

METHODOLOGY FOR OPTIMIZING TRAINING LOADS OF YOUNG GIRLS' ARTISTIC GYMNASTICS

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Annotation: *This in the article Methodology for optimizing training loads for rhythmic gymnasts and To develop a quality such as flexibility among participants in rhythmic gymnastics in order to achieve a high level of sportsmanship. recommendations on given.*

Keywords: *The issue of preparing young rhythmic gymnasts for international competitions requires taking into account all factors of many years of preparation.*

МЕТОДИКА ОПТИМИЗАЦИИ НАГРУЗОК В ТРЕНИРОВКАХ ДЛЯ ЮНЫХ ДЕВУШЕК В БАДИЙНОЙ ГИМНАСТИКЕ

Аннотация: В данной статье рассматривается методика оптимизации тренировочных нагрузок для художественных гимнасток, а также разработка качеств, таких как гибкость, среди участников художественной гимнастики с целью достижения высокого уровня спортивного мастерства. Приводятся рекомендации по указанной теме.

Ключевые слова: Проблема подготовки молодых художественных гимнасток к международным соревнованиям требует учета всех факторов многолетней подготовки.

Relevance. The rapid growth of modern sports achievements of young rhythmic gymnasts in the world is determined by the change in the age indicators of the participants. The issue of preparing young rhythmic gymnasts for international competitions requires taking into account all the factors of many years of preparation. One of these factors is the search for effective means and methods that will help develop movement skills and achieve the highest results in the shortest possible time. Therefore, optimizing the training loads of gymnasts in the training group is becoming increasingly relevant.

In rhythmic gymnastics, it is very important to develop such a quality as flexibility among the participants in order to achieve a high level of sportsmanship. The process of developing flexibility was carried out in stages. The number of exercises aimed at developing flexibility was small, but the exercises were used systematically in each training session.

Table 1

the training process and load standards

Stage	Training purpose	Training intensity	Training duration	Recovery time
Preparation stage	Technical the base develop	Average	45-60 minutes	10-15 minutes
Special preparation	Special actions development and strengthening	High	60-90 minutes	15-20 minutes
Competition took stage	To the results directed training	High	90 minutes	20-30 minutes

The following table analysis describes a step-by-step approach to planning a gymnast's training process. This analysis is based on the purpose, intensity, and duration of each phase.

1. Preparatory stage. Purpose . At this stage, the basic technical base of the girls is formed. The focus is on developing coordination of movements, balance, stretching and endurance.

Training intensity. Average loading is given because young athletes new techniques with They meet. Their health and readiness security point of view from the point of view attention with observation need.

Duration. Training duration 45–60 minutes with This age is limited . in children attention far time during save stay difficult to be possible. Therefore for short , but effective exercises system is applied .

Recovery. Every from exercise then rest for 10-15 minutes or light restorative exercises (stretching, breathing) to get) is entered.

2. Special preparation Stage. Goal At this stage athletes special movement technique is developed. The movements complexity increases, exercises combinations and tall technician requirements is added.

Training intensity. High loading is given because this at the age of girls physical development at an optimal level will be. The training is high level endurance and requires flexibility.

Duration. Training The duration is 60-90 minutes, which and girls technician development and to competitions readiness for enough.

Recovery. Recovery for 15-20 minutes is separated, in which active relaxation (massage, light exercises) are important place holds.

3. Competition took stage. Goal. This in stages exercises competition to the conditions is approximated. To the results focused individual and group programs complete to perform on is processed.

Training intensity. High requires intensity, because girls competition to the mode adaptations Need. Endurance and stable technique to develop accent is given.

Continuous gi. Training duration 90 minutes At this stage girls far continue enough exercises to do gets used to.

Recovery. Recovery time 20-30 minutes is, this time complete rest or complicated from exercises then organism restoration for necessary.

Training downloads scientific justification importance. For young people suitable approach. Each stage goals and downloads young and physical preparation to the level suitable accordingly designated training efficiency increases.

Graduality principle of loading step by step increase young athletes excess fatigue and injury the risk reduces.

Recovery time. Every stage for recovery and rest of time separation athletes general to develop positive impact does.

To the competition Preparation: Competition took in the phase high intensive exercises girls to the results directed without preparation to see provides. The above table and analysis gymnast individual development of girls for the most optimal and safe training mode organization to reach help gives.

The following table weekly training downloads young and preparation to the stage according to defines.

Table 2

Young baddie gymnasts weekly training plan

Week day	Preparation stage	Special preparation stage	Competition took stage
Monday	Physical preparation (40 min)	Technical elements (60 min)	Complete speeches (90 min)
Tuesday	Technical elements (45 min)	Endurance training (70 min)	Special elements (80 min)
Wednesday	Rest to take	Rest to take	Rest to take
Thursday	Physical exercises (50 min)	Combinations (80 min)	Complete programs (90 min)
Friday	Technical elements (45 min)	Competition status create (60 min)	Complete programs (90 min)
Saturday	Action coordination (40 min)	Combinations (60 min)	Actions control to do (70 min)
Sunday	Rest to take	Rest to take	Rest to take

This plan young gymnasts preparation step by step methodology own inside They are trained, special preparation and competition took to the stages separated is, every one stage purpose athletes physical and technician skills to develop focused.

Preparation in the phase training short term and main skills to form focused on. Special preparation in the phase intensity increased, complicated elements study and endurance to develop attention Competition took in the phase and complete programs execution to make mistakes correction and competition to the conditions adaptation priority is considered.

Vacation days of the week two day off days separated is, this recovery and of tension prevent to take for important. Every in stages this days is stored .

Training content. Physical preparation, technical skills, combinations and competition circumstances create sequence through athletes every one-sided develops.

