

METHOD OF DEVELOPING STATIC EXERCISES IN THE RINGS (ADAPTIVE DEVICE)

Suleymanov M. E.
Uzbekistan is a Physical State
Teacher of the University of Education and Sports,
Master of Sports, International Class Referee

ANNOTATION

This article examines the use of non-traditional technical means, adaptive devices and trainers to control the process of training dependencies and static exercises in the ring.

Keywords: Sports gymnastics, improvement, mechanism, teaching methodology, educational tools, training management.

Cost: Currently, the efforts of many specialists are aimed at finding a more perfect way to train gymnasts in developing the connections and value of combinations in the nation. The analysis of the literature showed that there are very few works aimed at studying the relationship between the development of strength skills in gymnasts and the quality of mastering the highest, complex relationships, expressive force-movement-force, force-static, movement-force-static elements. Data from literary sources and the results of the analysis of the activities of the leading trainers of our republic determined the choice of the subject of our scientific research.

The purpose of the study: Development of the methodology of development of strength (static-movement-static) skills in gymnasts, creation of complex exercises with the help of created non-standard trainers and experimental justification.

Research object: elements of improving strength quality of gymnasts.

Subject of research: Ways of development and dynamics of strength indicators of gymnasts.

Research hypothesis: It is assumed that the recommended method of learning static elements in the exercises performed in the ring will allow to master the main strength elements of the high difficulty group and increase the quality of competitive elements.

Classification of elements and types of structure in rings

Static and strength exercises. These multiple elements can be classified according to a number of properties and simple examples of their actions.

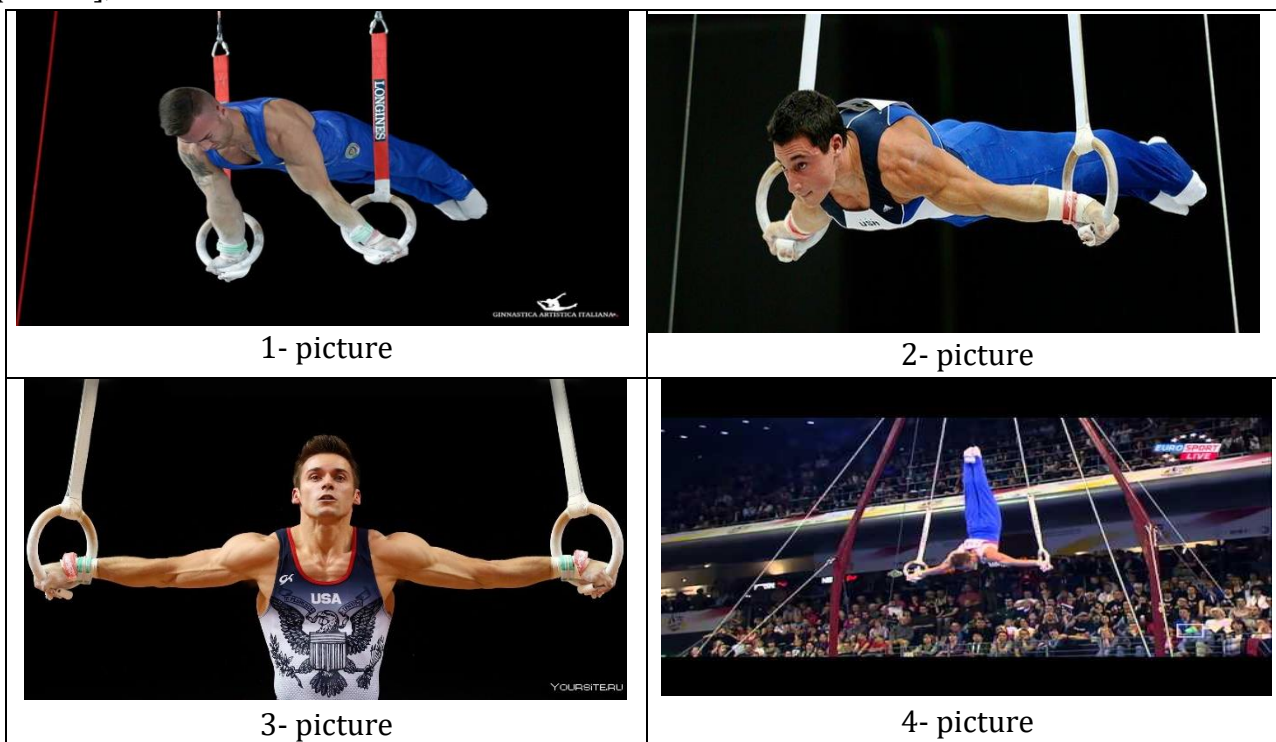
The most effective classification of static and strength exercises in movement programs:

Based on the program of elements, types of exercises such as static conditions and vibration are distinguished. The first can be divided into turns and stops, which is important from the point of view of the need to maintain balance. The latter is divided into upward (ascending) and descending movements. All these three categories of exercises differ characteristically in the mode of muscle work: in statics, muscles move isometrically, and during movements - in bending mode (lowering) or

overcoming mode (rising). There is another category of exercises that combine the lifting and lowering components with strength.

