

DEVELOPMENT OF PERFORMANCE SKILLS OF GYMNASTS IN GYMNASTICS

Kharshiyeva Sitora Karimovna

Student of the Faculty of Sports Activities and Management
Termez State University

Annotation

The article considers the turns of the spiral, along which the development and growth of the technical skills of athletes takes place, leading to an increase in the quality of the performance of competitive programs. Quality is always understood as strict compliance with the technical standards of the reference technique of elements and combinations.

Keywords: artistic gymnastics, competitive program, performance skills.

Introduction

Each era of the evolutionary development of gymnastics is represented by bright gymnasts and gymnasts, and is remembered, first of all, by the impeccable style of performing competitive programs, the criteria and signs of which are determined by the requirements of the competition rules [1]. These gymnasts are united by a high level of technical skill, but each of them has her own unique, individual style of work on apparatus [2]. This value is constant, unlike the style - the style of performance of individual elements, combinations as a whole is changeable, and these changes are primarily due to the development trends of gymnastics, the requirements fixed in the competition rules.

On the eve of each new Olympic cycle, the question of which path the further development of artistic gymnastics will take is most acutely discussed by experts. Along with the traditional questions about the technical complexity and content of compositions in the competitive programs of athletes, the subject of discussions in the technical committee of the International Gymnastics Federation is the aesthetic side of the performance [3, 4]. Competition in the international gymnastics arena suggests that the championship will be retained by those athletes who can combine multi-structural complexity in extraordinary compositions with virtuoso performance and special expressiveness, emotionality, artistry [5, 6].

In connection with this, the FIG technical committee in the competition rules for the period from 2000. until 2008, criteria for evaluating the aesthetic component of



performance skills were introduced in the form of general and special penalties for performance. The aesthetic component of performing skills includes such criteria as completeness of exercises, lightness, dynamism, amplitude, accuracy, artistry [7, 8, 9].

Our research has proven the relationship between the aesthetic side of performing skills and choreographic training in artistic gymnastics. The introduction of goal-oriented management into the process of choreographic training, including regular differentiated control with criteria and methods for assessing choreographic readiness, systematization and distribution of choreographic means at the stage of training gymnasts, allows improving the aesthetic component of the performance skills of athletes [10, 11].

The "aesthetic" component of performance skills must be considered in two aspects: "technical performance", characterized by the accuracy of the execution of movements, cleanliness, posture, eversion of the legs, lightness, completeness and unity of movements; and in "artistic performance", which determines the ability to create an artistic image, the ability to convey feelings and moods, through expressiveness, gestures, facial expressions, movements, musicality, dance [12, 13, 14].

Improving the "aesthetic" component of performing skills should be carried out through a targeted impact on the individual choreographic preparedness of gymnasts.

To assess the aspects of choreographic preparedness, it is necessary to use a system of criteria that includes signs with a technical focus [15]:

- the presence of a taut body with a straight back, a retracted abdomen, lowered shoulders, a straight position of a slightly raised head, determine the posture;
- rotation of the hip, knee, foot outward from 45 to 90 degrees, characterizes the "eversion of the legs";
- the presence of a "high rise" (drawn socks) and "stretched" knees, with tense leg muscles, indicates the tightness of the legs;
- maintaining balance during the execution of elements (with and without fluctuations), determines stability;
- strict compliance of the technique of the performed elements with the given parameters determines the accuracy of the movements of the arms and legs;
- accentuated setting of a specialized gesture with a brush at the end of the movement
- indicates the completeness of the movements;
- performing movements without visible effort characterizes the ease of execution;



- smooth transitions from movements to movements in the absence of visible stops, ensures the fusion of movements [16, 17, 18].

Signs with an "artistic" orientation:

- the presence of coordination of movements with the tempo, rhythm, accents of music - determines the musicality [19];

- compliance of dance movements with a given dance genre and musical accompaniment, characterizes danceability [20];

- the consistency of the movements of the arms, head, torso, legs, which emphasize the direction and nature of the posture, gesture, movement determines the illustrative expressiveness;

- a vivid expression of facial expressions, feelings, moods, the nature of the image, music, characterizes emotional expressiveness;

The choreographic readiness of female gymnasts is characterized by an integral indicator, expressed as the ratio of the sum of the demonstrated signs to the total number of criteria.

The main means that form choreographic preparedness on floor exercises and balance beam should be:

- classic exercise at the support (at the support on a low log);

- classic exercise in the middle (on a beam);

- folk-characteristic exercise;

- elements of rhythmic gymnastics;

- dance steps of historical and everyday dance;

- the basic movements of modern and ballroom dance.

The sequence of tasks of special choreographic training should correspond to the patterns of building a macrocycle, including preparatory, competitive and transitional periods.

Conclusions

This approach allows you to purposefully manage the process of choreographic training, influencing individual signs of choreographic preparedness, the assessment of which is that urgent information about the state of gymnasts, which allows you to make adjustments to the process by selecting adequate means and methods of organization at the stages of training athletes and improve their performance skills.



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