



Importance of Special Physical Preparation in Artistic Gymnastics

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Abstract: This article talks about the importance of specific physical training in improving the technical training of rhythmic gymnasts. In addition, the results of the research on ordering the sequence of exercises to increase the specific physical fitness of rhythmic gymnasts are highlighted.

Keywords: artistic gymnastics, general physical training, special physical training, equipment, exercises, organization, health, sport.

Rhythmic gymnastics is the most exciting and attractive sport among sports. Today, there are artistic gymnastics sports classes in all cities, districts and villages of our Republic organized. Many girls are engaged in rhythmic gymnastics in preschools and schools.

Everyone knows that the complexity of rhythmic gymnastics exercises is increasing day by day. Therefore, one of the problems facing us is to establish a solid and effective primary education in the educational process.

Physical training is aimed at the comprehensive development of rhythmic gymnasts' bodies, strengthening their health, and improving movement qualities.

Physical training is divided into general physical training and specific physical training.

General physical training is aimed at training physical abilities, qualities and increasing the workability of rhythmic gymnasts. Not directed to artistic gymnastics exercises.

Means of general physical training are cross country, short distance running, swimming, movement games and various exercises.

Special physical training - serves to educate and improve physical qualities and provides an opportunity to successfully perform and improve the technique of rhythmic gymnastics exercises.

In special physical training, training of endurance, quickness, flexibility, strength and coordinated movements is provided. It is necessary to take into account the optimal development of the level of physical qualities of artistic gymnasts.

For example, if the sport requires gymnasts to perform acrobatic exercises as quickly as possible, while in rhythmic gymnastics, when performing jumping exercises, it is very important to perform expressively, not only the height of the jump.

The main means of special physical training exercises require a system of exercise technique, exercises close to basic movement skills, and education of movement qualities to the extent necessary.

Physical training of athletes is carried out together with technical training throughout the year, 12-25% of training time is allocated to physical training.

In a 1-year cycle, the tools used for specific physical training and general physical training are not the same, because it depends on what period of the training process.

The first stage of the preparation period is characterized by the use of various tools, and the main importance is given to general physical training tools.

In the second stage of the preparatory period, changes are made to the training process. Special physical training exercises begin to increase. The amount of general physical training and special physical training equipment will be equal to 1:2, 2:3.

The main task of the competition period is focused on physical training and performance of movement skills. During this period, at the end of the preparatory and main part of the training, it is advisable to spend at least 30 minutes on physical training exercises.

During the transition period, general physical training is carried out with the aim of active recreation and improvement of some physical qualities. During this period, a lot of time is allocated to tourism, swimming, athletics and various games. During the transition period, 60-70% of the training hours are devoted to physical training. However, 15-20% of this hour will be dedicated to physical training.

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It is known that rhythmic gymnastics exercises are becoming more complex day by day. That is why it is desirable to develop the specific level of physical fitness of young girls in a quick and easy way.

It is advisable to increase the level of special physical training of female athletes and then perform these movements with a flange. That is why we focused our attention on special physical training.

We also developed sets of training sequences of exercises aimed at developing the level of social readiness for the experimental group. These sets were given in the preparatory part, the main part and the final part of the training, depending on the training tasks.

Description of the exercises performed with the flange in artistic gymnastics and the rules of their teaching

Exercises performed with objects are the main content of competitive programs in rhythmic gymnastics. Competition combinations of high-class gymnasts consist of a combination of movements performed with various objects and various body movements in harmony with music.

Flange (obruch) - circular, inner diameter 80-90 cm, thickness (transverse diameter) 0.8-1.5 cm, weight at least 300 grams, made of glue and plastic. It is recommended to use proportionally reduced size items for small athletes engaged in rhythmic gymnastics.

In 1967, the first wooden flanges entered international competitions. Later they started using glue flange. Since then, in rhythmic gymnastics, glue flanges are used. Flanges made of wood and aluminum cannot be used.

Although training for exercises with objects is carried out according to general principles, it has its own effective rules:

1. It is necessary to teach not the movement of objects, but the actions that ensure these movements. For this, simulation exercises are extremely necessary.

2. It is necessary to study the structural groups of actions of items separately. Once individual movements are mastered, they can be generalized into combinations.
3. Learning to move objects should be carried out separately from body movements, including only the most necessary ones, but as the movement of objects is mastered, they will be combined with various body movements that become more and more complex.
4. The process of teaching to move objects should be alternated in such a way that, firstly, various muscle groups should be strained in turn, and secondly, the previous movements should serve as a preparation for the next ones.
5. In the process of learning to move objects, they should be repeated as often as possible, at least 8 times, and the specified task should be to return to the initial position.
6. It is appropriate to control the level of mastery of moving objects based on the principle of "how many of 10 attempts were successful?"
7. It is necessary to introduce —lessons with objects to teach exercises performed with objects in educational exercises. Usually, they are passed from the beginning of the lesson as fragments V-VI, but in some cases it is appropriate to start training exercises with them.

Subject classes can be of two types:

- ✓ Teacher;
- ✓ Improver.

Conclusion, results: The scientific and methodical literature, opinions of experts, theoretical information, regulatory documents and the results of research and pedagogical experience analyzed in the framework of the topic allow the following conclusions to be recognized.

A specific exercise sequence developed during the research has paid off. In the experimental group, the level of specific physical fitness increased significantly. They perfectly mastered the recommended exercises and performed a combination on the flange. The recommended sequence of exercises was very helpful in performing the combination on the flange. Therefore, if during the training sessions the sequence of exercises as recommended by us is used, the specific physical fitness of the participants will develop faster.

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