

Training of Athletes in Sports Acrobatics

Jalolov Mirshokhid Erkinjonovich

First-Year Student at the Faculty of Physical Culture in FerSU

Abstract: *An article about the training of athletes in sports acrobatics. And of course, it is necessary to take into account the age and training of the athlete. This is not an easy task to this day, but it is acceptable. We have to work hard and try to achieve results in big sports. In the acrobatics itself, there are a lot of complex elements, but very interesting. A person seems to have limitless possibilities*

Keywords: psychological, amplitude, technical and tactical, individual, increasing specialization, master of sports

At the initial stage of training, work is carried out aimed at versatile physical training, teaching the basics of acrobatics techniques, performing control measures for the transition to the next stage of training, as well as increasing (educating) a constant interest in sports acrobatics. Training sessions are planned with the use of various physical exercises without significant physical exertion and without the use of psychological stress.

The main tasks of preparation at this stage:

- 1) Health promotion
- 2) Development of physical qualities; flexibility, endurance, flexibility, agility and strength abilities.
- 3) Learning the basics of acrobatic exercises
- 4) Education of moral and strong-willed qualities
- 5) Stimulating the sustained interest of those involved in acrobatics
- 6) Selection of children based on criteria related to acrobatics classes

Accuracy of movements and coordination of movements are gradually included in the training sessions. Acrobats master spatial movements performed with high amplitude, speed, and intensity. The training program (UJT) is based on general physical training, (MJT) special physical training, and (MTT) special technical training. The means of general physical training include: general development exercises, running, jumping, hanging and squats. The means of special physical training include the development of coordination abilities, the development of the ability to perform static and dynamic exercises and a variety of movements. The main task of special technical training at the initial stage (MTT) is to perform the basic elements of acrobatics, choreographic elements, as well as trampoline jumping exercises. At the initial stage, the assessment of individual achievements is reduced to the implementation of the control criteria by the participants. The initial stage of basic training: this stage includes participants who have completed the initial training program for at least 1-2 years. The optimal age for the beginning of the basic training stage of the initial sports specialization in acrobatics is 8-10 years. The duration of the stage is on average 3-5 years. Classes are held in a training group.

The main objectives of the training:

- 1) Health promotion.
- 2) Increase the level of general and special physical training.
- 3) To stimulate a sustained interest in purposeful and long-term sports.

- 4) Training in acrobatics techniques
- 5) Education of moral and strong-willed qualities

The stage of specialized training of athletes is very important. During these classes, the main physical qualities are consolidated, a huge amount of motor skills inherent in acrobatics is mastered. Athletes gain experience to participate in competitions. The main elements are the basic combinations that help you master the technique of performing exercises in pair and group types of acrobatics. A few more complex elements are being mastered. Athletes who are engaged in this stage for years are assigned qualifying sports categories. The period of the beginning and end of the stage is significantly influenced by the individual preferences of the athlete. According to the stages, it is customary to distinguish two periods: the initial profile training and the stages of advanced training. During the initial specialized training, acrobats master classification programs, as well as bundles of sequences of promising elements. During this period, as a rule, the selection of pair or group acrobats for in-depth classes with an intensive training regime is carried out. During the period of in-depth specialized training, the criteria for the performance of acrobats are technical exercises of special physical training and a large number of elements and combinations of exercises. The optimal age for starting the advanced specialization stage is considered to be 10-12 years. The duration of the stage is 3-4 years. Tests of athletes are regularly carried out in the form of standards for monitoring technical and physical fitness. During this period, an increase in the level of physical fitness and sports results is achieved, taking into account the individual abilities of athletes.

The main tasks of the specialized (in-depth) stage of training:

- 1) Health promotion and comprehensive physical development
- 2) Training and improvement of the technique of pair and group types of acrobatics
- 3) Gradually bring athletes to high physical activity
- 4) Mastering the sequence of complex elements connected by combined chains
- 5) Preparation and participation in prestigious national competitions

In the course of training sessions at this stage, along with the study of competitive exercises, special physical and technical training, strength equipment, and special

endurance are developed. At the stage of specialized training, athletes, as a rule, are candidates for master of sports and even master sports skills programs. Athletes who have fulfilled the standard not lower than the candidate for Master of sports pass to the stage of sports improvement. It is characterized by further deepening of specialized training, mastering the norms of the master of sports. Classes are conducted according to the individual work plan of the coach in accordance with the assigned tasks.

Main tasks of the stage:

- 1) Planning individual training sessions (each athlete in an acrobatic pair or group)
- 2) Learning new elements and improving the technique of performing
- 3) Mastering acrobatic elements and combinations of high complexity
- 4) Participation of athletes in national and international competitions
- 5) Achieving a high and stable result
- 6) Meeting the standards of the master of sports
- 7) Selection and training of promising athletes

The stage of the highest sports achievements is considered separately for each pair of athletes or group. The highest sports result for some athletes will be a performance under the Master of sports program and receiving the title of master of sports, for others-winning medals at international competitions of various levels and receiving the title of "Master of Sports of International class". One of the important indicators of the effectiveness of the training process are the results of the level of training acrobats: the level of mastering the technique of performing acrobatic elements and ligaments, the difficulty of the exercise (by the tables of difficulties), the reliability of the contest songs. To maintain the health of athletes at the end of their sports career, it is important to gradually reduce large training loads. A sharp decrease in the volume of loads can negatively affect the health of those involved. After completing their sports career, athletes need to switch to a training regime 3-4 times a week. Athletes finish their careers at such stages and can engage in coaching activities as volunteers.

References

- [1] Belova, T. Yu. Track and field athletics. Technique and methodology of training: textbook. manual / T. Yu. Belova, O. G. Kovalchuk, Yu. V. Semenova. - Omsk: Publishing house of OmSTU, 2008. - 132 p.
- [2] Biserov, V. V. Physical culture. Track and field athletics: textbook / V. V. Biserov, I. V. Rukina, T. L. Mukhtarova. - Yekaterinburg: UGTU-UPI, 2008. - 219 p.
- [3] Gapeev, V. P., Guba, V. G., Nikitushkin, V. I. Track and field athletics at school / V. P. Gapeev, V. G. Guba, V. I. Nikitushkin-M.: Olimpiya-press, 2006. - 223 p.
- [4] Nasyrov P. To the study of the history of athletics in the Republic of Karakalpakstan / / European science review. - 2014
- [5] Nasyrov P. Tabybaev A., Koilybaev B., Dauletov Zh. Ways to increase the motivation of secondary school

age students to take up athletics // Russian-Chinese Scientific Journal "Sodruzhe" No. 24/2018. - p. 28-29.

- [6] Kholodov, Zh. K. et al. Track and field athletics at school: A manual for teachers / Zh. K. Kholodov, V. S. Kuznetsov, G. A. Kolodnitsky. - Moscow: Prosveshchenie, 1993. - 128 p.
- [7] Posted on Allbest.ru