most important conditions for achieving good results. Such a beginning of training is a favorable time for girls' biological development, youth and basic physical experience. Girls between the ages of 7 and 10 develop agility, endurance and strength qualities. During this period, girls master technical movements very well, even if sometimes these movements are not mastered. Therefore, it is important not to miss this period to develop the basics of artistic gymnastics technique and speed. During the training phase, young athletes are taught athletic skills, strength ranges, and how to perform high-volume training. Participants learn and strengthen rhythmic gymnastics techniques and gain tactical experience. The training is mainly conducted in a combined, medium-intensive and long-term form in the interval of 1.5-2 hours. General preparatory exercises include: running, swimming, games, general developmental exercises without objects are appropriate.

Special training of moderate intensity should be mainly focused on individual training. More actions are



reviewed here. At the next stage of preparation, the athlete increases the number of exercises, taking into account his physical fitness and technical-tactical advantage, and creates the opportunity to achieve better results in the future.

General training exercises are basically combined as before. Their intensity increases slightly, at the end of the stage, the girls increase the load in individual exercises.

Exercises in general fitness often have a specialized nature. Several periodic exercises and general developmental exercises are used to develop strong endurance.

At this preparatory stage, it is appropriate to select those who have a future and thorough preparation. For this, it is necessary to determine the dynamics and level of physical development of anthropometric data, the qualities of morals and morals, and to what extent they strive for their goals.

Gradually, the volume and intensity of exercises for general preparation increases, the weight increases, the break in circular exercises decreases. After reaching 14-16 years of age, he will have full mobility.

In special training exercises, as before, more attention is paid to exercises with and without objects.

As the intensity and volume of training increases, the number of competitions that reflect their technical and tactical skills increases.

The period of achieving the highest results in artistic gymnastics is 15-20 years old, excluding a few losses. Since the scope of training is not so great then, the level of training varies, affecting technique and tactical skills.

Designing the training load during the training process at the expense of general and special training means, if the athlete first increases the volume and intensity of training and carefully strengthens it, he can achieve high results.

The speed of achieving results in exercises is not slow, loads that increase quickly are more effective. These new levels of loads are related to the adaptation of the body.

General preparations should not be abandoned during the competition, as this will deprive the athlete of the necessary physical characteristics.

During adolescence, even a specific training load leads to an increase in sports performance.

The highest indicators of one of the physical virtues affect a certain level of others, that is, physical literacy ensures their joint development to the extent necessary. General physical development is carried out according to the high level of functionality and technical skills of the athlete and is based on the results of the athlete. From the age of 2-3, during the stage of sports development, the maximum level of strength-oriented exercises is carried out according to the strength development program [4; 52].

The volume of exercises and intensive loads are suitable for all groups. According to the preparatory stages, the preparatory stage will be organized to introduce the method and content of artistic gymnastics. Preparation and follow-up actions for the main task at this stage.

The specific lessons of the stage arouse interest in the sport of artistic gymnastics, acquire a wide range of knowledge and skills, change the characteristics of movement techniques, develop physical qualities from all sides, strengthen health.

Contents:

1. Physical training: active and sports games, general and special developmental exercises of individual and average weight;
2. Technical training: special exercises for strength skills in rhythmic gymnastics;
3. Theoretical training: video materials, analysis of competitions, meeting with famous athletes, special literature for interviews with them;
4. Methods: playful, uniform, repetitive, rotational exercises, etc...



Training phase.

Main tasks: in-depth and special training in the chosen specialty.

Specific training sessions of this stage include: strengthening of general and special physical, technical and tactical training in all aspects, strengthening and strengthening of working skills in the competition, general and special psychological training and strengthening of health.

- Content of physical training: special exercises using various loads and objects, general developmental exercises;

- Technical training: special exercises in rhythmic gymnastics;

- Theoretical and tactical preparation: special literature, film and video materials, analysis of competition situation;

- Methods: taking into account the age and gender of the athlete, the same level, intermittent, repetitive, intermittent and rotational exercises;

Systematic pedagogical and medical observation.

The stage of improving sports skills:

The main lessons of this stage: achieving sports mastery.

Other tasks: increase the functional capabilities of the athlete's body, increase special physical conditions, techniques, tactics and psychological preparation, increase their abilities during the competition, support high-level sports motivation, maintain health.

- Weapons: physical training, special exercises using objects, general developmental exercises;

- Technical training: exercises suitable for competition conditions, rhythmic gymnastics techniques;

- Theoretical and tactical training: discussion of the competition process, discussion of film, video materials and literature;

- The main thing: fullness of age and sexual opportunities to achieve good results;

Systematic pedagogical and medical supervision.

In conclusion, working with rhythmic gymnasts requires a careful analysis of the dynamics of their performance in various controlled exercises with and without objects, associating these results with the level of biological endurance. Strengthening health, observing hygienic conditions of physical exercises, reading and breathing, any equipment and methods of physical exercises are of great importance for the future sports achievements of rhythmic gymnasts who have reached puberty.

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