Ways to rise from vibration:

- swinging forward high, rising up body horizontal arms in a low position in front (horizontal) static standing [1- picture];
- swinging forward high, rising up, the body horizontal arms in the side down position (plane) static standing [2- picture];
- the body swings forward high, the body is vertical, the arms are at the sides (crest) static posture [3- picture];
- swinging forward high, rising up body vertical legs up, arms at sides (cross head down) static standing [4- picture];

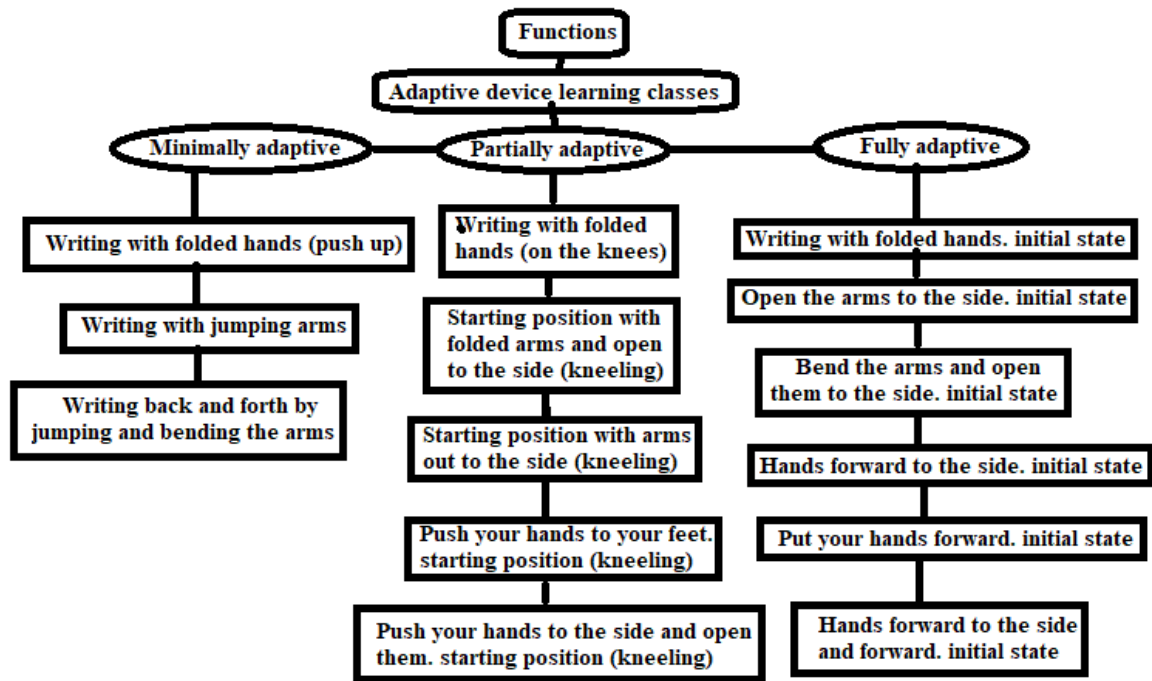


In order to increase the training intensity and methods of learning the elements performed in the ring, we have proposed several complex exercises. These complex exercises are divided into 3 categories: minimal flexibility, partial flexibility, and full flexibility. [1- table].

