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FACTORS DETERMINING THE EFFECTIVENESS OF QUALIFYING YOUNG SWIMMERS FOR THE STAGE OF SPECIALIZED BASE TRAINING

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Annotation
The article summarizes practical experience and theoretical knowledge on qualifying young swimmers for a specialized preparatory stage. In educational groups, factors affecting the coherence of teaching and the effectiveness of qualifying gifted children are considered.

Keywords: promising swimmers, swimmers' selection, selection stages, specialized preparatory stage.

Relevance of the Study

The non-stop increase in sports results in most sports, including swimming sports, requires a non-stop study of the individual capabilities of athletes. Complex control over the process of sorting and improving talented and promising swimmers at all stages of many years of preparation occupies an important place in this system [1,4].

A large number of studies devoted to selection made it possible to develop model descriptions and regulatory requirements for the physical development and special training of swimmers of various categories and specialties. Model descriptions take into account hereditary morphological symptoms that are stable in the process of growing up, less variable and less affected in training, features of the development of swimmers with different types of biological maturity, as well as indicators characterizing special working abilities, technical-tactical and other.

However, nowadays the selection process is manifested in many cases in a subjective nature. This is explained by the lack of methodological developments and the fact that it is a narrow pedagogical direction. It should be noted that in many sorting models there are no modern medical-biological, pedagogical and psychologically based criteria.

The leading factor in achieving high sports success in swimming sports is the high functional state of the body and the dependence of vegetative activity, primarily functional systems.

The purpose of the work. Determination of factors determining the effectiveness of qualifying young swimmers for the stage of specialized base training.

Research Objectives:

1. Determining the characteristics of the physical working capacity and functional state of relatively significant young swimmers when qualifying for a specialized preparatory stage.
2. Determination of anthropometric indicators of young swimmers when qualifying for a specialized preparatory stage.

3. Determination of the characteristics of training loads of young swimmers engaged in the stage of specialized training.
4. Development and justification of the criteria for qualifying promising young swimmers for the specialized preparatory stage.

Research Results

Usually, in sports practice, coaches-teachers partially solve natural qualifying tasks based on their experience and personal intuition. At the same time, having started swimming, and 80% of boys do not go in for big sports, that is, when they get older, there are practically no highly qualified swimmers. It is known that a master of sports of international class usually began to practice swimming at the age of 10-12. Therefore, in swimming sports, qualifying is considered as a long-term process and consists of five stages: primary, primary, intermediate, primary, final.

Initial teaching of children to swim as well as primary selection is allowed for all children who do not have serious health impairments and are sufficiently physically developed [2.3]. Experience shows that such children make up 80%. After primary selection, it is advisable to involve children with abilities in relation to the next – 10-12% of the initial preparation. The result should remain the next stage – 15-20% of the handler who has passed the initial preparation for the initial qualification. After intermediate qualification, 15-20% of those involved in the preliminary preparatory stage for specialized base training are allowed. After the main qualifying, 10-12% of the previous contingent should remain. An example of such a" cutting " dynamic is the organization of swimmer qualifying in Germany: 800 swimmers from 10 thousand swimmers who were involved in qualifying after the primary qualifying, 130-150 swimmers after the initial qualifying, 20-30 swimmers after the intermediate qualifying, 2-3 swimmers after the main qualifying remained, and only one of these later achieved success at the Olympics and

Of the qualifying styles used in the search for talented swimmers, it is worth saying that many coaches (95%) take into account the age of the swimmers accepted. Of these, 13% work with children aged 5-6 years, 43% with children aged 7-8 years, 34% with children aged 9-10 years, 10% with children aged 10 and over prefer to work by assessing their appearance as well as the performance of special exercises on land and water. The main criterion for accepting those involved in training groups is their health.

The main reasons why young swimmers end their Sports improvement early, that is, ahead of time, are the lack of improvement in the result of sports, difficulties in carrying out sports activities in combination with the training process, uniformity of training sessions, interest in another activity, unsuccessful performances, interaction with the coach, etc. Swimmers with mass discharge stop swimming training mainly due to health disorders, extreme fatigue in training sessions, transition to another coach, difficulties in qualifying.

It is important to note that when training swimmers, it is important not to apply training tools and techniques that are suitable for relatively young people ahead of time.

In order to improve the conduct of qualifying children and adolescents in swimming sports, some experts [2,3,4] believe that the physical and technical training of qualified swimmers should have knowledge of the model classification (Table 1).

1 table. Model model of swimmers in the Brass method

№	Indicator	Result
1	Distance traveled in a second (m)	1,49
2	Gravity of the hand in water (kg)	42,5
3	Gravity of the hand on land (kg)	63,2
4	Swimming time (seconds)every 50 meters in the 6x50 test	35,84
5	The speed required to reach in the second phase of the rowing (m / second)	1,86
6	Minimum speed in cycle (m / second)	0,74
7	Maximum speed in the cycle (m / second)	2,1
8	Distance traveled in one cycle (m)	1,59

The listed parameters are objective landmark, a perennial sport in his training can serve as a kind of benchmark (mold) in determining talented swimmers.

Qualifying in sports is a long-term process, built on the basis of a set of indicators and requires an objective assessment of the individual abilities of the participants. Because, the predicted sports result may not always justify itself.

Conclusion. On our part, in studies with leading young swimmers in Tashkent, it was found that swimmers with the best results for 50 and 100 meters in a free way weigh relatively heavy, have a wide shoulder, buttocks, height, legs and arms are long. Swimmers with a relatively light weight, less muscle mass at medium and long distances, with a thin forearm and paw, a good index of robustness and buoyancy, and the ability to resist fatigue, achieve good success.

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