



Specific aspects of developing physical qualities of gymnastics aged 8-9

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ABSTRACT

The complexity of the elements of gymnastics in recent years pays special attention to the development and improvement of physical qualities of young gymnasts. However, frequently the level of development of these qualities does not give chance for the effective mastery of the elements of gymnastics.

Keywords:

physical and functional opportunities, requirements, gymnastic exercises, combinations, sportsmen, preparation, scientific exploration, skilled sportsmen, control, sport kits, international competitions, physical qualities, development, technique of gymnastic element

The training process of preparing young sportsmen, for instance, raising children athletes in gymnastics requires introduction of a new scientific approach and creation of effective pedagogical technologies. Sports practice experience shows the fact that conventional methods and tools, used in the preparation process of sportsmen, can lose its effectiveness or weaken its importance in the long preparation period of the process. Consequently, both sports results and physical and functional opportunities can, possibly, stop developing. It is natural for such a situation to arise. Because the possibility of organism's adaption to the workloads is not infinite, there evokes a case being accustomed to conventional workloads, special exercises unable to develop sports capability. It is a known fact that gymnastic exercises program has improved significantly year to year that performed movement combinations are changing. Consequently, this situation allows us to predict the future of gymnastics. All this is due to the growing popularity of the Olympic

Games, the expansion of their programs and the geography of medal winners, as well as the professional and commercial image of the big sport. This, in turn, depends on the increase of volume and intensity of training and competitions, the growth in the skills of athletes, developing and implementing new effective methods and tools of training, acceleration of scientific research projects in major sports and Creation of a new generation of scientific research tools used to supplement the process, computer-based control of the training process of qualified athletes, improvement of sports equipment, and sportswear. It is marked with the expansion of the sports industry, the development of sports infrastructure, the expansion of the calendar of international competitions, the activities of athletes and coaches in different countries, the growth of sports and scientific information, the establishment of sports centers and many training. At the same time, it should be noted that the process of initial selection and orientation to sports, which is part of a multi-

year training system that leads to great sports, is one of the most pressing and fundamental issues of modern sports. During the initial training in gymnastics, children's trainers often face with some problems. In particular, the teaching of even the simplest gymnastic element technique relies on the level of development of certain physical qualities. The process of developing physical qualities is a priority and an integral part of the system of training various qualified athletes. Numerous studies show that the effectiveness of the development of these qualities determines the duration of training in motor skills and the rate of acquisition of these skills. In recent years, the complexity of the elements of gymnastics has given special attention to the development and improvement of the physical qualities of young gymnasts. However, often the level of development of these qualities does not allow to effectively mastering the elements of gymnastics. In such cases, it is recommended to use special training, which is usually organized in two directions. One of the areas of this type of training is the formation of motor skills, and the other is the development of motor skills. Regardless of the possibility of solving these tasks individually and jointly, it is necessary to develop the appropriate physical qualities at the same time. Therefore, the effective mastery of modern gymnastic exercises depends primarily on specialized physical training. Physical training involves the development of general and specific physical qualities. According to experts, young gymnasts in the early stages of training should develop physical qualities that are comfortable at this age, including speed, strength, flexibility, agility and special coordination qualities. Experts differ on which of these physical qualities to prioritize. A group of experts emphasizes the need to emphasize agility, strength qualities and coordination skills. They explain the predominance of these qualities by the fact that they are proportional to the age of the children. Another group of scholars emphasizes the importance of the equal development of all qualities in children of this age, taking into account the organic relationship between physical qualities. At the same time, it was

observed that there is almost no research on the basic physical qualities of physical training of young gymnasts in various areas, including the direction corresponding to the elements of gymnastics. Ensuring the growth of sports results in many years of competition practice emphasizes the need to increase the effectiveness of training in the initial preparatory phase. In the next stages, the management of the training process of young gymnasts should be carried out within the requirements of high sportsmanship. This requires the effective use of techniques and tools aimed at improving motor skills until the age when it is possible to show maximum sports results. Modern gymnastics uses techniques and tools that enable the development of physical qualities specific to the movement skills that need to be taught in a short period of time. This, in turn, requires faster mastering of exercises performed on gymnastic slings and more time on this issue. The technical training of gymnasts is based on their physical qualities. If the physical capability of the gymnast does not meet the requirements of the technique of the gymnastic element, it is impossible to perform any exercise in a rhythmic way. In addition, in terms of improving technical skills, strength training should ensure that the quality of the training is formed at a high level. Gymnasts are less likely to be trained in this area. It is especially important for gymnasts during the competition to develop the qualities of the elements being studied. Therefore, in each case, the process of teaching movement skills must have its own characteristics. In conclusion, the process of developing physical qualities should be organized in such a way that a group of pre-mastered exercises should not only facilitate the training of other elements of related exercises, but also the main source in teaching the first mastered exercises. It is advisable to serve as. This can be combined with appropriate physical and special movement training, developed based on a wide range of gymnastic exercises with leading technical features. From the organizational and methodological point of view, it is important that such specialized training should be

conducted not only on a class basis, but also with the help of specially selected training exercises.

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