An adaptive device (trainer) was created for the exercises performed in the ring, and research work was conducted with the members of the national team with these complex exercises. In accordance with these principles, it helps to fully and accurately use the strength of the shoulder muscles, it is appropriate to use the trainer not only while working on the equipment, but also during warm-up exercises. Advantages of the mobile support trainer;

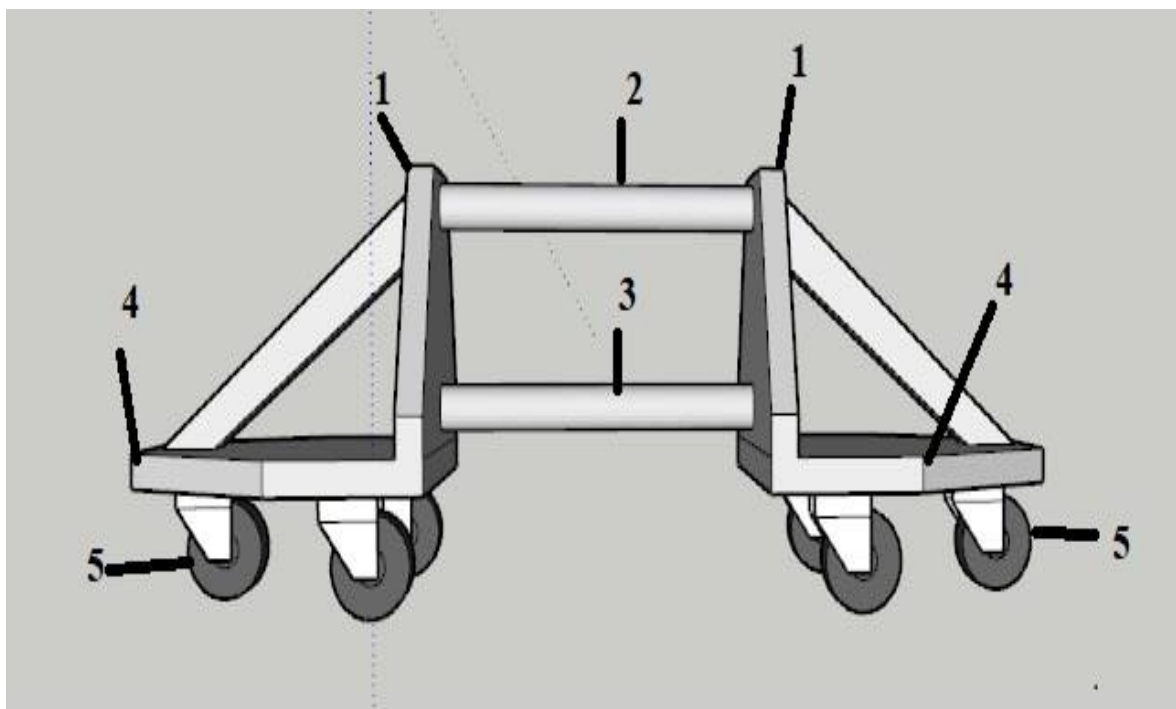
- lightness;
- movement in all directions;
- 360° rotation of handles;
- not to overuse the trainer if the athlete is not physically strong.

1- table



Structure and appearance of the trainer:

- 1- vertical walls with right and left iron;
- 2- upper ball bearing handle;
- 3- lower grip handle;
- 4- right and left horizontal iron walls;
- 5- wheels.



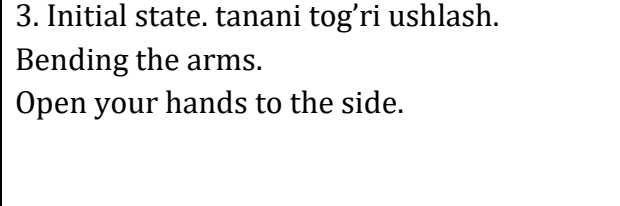






The trainer includes fixes for (static) dependencies and other issues. A multifunctional trainer that has a general effect on the quality of special strength of gymnasts.

Tools:

1. Means of normalization and clarification of ideas in the minds of athletes;
2. Tools included in the training environment (standard, non-standard);
3. Urgent information (correct or incorrect) about the rules, actions taken;
4. Adaptive devices used for training movements (Multifunctional trainer of general effect on special strength qualities of gymnasts);
5. trainer supervision to improve exercise technique and develop special motor qualities;
6. sources providing insurance (coach). (See Table 2).

2- Table

Content	Standard	General Methodical Skills
1. Leaning on the trainer. Initial state. hold the body correctly. 	3x10	Keeping the legs together, keeping the knees straight, keeping the head straight, keeping the elbows straight, pulling the chest (round).
2. Initial state tanani tog'ri ushlah Bending the arms. Straighten hands Initial state 	3x10	Keep the legs together, keep the knees straight, keep the head straight, keep the elbows straight, pull the chest (round).
3. Initial state. tanani tog'ri ushlah. Bending the arms. Open your hands to the side. 	3x10	Keeping the legs together, keeping the knees straight, keeping the head straight, keeping the elbows straight, pulling the chest (round).

