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THE DYNAMICS OF THE TRIPLE JUMP RHYTHM IS THE GROWTH AND DEVELOPMENT OF THE SKILLS OF THE JUMPERS

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Abstract: Determining the dynamics of the time rhythm and periodic ratio of the base-flying phases with the growth of the competition result in male jumpers in the triple jump.

Key words: Athletics, jump types, time rhythm, spatial ratio of triple jump phases.

Enter. The problem of the optimal ratio of the length of separate phases of the triple jump has been thinking about the specialists of this athletics jump since the beginning of the development period of this sport, from the first modern Olympic Games. It was the triple jump that was held in Africa in 1896, which led to the program of modern athletics competitions. In this case, the optimal ratio of the lengths of the triple jump phases was different in different periods.

The rhythmic structure of the physical exercise is not primarily related to the ratio of the length of the phases, but to the time ratio of the movement phases. In some studies, this aspect of the triple jump technique was not considered by experts.

The purpose of the study: to determine the dynamics of the time rhythm and periodic ratio of the base-flying phases with the increase of the competition result in male jumpers in the triple jump

Methodology and organization of the research: the methodology included the "Browers" system, video analysis and video imaging) "Darttish" software, and the structure of the triple jump sector. To develop the results, it first involves analyzing the periodic and time characteristics of the base-flight phases of the jump.

52 jumpers of different skills (grade I) took part in the competition. During the research, the time and periodic effects of the size jump in the most successful attempts of athletes in the track were recorded. A total of 160 competition attempts were checked, 75 successful attempts were selected for analysis, in which the performance of 12 highly skilled jumpers exceeded the results of foreign materials and videos of world champions and Olympic Games. held in national and international competitions.

Research results and their discussion. At the first stage of the research, the periodical and time ratios of the methods of jumping "stabbing", "stepping" and "jumping" were checked for male athletes in the conditions of competitive activity. Between-group differences in the timing and periodicity of attempts at approximately five different outcome thresholds in self-starting jumps were examined. (15 attempts within each of the five limits, the level of the checked results: 14.98-18.10 m, in which the actual length of the pole jump was recorded, taking into account that the athlete did not press the line. The result of the analysis of the dynamics of the periodic ratio of "stepping" and "jumping" showed that as the results in the triple jump increase, the "jumping" and "stripping" approach, and the increase of the last phase is observed due to the decrease in the share of the first phase of the triple jump. (Fig. 1) The trend of increasing the length and proportion of the last phase is confirmed by the best attempts of the greatest jumpers of our time.

four-time world champion K. Gayler (18.21 m) and world record holder D. Edwards (18.29 m): 34 +29+37(/6) for male jumpers (XTSU) in results within the range of 17.25-17.30 m, the Mosel ratio is at least 75+30+35(/) for the "stabbing", "stepping" and "jumping" phases is relatively close.

The dynamics of the ratio of the length of the triple jump bases (in % compared to the length of the triple jump) is calculated as the result of the competition increases.

As the results of the competition increase, the result of the analysis of the dynamics of the time ratio of "stabbing", "stepping" and "jumping" shows the following: in the time rhythmic structure of the triple jump, the percentage shares of "stabbing" and "stepping" are approaching , in which the false share indicators of the "jump" are stable. "the ratio of the results to the time of all limits is around 40%", the tendency of the time shares of "stabbing" and "stepping" to converge is also observed in the jumps of the world record holder D. Edwards (18.29 m), his best results in his sports career are 30+30-40(%) is characteristic of the time ratio. In our opinion, the research made it possible to come to an important methodological conclusion that it is necessary to form the correct time rhythm and optimal spatial ratio of triple jump in young athletes at the initial specialization stage.

Dynamics of the time rhythm of the support-flight phases of the triple jump as the result of the competition increases. (in %).

It is necessary to form a time rhythm typical for the "quick" style of triple jump with "stabbing", "stepping", which are approximately the same in terms of time.

Conclusions: As the result of the competition increases, the percentage share of "jump" and "stab" is observed, while the share of the first phase of the triple jump increases due to the decrease of the last phase. In the most successful places recorded by the best jumpers of our time, K. Bayler (18.21 m) and D. Edwards (18.29 m), the ratio of three base-flight phases is close to the ratio of 34+29+37 (%). In the triple jump, the proportion of "stripping", "stepping" and "jumping" is about 35+30+35(%).

In the structure of the time rhythm of the triple jump, the result of the competition increased, the percentage share of "stabbing" and "stepping" is observed, while the time rhythm is gradually approaching the parameters of the rhythm of D. Edwards' record jumps (18.29 m). 30+30+40 (%)

In the triple jump, the time of the triple jump changes little when the result increases to 15.1 (from 15.48 m to 17.82 m). (increases by 3.4%), which indicates that the running speed and the horizontal speed of the base-flying phases of the triple jump in this type of jump, the skill of maintaining the horizontal speed in the phases of the triple jump of the summer athlete is of primary importance for the result. In this case, the correlation coefficient of the competition result with the speed in the last part of the run was 0.93.

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