



## Differentiated Methodology for Assessing the Prospects of Children in Rhythmic Gymnastics at the Initial Stage of Sports Improvement

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### ABSTRACT

The article deals with the introduction into the educational and training process of the developed differentiated author's methodology for testing the motor and technical training of girls specializing in rhythmic gymnastics to determine their prospects at the initial stage of sports improvement

### Keywords:

differentiated methodology, training process, criterion, testing, motor qualities, technical training, complex-coordinated motor acts.

Monitoring the technical arsenal of leading representatives of rhythmic gymnastics and the growing complexity of the performed gymnastic exercises, characterized by a progressive trend towards early specialization, taking into account the factor of sensitivity of the growing organism of children, is becoming an urgent problem for sports science aimed at improving the methodology for finding innovative pedagogical technologies in order to increase the effectiveness of the system for selecting young promising people. children at the initial stage of the training process in rhythmic gymnastics.

One of the main technical components of modern rhythmic gymnastics is the growth of motor quality flexibility, as a factor contributing to aesthetic perception and a significant increase in the volume of structurally complex elements associated with these abilities.

The analysis of the available scientific and methodological literature on the problem of finding gifted children for rhythmic gymnastics revealed the insufficient development of modern criteria for professional selection and

methods for introducing pedagogical innovative technologies to control the mastery of complex coordinated motor actions inherent in this sport.

Monitoring analysis of the training process in rhythmic gymnastics in children's sports schools located in the Fergana region makes it possible to successfully predict further sports improvement in rhythmic gymnastics on the basis of the author's methodology for the development of motor qualities developed and implemented in the educational and training process.

**The relevance** of this issue was to analyze the results of the effectiveness of the introduction of the author's methodology for identifying and professionally selecting gifted girls at the initial stage of their training in rhythmic gymnastics, taking into account the peculiarities of the influence of the sensitivity factor in the development of motor abilities, taking into account the introduction of the author's methodology in the educational and training process.

Despite certain successes at the stage of sports improvement of young gymnasts, the introduction of an accentuated author's methodology for identifying children with the prospect of sports growth in this sport and evaluated according to the results of specially developed tests, unfortunately, has not received a scientific justification and wide application in the practice of coaching the Youth Sports School, which gives grounds for organizing and conducting in-depth experimental research.

**The object of the study** was the educational and training process, in rhythmic gymnastics, aimed at improving the system of professional selection of children in the sensitive period of their development.

**The subject of scientific research** was the definition and in the scientific substantiation of the innovative methodology, its content, the analysis of the training system and the selection of young gymnasts with prospects in achieving high sports results in rhythmic gymnastics.

A long-term monitoring analysis of the work of the coaching team with young gymnasts at the initial stage of their training was aimed at identifying effective methods for identifying gifted children in the group of specialized training, which will significantly reduce the time for the formation of complex-coordinated motor actions inherent in this sport.

Conducted on the contingent of coaches working in the system of youth sports schools in the direction of rhythmic gymnastics, a set of long-term pedagogical observations of the training process of children, made it possible to identify specific features of the training process in working with 7-year-old girls at the initial stage of their sports improvement and the focus on identifying promising girls for this sport.

An analysis of the results of the motor fitness of girls at the initial stage of their training and those specializing in rhythmic gymnastics in the process of qualifying intra-group qualification competitions and on the basis of the conclusion of the expert commission, together with the coaching team, a differentiated professional grouping of girls was

carried out according to the degree of their prospects in this sport.

**The results of the studies** focused on determining the prospects of the studied contingent of girls of a complex coordinated sport, it was revealed that a differentiated approach to the selection of children with promising inclinations for rhythmic gymnastics **were** identified in a separate group with the direction of the training process according to the developed author's methodology, where by the end of the pedagogical experiment were identified reliable progressive improvements in the indicators of their motor fitness.

Table 1 Resource requirements by component  
**Results of testing the motor fitness of girls specializing in rhythmic gymnastics during a pedagogical experiment**

№	Physical Components	Statistics						t
		Beginning			The end			
		X	±Sx	V%	X	±Sx	V%	
1	Running 30 m (c)	7,58	0,31	10,5	7,21	0,24	8,3	3,3
2	Run 300 m (sec)	96,1	14,6	17,9	78,4	12,7	14,8	1,9
3	Long jump from a standstill (cm)	95,3	12,8	15,2	108,1	14,3	11,4	2,8
4	Long jump from take-off (cm)	156,2	10,1	15,6	167,8	9,3	12,3	2,7
5	Flexion-extension of the arms in the focus on the bars (number of times).	6,5	0,32	18,2	7,8	0,4	14,6	3,2
6	Flexibility twine, cm	-7,0	0,26	12,9	2,3	0,22	9,7	4,1

In the course of the pedagogical experiment, where the methodological approaches developed by the author aimed at improving the technical preparedness of girls specializing in rhythmic gymnastics, evaluated according to the results of a specially selected battery of physical fitness tests, were introduced into the educational and training

process, the data obtained revealed the high efficiency of the developed author's teaching methodology with a focus on the successful mastery of complex by its structure elements and contributing to the strengthening of the technical arsenal of arbitrary programs.

**Table 2 Resource requirements by component**

**The results of testing the technical preparedness of young gymnasts in the course of the pedagogical experiment**

№	Technical Components	Statistics						t
		Beginning			The end			
		X	± Sx	V%	X	± Sx	V%	
1	Quality of coordination training (points).	8,9	0,2	11,7	9,1	0,2	10,2	2,6
2	Quality of rotational training (points).	8,1	0,3	13,3	8,7	0,1	10,7	2,3

Testing of the technical preparedness of girls specializing in a complex coordinated sport, such as rhythmic gymnastics (Table 2), by the end of the pedagogical experiment, their indicators significantly exceeded the results obtained at the beginning of the experiment indicating the effectiveness of introducing into the educational and training process the author's method of increasing their technical training ( t = 2.6 )

The results of pedagogical testing of motor and technical training of young athletes revealed a statistically significant result of the increase in average values for all studied indicators by the end of the pedagogical experiment. ( )

According to the results of the pedagogical experiment, it was revealed that when recruiting groups at the initial stage of sports training, carried out on the basis of the results of the experiment, it was possible to significantly reduce the training time for young representatives of rhythmic gymnastics, which will allow solving narrower professional tasks in the process of teaching complex-coordinated

exercises and methodically correctly distributing physical exertion taking into account their individual the opportunities of girls in the sensitive period of their growing up.

**Findings:**

1 The results of testing the technical preparedness of young representatives of rhythmic gymnastics revealed that the introduction of the author's method aimed at finding promising children into the educational and training process made it possible to significantly improve coordination training (t = 3.6), increases the quality of rotational training (t = 2.3).

2 The high efficiency of the differentiated author's methodology for testing the motor and technical training of girls at the stage of initial sports improvement introduced into the educational and training process was revealed.

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