Flexibility. Each in phase training content young groups needs and to the possibilities suitable accordingly working released.

Training intensity growth. Duration of training and complexity step by step exceed goes, this athletes to develop service does.

To recovery Attention. Every rest in stages days athletes physical and spiritual to recovery opportunity gives.

To the competition preparation. Last in stages training complete programs execution to grow and competition conditions to repeat aimed at is, this athletes spiritual and physical readiness strengthens.

Training during gymnast girls physiological indicators following will go.

Table 3

Physiological monitoring of training loads

Indicator	Normative	Permissible value during training	Recovery at the time value
Heart hit speed (Y uQS)	60-80 dice / min.	120-160 dice / min.	70-90 dice / min.
Breath to take frequency	16-20 breaths / min	25-35 breaths / min	18-22 dice / min.
Blood pressure (SB/DB)	110/70	140/90	120/80

The table presents the main physiological indicators necessary to monitor the health of athletes during and after training loads: heart rate (HR), respiratory rate, and blood pressure.

Heartbeat speed (YUT): norm: 60-80 beats / min. Training Time: 120-160 beats / min. Athletes high physical activity with when engaged permission done at the border heart speed increases.

Recovery: 70-90 beats / min. From training after YQS to the standard approach of recovery efficiency shows.

Breath to take Frequency: Normal: 16-20 breaths / min. Exercise Time: 25-35 breaths / min. Activity during energy supply for breath to take accelerates.

Recovery: 18-22 breaths / min. During recovery this indicator to the standard approaches.

Blood pressure (SB/DB): Norm: 110/70 mm. Exercise Blood pressure: 140/90 mm. Physical loading on time blood pressure increase permission done at the borders to be Needed. Recovery: 120/80 mm. In recovery blood pressure stabilizes.

Conclusion as so to speak, physiological indicators training to the loads answer as changes, but they designated permission done from the borders not to exceed need. Recovery in the process indicators to the norm approach athletes of health good that This monitoring method individual load adjustment and athletes excess from stress protection to do for necessary.

Table 4

Training downloads optimization stages

Stage name	Actions
1. Diagnostics stage	Participants physical status assessment (anthropometric and physiological measurements).
2. Exercise plan to compose	Each to the athlete's individual performance according to plans working exit
3. Exercise control	Training in the process intensity and continuity physiological regulations based on management.
4. Results analysis to do	Training-loading and recovery indicators analysis to do through the plan again optimization.

This table training downloads effective management and athletes health storage for step by step approach shows.

Diagnostics stage. Athletes elementary physical status determination for anthropometric and physiological measurements done is increased.

Training plan to compose. Each to the individual characteristics of the athlete based without flexible training plan working is released.

The training control to do. Exercise during don't download intensity and duration physiological regulations based on managed.

Results analysis to do. Obtained information based on training efficiency analysis will be done and necessity if so, plans again is compiled.

Conclusion as in other words, this is approach athletes opportunities maximum at the level develop and excess loading prevent to take for necessary be, exercise process individualization and to optimize service does.

Table 5

Recovery processes (rest and food mode)

Recovery types	Term	Content
Passive rest to take	8-10 hours	At night good sleep
Asset rest to take	10-15 minutes	Massage, stretching exercises
Eating	4-5 times	Protein , carbohydrate and foods rich

		in minerals consumption
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Athletes recovery processes passive recreation, active recreation and food such as important aspects own inside takes:

Passive rest. Duration 8-10 hours. Content - night good and good quality sleep through physical and spiritual recovery is provided.

Active rest. Duration 10-15 minutes. Content - massage and stretching exercises through muscles tension reduce and body lighter to the situation to bring

Meals. Duration 4 -5 hours. Composition protein, carbohydrate and foods rich in minerals consumption to do athletes energy reserve to restore service does.

Conclusion. Recovery process right organization to be athletes efficiency increases and excess of tension prevent gets. Passive and active vacation and balanced food together for optimal recovery provides .

Table 6

Evaluation of training results

Evaluation criterion	Stage took status	Stage end status	In percent growth
Sports results	Participation in competitions (only execution of basic elements)	Adding technical elements (combinations) to competitions	20–30% increase
Action technique level	Quality of actions: 50% (many technical errors)	Actions quality : 70–80% (stable) technique)	30–40% improvement
Physiological indicators	Heartbeat speed (YUT): 130–150 dice /min exercise during	Heartbeat speed (YUT): 120–140 beats /min exercise during	10–15% improvement (depending on load) adaptation)
	Breath to take Frequency : 30–35 breaths /min	Breath to take Frequency : 25–30 breaths /min	15% improvement
	Maximum Flexibility : 20 cm	Maximum Flexibility : 25–30 cm	20–30% improvement

Sports results. Training at the beginning girls basic technique (jumping, balancing) storage, simplified combinations) in competitions used. Step at the end and they more complicated combinations stable to do to pass is expected. Growth percentage competition results and coach by given to the grades mainly is considered.

Movement technique level. Stage at the beginning girls doer in action many technician mistakes observed (balance) save not getting, wrong coordination).

Finally and technician stability and accuracy increases. Errors number decrease and complexity level increase growth indicators determines.

Physiological parameters. Training at the beginning girls heart hit speed and breath to take frequency high is, this to load complete incompatibility shows. Step at the end this indicators decreases, this and to training organism adapted tree gives.

Flexibility. Flexibility young gymnasts for important from indicators one is, this 20–30% increase (from the ground up) hand to the end distance (decrease) is expected.

Conclusion. The process of developing flexibility should be carried out gradually. The dose of exercises aimed at developing flexibility is small, but the exercises should be applied systematically in each lesson. Before starting exercises to increase the mobility of the joints, you need to warm up your muscles. Stretching exercises are effective if you repeat them until you feel slight pain.

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