<p>Bending the arms.Initial state</p> 		
<p>4. Walking forwards and backwards, leaning on the hands (with a partner).</p> 	<p>5x20m</p>	<p>Keeping the legs together, keeping the knees straight, keeping the head straight, keeping the elbows straight, pulling the chest (round).</p>
<p>5. Bending and straightening the arms.</p> 	<p>3x10</p>	<p>Keep the legs together, keep the knees straight, keep the head straight, keep the elbows straight, pull the chest (round).</p>
<p>6. Open and close the hands in a flat position (90°).</p> 	<p>3x10</p>	<p>Keeping the legs together, keeping the knees straight, keeping the head straight, keeping the elbows straight, pulling the chest (round).</p>

7. Open and close the hands in a flat position (180°).

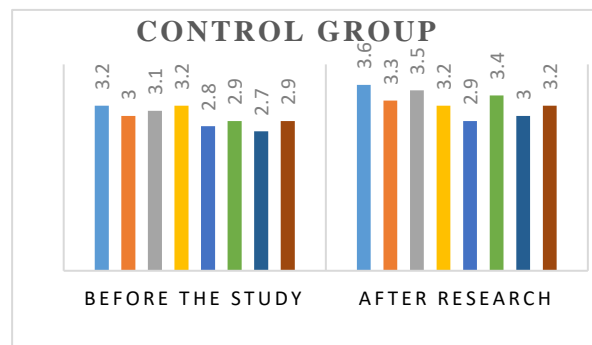


3x10

Keeping the legs together, keeping the knees straight, keeping the head straight, keeping the elbows straight, pulling the chest (round).

It is suggested to warm them up before working on the equipment and for a specialized purpose, during the main training process.

№	Value ratings in the rings		Final grades in the rings	
	Category D	Category D	Category E	Category E
Research group	Before the study	After research	Before the study	After research
1. (Master of sports)	3,1	4,5	11,80	13,20
2. (Master of Sports)	3,1	4,4	11,90	12,80
3. (Master of Sports)	3,2	4,5	11,80	13,10
4. (Master of Sports)	3,3	4,6	12,00	13,20
5. (Candidate for Master of Sports)	2,9	3,8	11,70	12,85
6. (Candidate for Master of Sports)	2,8	3,9	10,90	12,40
7. (Candidate for Master of Sports)	2,9	3,9	11,10	12,35
8. (Candidate for Master of Sports)	2,7	3,8	11,60	12,40
Σ	3,0	4,175	11,60	12,780
Control group	Before the study	After research	Before the study	After research
1. (Master of Sports)	3,2	3,6	11,80	12,00
2. (Master of Sports)	3,0	3,3	11,80	12,10
3. (Master of Sports)	3,1	3,5	11,70	11,90
4. (Master of Sports)	3,2	3,2	11,90	12,00
5. (Candidate for Master of Sports)	2,8	2,9	11,20	12,00
6. (Candidate for Master of Sports)	2,9	3,4	11,10	11,40
7. (Candidate for Master of Sports)	2,7	3,0	11,70	12,30
8. (Candidate for Master of Sports)	2,9	3,2	11,20	11,60
Σ	2,975	3,260	11,550	11,910



Final Conclusion

Complex (1), table (1) shows the results of preliminary studies, compared the results and divided the athletes into equal experimental and control groups.

The complex offered in the experimental group was used during the year in the preparatory, main and final part of the training session.

Summary

1. The training set developed by us: it includes: "Multifunctional adaptive device for the overall effect on special strength qualities in the ring" a device that provides compulsory support to the athlete in the general movement program. The next software device, registration tools, according to its pedagogical tasks, is a two-level educational complex of adaptive type.
2. The fact that the use of a multi-functional training adaptive device, which has a general effect on the special strength qualities of gymnasts of this type, in learning gymnastics exercises according to a certain kinematic norm, is an effective means of increasing the efficiency of the installation process of technical-static exercises was determined.
3. The method of teaching the general program of movement increases the range of variation in the implementation of general technical-static movements, reduces the probability of gross mistakes, they are corrected by the coach almost immediately after they are made in the process of performing the studied movement. Closed (chest) linear type programs are implemented to control the process of formation of the technical basis of the studied exercise of the complex of educational adaptive devices.
4. As a result of the first stage of the main pedagogical research, it became clear that the use of the complex developed by us (adaptive device) in lessons 6-9 is 33.7% faster, and (in the control group) this indicator is 73.3% less. In 78 lessons, it allows to master the static technique in the ring, while perfectly mastering 1 or 2 exercises in the attempt (728) compared to the control group (2184).

Books:

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