

Management of the Selection and Training of Young Gymnasts

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ABSTRACT

In this article, general and special physical training exercises of gymnasts should be more in training with children than in training with older gymnasts. The speed of teaching new movements and the pace of their improvement depend on the level of physical development.

The analysis of the educational programs of children's sports schools of different levels is the basis for defining two observed trends. (1,2,3)

The first is the decrease in the age, the beginning of classes from 9-10 years old from 1977, from 7-8 years old from 1986 to 6-7 years old from 1990.

The second is a continuous increase in the demand for sports - technical training, especially in relation to acrobatics, the complexity of elements and combinations. Yesterday's elements of groups "S" and "D" are mandatory basic exercises performed by gymnasts studying for 3-4 years.

Now the long-term training of gymnasts has been systematized. All its types, concretely according to its content, are written in the curricula and normative requirements for each year's study.

The general methodological shortcoming of all educational programs, in our opinion, is the lack of recommendations on the use of special and general developmental exercises. In particular, in the initial training groups, which are related to intensity and volume, which are mainly necessary in training.

The theory of sports gymnastics methodology implies three stages of long-term preparation (2,4,5).

1st stage in-depth, specialized and specialized training with initial training periods;

2nd stage, achieving high results and their stabilization, high achievements;

The 3rd stage of primary preparation corresponds to children of preschool and junior school age.

The regulation on the State Education and Culture Center allows the gathering of groups with 6-year-old children. But in practice, in many cases, mostly girls, they started studying at the age of 5.

Some authors say that it is possible to engage in the additional stage of primary training from the age of 5, because until the age of 7 it is possible to develop all the necessary functions of the body, the main attention should be paid to the function of movement.

However, if the training process is wrongly structured when starting training with sports gymnastics at such an early age, it will cause negative situations - the life span of an active athlete in gymnastics will decrease.

Additional selection. The importance of this selection stage is that, on the one hand, taking into account the individual characteristics of the child, to direct each child to sports training, and on the other hand, to keep in mind the talented children and make them interested in sports.

According to M.N.Umarov, A.K.Eshtaev, at this stage, as much as possible, training should be organized for a large number of children, because all children should be engaged in physical education and sports.

However, D.Kh. Umarov and Shannon Miller present a more complicated selection problem. They say that success in big sports depends not only on the personal qualities of the athlete, but also on the presence of one or another buds in them. Also, to apply the advanced experience, knowledge and skills of the trainer. It also depends on the environment in which the trainer and student work.

Undoubtedly, effective management of the educational and training processes of young gymnasts today is possible if the coach is aware of the health, physical development, technical and physical fitness, psychological characteristics, etc. of his students. if he has active information.

There is no clear idea about the model of a professional trainer working in the middle link system of the training of athletes with initial and then high qualification.

Our observations of graduates of physical culture universities show that in many cases, a large number of young trainers are incapable of working with gymnasts who are just starting their studies. They cannot manage a group of 10-12 people. They are unable to organize children's attention, use it effectively, create an emotional mood during training, and almost cannot use the game, which is the main method of training with children.

It is known that the basic training structure of the initial stage of study includes the following: General physical training (UJT), special physical training (MJT), special movement training (MXT), and sports-technical training (STT). . The interdependence of different aspects of training of gymnasts can be seen, to some extent, in different stages of sports excellence, in the proportion of different forms of training.

R.V. According to Kaylya (1990), Shannon Miller (35), general physical training tools should develop such a set of qualities that should affect the development of special qualities and also balance the same directed effect of special training tools. Based on this, the UJT of young gymnasts includes elements of other types of sports: swimming, athletics, separate regulations of the general physical training complex. Undoubtedly, they enrich the athlete's range of motion, help to train special skills. They are special physical training tools, which provide the necessary qualities for the exercises aimed at the development of a specific muscle group and the selected sports activities.

Yu.V. Menkhin (2001) on the basis of modern views, at the initial stage of physical training, distinguished the following as the main qualities of the process:

- ✓ speed strength development of all working muscle groups;
- ✓ development of the static strength of the main working muscle group, in a more extended state;
- ✓ development of flexibility in shoulder and hip joints;
- ✓ development of passive-active vestibular endurance.

Here, in primary education, a special place is allocated to the preparation of special movement.

It is important to determine the interrelationship of movement skills and physical qualities of young gymnasts for the correct construction of sports training. In order for the process of mastering sports techniques to be more successful, the gymnast must constantly improve his physical fitness.

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