

FEATURES OF DEVELOPING FLEXIBILITY IN YOUNG ARTISTIC GYMNASTICS

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Annotatsiya. Ushbu ishda yosh badiiy gimnastikachi qizlarning egiluvchanlik sifatini rivojlantirishdagi vosita va usullar haqida izlanishlar olib borilgan. Egiluvchanlik sifatini takomillashtirishga qaratilgan maxsus mashqla kompleksini samaradorligi amaliyotda isbotlangan.

Kalit soʻzlar: egiluvchanlik fifati, mashqlar kompleksi, mashgʻulot yuklamasi, funksional imkoniyatlar, jismoniy mashq

Аннотация. В данной работе проведены исследования о средствах и методах развития гибкости у юных гимнасток. Эффективность комплекса специальных упражнений, направленных на совершенствование качества гибкости, доказана на практике.

Ключевые слова: гибкость, комплекс упражнений, тренировочная нагрузка, функциональные возможности, физические упражнения

Annotation. In this work, research was conducted on the means and methods of developing the quality of flexibility of young female rhythmic gymnasts. The effectiveness of the complex of special exercises aimed at improving the quality of flexibility has been proven in practice.

Keywords: flexibility qualities, training complex, training load, functional capabilities, physical exercise

INTRODUCTION. In our country, in recent years, great attention has been paid to the issue of training and retraining competitive specialists in order to develop this area at a rapid pace, not only based on the need to create material and legal support, which is an important factor in the development of children's sports, but also to the issue of training and retraining competitive specialists. The experience of sports practice shows that traditional methods and means used in the training of athletes can lose or weaken their effectiveness at a certain stage of the multi-year training process. As a result, it is likely that both sports results and physical and functional capabilities will stop developing. Such The emergence of the situation is a natural phenomenon. Because the body's ability to adapt to loads is not unlimited, habituation to traditional loads is formed, and specialized special exercises are no longer "powerful" to increase sports skills. Trainers responsible for "searching for the key" to a positive or negative result that may occur in the training of talented sports reserves are based in their creative work on the research of theorists-pedagogues, physiologists, doctors, and psychologists. Because the training of qualified athletes is a comprehensive and multifaceted complex process. This can be achieved by the development of appropriate physical and special movement training based on a wide range of gymnastic exercises with leading technical characteristics. In organizational and methodological terms, such specialized training should be organized not only on a classification basis, but also using specially selected training exercises.

LITERATURE ANALYSIS AND METHODOLOGY. The training process of young athletes, including the training of talented children in gymnastics, requires a new scientific approach and the creation of effective pedagogical technologies. The problems of forming the training process



in various sports, developing effective pedagogical technologies aimed at increasing its effectiveness and conducting practical testing have attracted the attention of many scientists as a scientific object. . In particular, the research of leading specialists-scientists such as Yu.V. Verkhoshansky, E.Yu. Rozin is focused on the formation of the process of physical and special movement training of qualified athletes of younger and older ages.

RESEARCH OBJECTIVE: To develop recommendations for the development and improvement of flexibility abilities of girls in the initial training stage of 6-7 rhythmic gymnasts

Research objectives:

1. Analysis of scientific literature on the topic.
2. To determine the level of flexibility training of young rhythmic gymnasts in the initial period.
3. To substantiate a special exercise program for the development of the level of flexibility training of young rhythmic gymnasts through research.

RESEARCH RESULTS AND DISCUSSION

Rhythmic gymnastics is a versatile sport. A lot can be expressed through this sport. Now we will talk with you about how this can be done. First of all, the athlete must be physically prepared. Then the exercises must be performed technically perfectly. For example, a person first learns to crawl, then to do somersaults, walk, and finally take beautiful steps. Therefore, the physical fitness and dedication of our girls in rhythmic gymnastics are the basis of our achievements. In our time, sports have reached such high peaks that such results cannot be achieved with talent alone. Only through talent, dedication, and hard work can any result be achieved.

The quality of flexibility in rhythmic gymnasts is considered a leading factor. In gymnastics, flexibility should not be developed as much as possible. It should be developed only to a level that ensures the free execution of the necessary movements. In this case, the amount of jumping should exceed the maximum amplitude of the movement.

During our research, we implemented the following set of exercises in order to increase the effectiveness of training the flexibility qualities of young rhythmic gymnasts, as well as to determine their mutual relationship and interaction:

Table 1

Set of exercises that develop the flexibility qualities of rhythmic gymnasts

T/r	Content of exercises	Tall	medium	low	Failed to submit
1	From the starting position, bend forward, hug your knees with your hands, and touch your chest to your thighs with your stomach. Hold for 3 seconds without straining.		5 12.5%	20 50%	15 37.5%
2	Leaning forward on a gymnastics bench. The measurement is determined by measuring the height of the bench from the top to the middle of the third finger.		6 15%	22 55%	12 30%



3	"Fish" - lying on your stomach on a support, bending your arms and legs. The distance between your fingers and forehead is measured.	2 5%	8 20%	19 47.5%	11 27.5%
4	Move the stick back and forth. The distance between the paws is determined using a ruler.		4 10%	23 57.5%	13 32.5%
5	The gap is left, right, and transverse. It is checked using a ruler.		5 12.5%	20 50%	15 37.5%
6	The ability to lift the legs forward for 3 seconds without lifting the pelvis from the support or, standing with the back of the body against the gymnastic wall, is tested using degrees. It is measured in degrees.		3 7.5%	27 67.5%	10 25%
Total		1%	12.9%	54.5%	31.6%

During our study, we examined the training indicators of rhythmic gymnasts on a scoring scale and the results are presented in the following table:

Table 2

Results of passive and active flexibility control exercises after the study (%)

	Research	tall	medium	low	Failed to submit
Research	Before	1	12,9	54,5	31,6
	Then	55	30	10	5
Control Research	Before	1	12,6	54,8	31,6
	Then	20	15	55	10

As can be seen from the results of the study of passive and active flexibility control exercises, 55% of girls achieved high results, and 30% of girls showed average results.

From the above tables, it follows that the mathematical processing of the data showed the reliability of the differences in competitive results between gymnasts of the control and experimental groups for all studied indicators at the end of the second (final) stage of the pedagogical experiment. According to the results of official competitions (judges' errors in the technique of performing elements associated with the manifestation of the identified flexibility), the reliability of the differences in gymnasts of the control and experimental groups at the end of the second stage of the pedagogical experiment was determined. It can be argued that the method of physical and technical training developed by us for the targeted development of flexibility in 6-7-year-old gymnasts when performing compulsory program exercises is effective.

CONCLUSION. Our pedagogical observations have shown that choreographic exercises in gymnastics are recognized as an effective means of training high-level masters. With its help, the



compositions brought to the competition arena are brighter, more unique, expressive, and visually appealing. The term "choreography" encompasses all types of dance and mime art, along with dance composition. It is in the process of practicing choreography that gymnasts become more familiar with art than anyone else. In general, by art we understand the reflection of reality through images. And the art of dance is the transmission of this image through body movements and mime (i.e. facial expressions). Therefore, gymnasts engaged in choreography develop the skills of reflecting certain emotional states through body movements, expressing various moods, as well as the ability to create a bright and memorable image.

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