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# THE ROLE OF GYMNASTICS IN THE PHYSICAL DEVELOPMENT OF CHILDREN AND ADOLESCENTS

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**Abstract**
The article deals with the issues of introducing into the training process the developed differentiated author's methodology for testing the motor and technical training of girls specializing in rhythmic gymnastics to determine their prospects at the initial stage of sports improvement.

**Keywords**: differentiated methodology, training process, criterion, testing, motor qualities, technical training, complexly coordinated motor acts.

## Introduction

Monitoring the technical arsenal of the leading representatives of rhythmic gymnastics and the growing complexity of the gymnastic exercises performed, characterized by a progressive trend towards early specialization, taking into account the sensitivity factor of the growing organism of children, is becoming an urgent problem for sports science aimed at improving the methodology for finding innovative pedagogical technologies in order to increase the efficiency of the system for selecting young promising children at the initial stage of the training process in rhythmic gymnastics.

One of the main technical components of modern rhythmic gymnastics is the growth of the motor quality of flexibility, as a factor contributing to aesthetic perception and a significant increase in the volume of elements of complex structure associated with these abilities.

Analysis of the available scientific and methodological literature on the problem of finding gifted children for rhythmic gymnastics revealed the lack of development of modern criteria for professional selection and methods for introducing innovative pedagogical technologies to control the mastery of complexly coordinated motor actions inherent in this sport.

Monitoring analysis of the training process in rhythmic gymnastics in children's sports schools located on the territory of the Fergana region allows us to successfully predict further sports improvement in rhythmic gymnastics based on the author's methodology for the development of motor qualities developed and implemented in the training process.

The relevance of this issue was to analyze the results of the effectiveness of the implementation of the author's methodology for the identification and professional selection of gifted girls at the initial stage of their training in rhythmic gymnastics, taking into account the peculiarities

of the influence of the sensitivity factor in the development of motor abilities, taking into account the introduction of the author's methodology in the educational and training process.

Despite certain successes at the stage of sports improvement of young gymnasts, the introduction of an accentuated author's methodology for identifying children who have the prospect of sports growth in this sport and are evaluated according to the results of specially designed tests, unfortunately, has not received scientific justification and widespread use in the practice of coaching activities of the Youth Sports School, which gives grounds for organizing and conducting deep experimental studies.

The object of the study was the educational and training process in rhythmic gymnastics aimed at improving the system of professional selection of children in the sensitive period of their development.

The subject of scientific research was the definition and scientific substantiation of the innovative methodology, its content, the analysis of the training system and the selection of young gymnasts with a perspective in achieving high sports results in rhythmic gymnastics.

A long-term monitoring analysis of the work of the coaching staff with young gymnasts at the initial stage of their training was aimed at identifying effective methods for identifying gifted children in a group of specialized training, which will significantly reduce the time for the formation of complex-coordinated motor actions inherent in this sport.

Carried out on a contingent of coaches working in the system of youth sports in the direction of rhythmic gymnastics, a complex of long-term pedagogical observations of the training process of children, made it possible to identify the specific features of the training process in working with 7-year-old girls at the initial stage of their sports improvement and focus on identifying promising girls for this sport.

The analysis of the results of the motor fitness of girls at the initial stage of their training and those specializing in rhythmic gymnastics in the process of qualifying intra-group qualifying competitions and based on the conclusion of the expert commission, together with the coaching staff, a differentiated professional grouping of girls was carried out according to the degree of their prospects in this sport.

The results of the studies focused on determining the prospects of the studied contingent of girls in a complexly coordinated sport, it was revealed that a differentiated approach in the selection of children with promising inclinations for rhythmic gymnastics were identified as a separate group with the orientation of the training process according to the developed author's methodology, where by the end of the pedagogical The experiment revealed significant progressive improvements in the indicators of their motor readiness.

Table 1 The results of testing the motor fitness of girls specializing in rhythmic gymnastics during a pedagogical experiment

| № | Physical Components | Statistical indicators | | | | | | t |
|---|---|---|---|---|---|---|---|---|
| | | Start | | | End | | | |
| | | *X* | *±S x* | *V%* | *X* | *± Sx* | *V%* | |
| I | Run 30 m (s) | 7,58 | 0,31 | 10,5 | 7,21 | 0,24 | 8.3 | 3,3 |
| 2 | Run 300 m (s) | 96,1 | 14, 6 | 17.9 | 78 ,4 | 12, 7 | 14.8 | 1,9 |
| 3 | Standing long jump (cm) | 95.3 | 12,8 | 15.2 | 108,1 | 14,3 | 11.4 | 2,8 |
| 4 | Running long jump (cm) | 156,2 | 10,1 | 15.6 | 167,8 | 9,3 | 12.3 | 2,7 |
| 5 | Bending-extension of the arms in emphasis on the uneven bars (number of times). | 6,5 | 0,32 | 18,2 | 7,8 | 0,4 | 14,6 | 3,2 |
| 6 | Flexibility - twine, cm | 7,0 | 0.26 | 12.9 | 2.3 | 0,22 | 9,7 | 4,1 |

In the course of the pedagogical experiment, where the methodical approaches developed by the author were introduced into the training process, aimed at improving the technical preparedness of girls specializing in rhythmic gymnastics, assessed according to the results of a specially selected battery of physical fitness tests, the data obtained revealed the high efficiency of the developed author's teaching methodology with focus on the successful mastery of elements that are complex in structure and contribute to the strengthening of the technical arsenal of arbitrary programs.

Table 2 The results of testing the technical readiness of young gymnasts in the course of the pedagogical experiment

| **№** | **Technical Components** | **Statistical indicators** | | | | | | **t** |
|---|---|---|---|---|---|---|---|---|
| | | **Start** | | | **End** | | | |
| | | ***X*** | ***± Sx*** | *V%* | ***X*** | ***± Sx*** | *V%* | |
| I | **Quality of coordination training (points).** | **8,9** | **0,2** | **11,7** | **9,1** | **0,2** | **10,2** | **2,6** |
| 2 | **Quality of possession of rotational training (points).** | **8,1** | **0,3** | **13,3** | **8,7** | **0,1** | **10,7** | **2,3** |

The conducted testing of the technical readiness of girls specializing in a complex-coordinated sport, which is rhythmic gymnastics (Table 2), by the end of the pedagogical experiment, their performance significantly exceeded the results obtained at the beginning of the experiment, indicating the effectiveness of introducing the author's technique into the training process to improve their technical preparation ( t = 2.6 )

The results of the pedagogical testing of the motor and technical training of young athletes revealed a statistically significant increase in the average values for all the studied indicators by the end of the pedagogical experiment.

Based on the results of the conducted pedagogical experiment, it was revealed that when recruiting groups at the initial stage of sports training, carried out based on the results of the experiment, it allowed to significantly reduce the training time for young representatives of rhythmic gymnastics, which will allow solving narrower professional tasks in the process of teaching complexly coordinated and exercises and methodically competently distribute physical activity, taking into account their individual capabilities of girls in the sensitive period of their growing up.

**Conclusions:**

1 The results of testing the technical readiness of young representatives of rhythmic gymnastics revealed that the introduction of the author's methodology into the training process aimed at finding promising children allowed to significantly improve coordination training (t=3.6), improves the quality of rotational training (t=2.3) .

2 The high efficiency of the differentiated author's method of testing the motor and technical training of girls introduced into the training process at the stage of initial sports improvement was revealed.

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