Development Of Speed-Strength Skills

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ABSTRACT

In this article, it is mentioned that the effectiveness of any movement (running, jumping, sitting, hanging, throwing, exercises in gymnastic shells, etc.) is related to the strength of the athlete in training the qualities of strength and strength-speed.

Keywords: Sport, strength, speed, endurance, exercise, isometric, isokinetic, dynamic, competition, physical health.

INTRODUCTION

It is known that sport is an integral part of raising a mature generation in our country. A unique system has been created to popularize it among children and teenagers, especially girls, and to promote a healthy lifestyle.

Nowadays, even in the most remote districts, modern complexes are being built and put into use. It helps children to regularly do sports and strengthen their health.

Decree of the President of the Republic of Uzbekistan No. PF-5924 dated 24.01.2020 on measures to further improve and popularize physical education and sports in the Republic of Uzbekistan. Consistent measures are being taken to promote lifestyle, create necessary conditions for physical rehabilitation of persons with limited capabilities, and ensure proper participation of the country in international sports arenas.[1]

The purpose of the study: development of strength qualities of gymnasts of the sports pedagogical skill improvement group through recommended exercises.

Research methods and organization. The following methods were used to solve the research problems:

Analysis of literary sources.

Pedagogical observation.

Mathematical statistics.

Analysis of literary sources. Directed development of strength abilities occurs only when the muscles are maximally tensed. Therefore, the main problem of the methodology of strength training is to ensure the highest level of muscle tension during training. Methodologically, there are different ways to create maximum tension: lifting a very heavy load several times, lifting loads of small weight many times; overcoming external resistance, etc., with constantly changing muscles. There are the following methods of generating the mentioned muscle tensions: [2, 3, 5].

1. The method of maximum attempts
2. The method of non-boundary views
3. Method of isometric attempts
4. Method of isokinetic attempts
5. Method of dynamic attempts
6. Fast method

[1] 1.O'zbekiston Respublikasi Prezidentining 2017 yil 20 apreldagi "Oliy ta'lim tizimini yanada rivojlantirish chora-tadbirlari to'g'risida"gi 2909-sonli qarori.

It should be noted that this naming of methods is widespread in the theory and practice of strength training. The good thing about them is their brevity. But from a scientific point of view, this naming of the methods of strength development is not very correct, because, for example, methods of maximum isothermal and isometric efforts also belong to the class of rebound exercises. Dynamic contraction of the muscles is characteristic not only of the dynamic effort method, but also of many other methods.

A lot of work has been done to develop and improve agility skills. Some experts think that quick-power skills should be developed in preschool children. Other experts say that the best development period is 7-10 years. It has been noted that at this age, quick-force movements and dexterity show the highest rate of development. [4, 5, 6].

In the development of quick-strength abilities, gymnasts are not brought to a single system and are emphasized by the opinion of scientists. Example: Lyakh V.I. in their work, it was found that children aged 11-14 had average development, and then the development remained at one level. This depends on the change of the morphofunctional system and its gender development.

Pedagogical observation results included a blog of general information about educational conditions and its participants, as well as information about the amount, intensity, number of repetitions, the amount of rest breaks between them, etc.

Mathematical statistics. It was mentioned that the development and growth of quick-power abilities is observed in boys at the age of 14-15, and in girls at the age of 15-10. The pace of development of dexterity and quick-power abilities is seen mainly in sports and gymnastics. According to the above-mentioned points, our study examined the development of quick-strength skills of 1st-level student gymnasts in the group of improving sports pedagogical skills.

Table 1

The average indicator of quick-power abilities of students of the 1st stage (before research)

Indicators	Step 1 n -22	
	Result	Score
Jumping from a gymnastic bench (10 sec)	9.0	4.5
Writing with folded hands (10 sec)	12	3.5
Forward push-up (10 sec)	12.3	8.5
Back Raise (10 sec)	12	8.5
Long jump (cm)	200	7.0
X		

Analyzing the average indicators of quick-power abilities, the average indicator was found to be low. A satisfactory indicator in gymnastics is from 8.8 points to 10 points. That is why students' mastery of multi-sport exercises in gymnastics is slow. This can be seen through the scores of the competition results.

Strength training methods

The following methods are used to train strength.

The uniform exercise method is used to train general strength.

This method is used in training competitions during the training period of the maximum non-stop training, which is performed in a regular period, with the pulse of the wrestler not exceeding 130 per minute.

In most cases, the load performed in the uniform exercise method can be considered low.

Variable training methods are used to train general and specific strength. It is characterized by continuous work performed with variable intensity when the maximum pulse is 180 per minute. The quality of training is the use of running, sports games with a change in speed from time to time.

For overall development of speed-strength qualities, pull-ups for 10 seconds on a horizontal bar, double leg, and rings, jumping on a rope, and typing (for time) with bent arms are used.

Every week of the training session, we made changes, controlling the development of quick-strength qualities. At the end of the study, the level of quick-power qualities was determined by expert evaluation.

Table 2

Average indicator of quick-power abilities of students of the 1st stage

(after research)

Indicators	Result	Score
Jumping from a gymnastic bench (10 sec)	12	6.0
Writing with folded hands (10 sec)	17	6.0
Forward push-up (10 sec)	14	9.5
Back Raise (10 sec)	14	9.5
Long jump (cm)	230	8.5
X		

When analyzing the immediate-strength results, there was an increase in the results from the pre-study to the post-study. But in gymnastics according to the above results, scores higher than 8.6 points meet the requirements, and scores below 8.6 do not meet the requirements. In the rope climbing exercise, no high performance was observed during the study.

The reason is that climbing a rope is fast - it requires stamina.

The characteristics of morphofunctional development of gymnasts did not allow them to develop speed-strength endurance. Other control exercises showed an increase in post-study outcomes.

Conclusion. It can be concluded that the set of exercises recommended for the training process in the group of improving sports pedagogical skills has shown its effectiveness.

It was found out that the results of the competitions depend on the gymnasts performing their exercises in all-around sports mainly through quick-power.

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