ISSN 2181-3187

METHODOLOGICAL APPROACHES TO THE ALIGNMENT OF COORDINATION TRAINING AND PHYSICAL QUALITIES OF YOUNG SWIMMERS

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Annotation. In order to study the process of integrated formation of various types of fitness among young swimmers, a study was carried out on the basis of the use of synchronizing training means. The stages of initial specialization in the chosen method of swimming have been differentiated. The general methodological methods of sportsmanship formation among young swimmers have been developed according to the stages of training. The gradation of the level of target sports results is proposed. The results of pedagogical research, proving the effectiveness of using the synchronizing approach to the formation of the integral readiness of young swimmers, are presented.

Keywords: young swimmers, swimming technical indicators, synchronized approach.

Introduction. In the process of synchronizing technical skill with the development of special physical qualities, it is advisable to observe successive stages of training.

In the process of initial specialization in the chosen method of swimming, three stages of mastering sports skills were identified. Investigating the processes of integral improvement of coordination readiness and physical qualities in swimming, it is advisable to differentiate general methodological techniques for the formation of sports skills of young swimmers by stages of preparation in the process of initial specialization in the chosen method of swimming [2]. The duration of each stage is about a year.

At the first stage of training, the piecemeal formation of equipment in the process of uniform and repeated swimming along the endurance and speed distance segments determines the development of the basic basics of the swimming method through the use of exercises that include separate functional units of various types of training, interconnected by a single target task.

From the point of view of physiology, the expediency of mastering these exercises is determined by a double factor – the lack of sufficient motor ideas about the technique of the chosen method of swimming, as well as the low level of development of his physical qualities. The use of these exercises minimizes the irradiation of nervous

ISSN 2181-3187

processes due to repeated swimming in segments based on the active awareness of the rationality of the motor actions performed by swimmers.

Special attention should be paid to the coordination of load parameters when using coordinating exercises on land and in water [3]. Due to the extensive irradiation of nervous processes at the first stage of initial specialization, a large number of muscle groups are involved in movements that are not necessary for the implementation of swimming techniques. This leads to an increase in the total amount of physical activity on the body of young swimmers. Optimization of the energy supply of the circulatory, respiratory and other functional systems is achieved by the use of coordinating exercises for the purpose of not only technical, but also functional economization of work.

By the end of the first year of specialization, swimmers must master the basic level of technical-dynamic, temporal, metric, temporal parameters of swimming technique and physical fitness. The level of athletic performance should be about 30-40% of the planned for the end of the initial specialization in the chosen method of swimming.

By the end of the second year, the preparedness of young swimmers should reach an intermediate level of mastering specialized parameters of swimming technique and special physical fitness in 50-60% of the planned for the end of the cycle of initial specialization.

This can be achieved most effectively by improving the technique of the chosen method of swimming in time intervals for the development of strength qualities. This method is characterized by combining the method of holistic and constructive exercise with the interval training method. At this stage, the leading methodological aspect is the improvement of the technique of the chosen method of swimming in time intervals for the development of strength qualities.

Methods. Exploring the issues of developing the technology of synchronized formation of integral technical and physical readiness of young swimmers, it is necessary to differentiate the general and special bases of their technical and physical training. Of particular relevance are issues related to the development of structural elements of the overall program of activities. Since technical skills and physical qualities are functionally related, their structural elements should interact directly with each other [1, 4, 5].

The structural and functional approach to the synchronization of technical and physical training is based on the consideration of the physiological nature of the motor sphere of young swimmers as a function of the neuromuscular apparatus, taking into account the peculiarities of energy supply of muscular activity [6].

This approach is based on the concept of unity of physiological, psychosomatic and intellectual components of integral training of young athletes. The study of this

ISSN 2181-3187

problem is devoted to understanding the physiological mechanisms underlying the synchronized formation of various types of fitness of young swimmers.

Pedagogical research was conducted to solve the problems of the study. The observation was carried out on 42 athletes, 24 of them boys and 18 girls. The control group (KG) consisted of 10 boys and 8 girls. The experimental group (EG) consisted of 14 boys and 10 girls.

The results of the experiment are shown in Tables 1, 2.

Results. The effectiveness of coordination of movements requires an optimal level of development of the swimmer's strength qualities, the ability to maintain the stroke power throughout the entire swimming cycle. In the studies of a number of authors, it is stated that the integral development of basic special qualities in combination with the improvement of individual technical features of rowing movements determines the effectiveness of the training process.

Table 1

Dynamics of technical indicators of rabbit girls

Index	Test periods in progressexperiment			
	EG		KG	
	before	after	before	after
Temporal interval cycle, With	1.39±0.18	1.53±0.12	1.38±0.13	1.50±0.14
Temporal interval stroke, With	0.67±0.03	0.85±0.04	0.65±0.04	0.81±0.04
Coefficient density rowing movements	50.0±1.7	59.7±0.3*	49.1±3.3	56.2±2.4
Traction force, kg	6.28±0.3	8.24±0.3	6.85±0.4	8.44±0.3
Coefficient power qualities	0.65±0.03	0.76±0.05	0.62±0.06	0.72±0.04
Range working phase, m	0.76±0.5	0.93±0.6	0.81±0.3	0.87±0.4
Coefficient hydrodynamic slippage stroke, m	0.25±0.02	0.18±0.02*	0.23±0.01	0.20±0.02

*Note: * - P≤0.05.*

Table 2

Dynamics of technical indicators of rabbit boys

Researched index	Periods testing V processexperiment			
	EG		KG	
	before	after	before	after

ISSN 2181-3187

Temporal interval cycle, With	1.35±0.12	1.53±0.16	1.33±0.10	1.52±0.06 *
Temporal interval stroke, With	0.67±0.03	0.81±0.06	0.67±0.04	0.78±0.02
Coefficient density rowing movements	50.0±3.7	56.9±0.3*	55.1±3.3	56.2±2.8
Traction force, kg	6.42±0.3	9.25±0.4	7.22±0.6	8.91±0.6
Coefficient power qualities	0.65±0.12	0.78±0.05	0.66±0.07	0.72±0.04
Range working phase, m	0.92±0.5	0.96±0.6	0.92±0.3	0.94±0.4
Coefficient hydrodynamic slippage stroke, m	0.25±0.02	0.18±0.03	0.23±0.02 *	0.21±0.02

*Note: * - P≤0.05.*

The integrated development of special strength, general and high-speed endurance of a swimmer, the ability to maintain stroke power throughout the entire swimming cycle, as well as the formation of skills for the rational construction of movements of young swimmers is determined by the level of their special physical fitness. In adolescence, exceeding the available load level leads to a negative impact on the coordination of movements by the chosen method of swimming. At the same time, it has been established that the use of training tools for the development of aerobic capabilities of young swimmers not only improves speed endurance when performing competitive exercises, but also contributes to the formation of more effective swimming techniques. In addition, the use of such training content stabilizes the dynamics of the formation of technical and physical fitness, which has a positive effect on the results of swimming competitions.

The methodological approach, based on the synchronization of coordination readiness and physical qualities of swimmers, determined the coordinated identification of factors for effective management of the parameters of the training process in order to enhance the synergetic effect of types of training on the integral state of readiness of athletes for competitions.

Discussion. The indicators of the effectiveness of the proposed model of sports training are: the achievement by the athletes of the experimental group of higher sports qualifications as a result of initial specialization in the chosen method of swimming, the creation of a high technical and special physical base for the improvement of the athlete, a stable training effect of sports training of young swimmers.

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