

RHYTHMIC GYMNASTICS COACHES FURTHER DEVELOPMENT OF ACTIVITIES

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Key words: *children's Gymnastics, coach activities, gymnastics tools, physical development.*

Gymnastics is practiced in preschool institutions, primary, secondary schools, secondary special and higher education facilities (voluntary sports societies, manufacturing facilities, treatment and Recreation homes, sanatoriums and military units. The reason why Gymnastics is so widespread is that its exercises are understandable and varied to everyone, and the exercise to fulfill the different goals and objectives of physical education is the magnitude of the ability to choose a skill.

Its educational significance is incomparable. Due to the conditionality of the exact distribution of training loadings, in the widespread use of analysis of student actions, in the diverse performance, complication of studied action activities, unlimited perfection of actions, in the study of a wide variety of exercises in terms of form and coordination- this makes it possible for all those involved to assess the movement of is considered an effective means of aesthetic education of a person.

In order for the technique of performing and demonstrating exercises to be perfect enough to require a gymnastic, the movements must be fluent and expressive, and the movements of the exercise bajar player must be pleasing to the viewer, elegant. As a result of gymnastics exercises, the old man of the profession will be handsome. Defects in the structure of the body are eliminated. In the development of the aurim parts of the body, in general, proportionality is achieved in the formation of the body.

The role of gymnastics in pedagogical jaravon is high, those who are engaged in it are in a conscious spirit. they are characterized by a creative attitude towards activity and work. The training is carried out strictly in one order, the organization of the maximum activity of the educational process, which makes them disciplined.

Gymnastics is a vivid example of the unity of physical education with mental education. The methods used make it possible to stimulate the activity of the intellectual activity of athletes. Helps to form the predisposition of the central nervous network, the ability to adapt its rnushak activity to its various states. P.F. Lesgaf defined the place of importance of gymnastics in the primary and School of education, saying: mental and physical education have become so intertwined that as a result, they form an indispensable goal and task of the school, because any load disrupts the harmony in upbringing, education, of course, does not create conditions for formation as a harmonious person.

Physical education is carried out in two interconnected directions. One of these is the general direction bolsa, the other is specialized-practical (professional-practical, military-practical and sports-practical) direction. The means of gymnastics, its style and methods of organizing training are widely used in both directions. Its extreme sensitivity to the odarnic organism is manifested at the stages of initial training, at a time when the poylevory of comprehensive and harmonic training of a person's physical qualities is creating[1.6].

Features of the composition of coaches and teachers of sports and mass – oriented Badi Gymnastics departments in recent years, mass Badi Gymnastics has been very actively developing in the place of residence: clubs are being organized, wellness departments are being opened, halls are being rented-in the system of additional education for children, there is a wide network of specialized sports On this basis, it was decided to interrogate the composition of coaches and teachers working in this area in order to determine the reasons that influenced the choice of work in mass Badi Gymnastics and their main goals in the work, and not in specialized sports institutions. A comprehensive survey was developed to clarify the idea of coaches. The study involved 34 coach-teachers from the sports and mass-oriented badiy Gymnastics departments. Information about the composition of coaches and teachers of the badiy Gymnastics departments in sports and public orientation first, we found that there is information in coaches: 29 coaches in higher education(85%), 4 incomplete higher education(12%) and one coach has Secondary Education(3%). Of these, 25 coaches graduated from specialized physical education institutions and received pedagogical education. 9 coaches do not have a degree in sports-they are psychologists, lawyers, engineers, civil servants, journalists. Sports qualifications of coaches working in sports and mass-oriented badiy Gymnastics departments all coaches have sports Qualifications: Masters of sports(71%), candidates for masters of Sports(15%), 1 adult category (14%). According to the survey, the age of coaches working in mass Badi Gymnastics is mainly 20-30 years(23 coaches -68%). Over thirty years old-9 coaches (26%) two coaches are 20 years old (6%). Teaching badiy Gymnastics in various institutions of the city, organizations of a sports-public nature is the main place of work for 28 out of 34 coaches, 6 work simultaneously in these organizations. The main place of employment for them is sports schools or other non-sports related organizations that work directly in the main profession and work for them as a coaching hobby or additional income. In addition, the composition of coaches in the field of badiy Gymnastics was studied by seniority: up to 5 years – 10 coaches, 5-10 years – 13 coaches, more than 10 years – 6 coaches, more than 20 years – 6 coaches[2.256].

Age categories of teachers, sports qualifications and seniority reflect the current state of professional activity in the field of mass Badi Gymnastics. To the question Why did you choose to work in sports and public oriented clubs, rather than training in sports

school, Olympic reserve schools, etc.? a number of different responses were received from the respondents:

- The opportunity to independently teach students from the initial preparatory group to the sports improvement group, without giving promising children to the head coach, as in sports schools and others.;

- the club system(simplified), participation in competitions planned not by the organization, but by the coach, the opportunity to work for the harmonious development of children is more pleasant, and not only as forced by sports schools, etc.[3.17];

- more freedom of movement for the coach, the opportunity to experiment;

- desire to contribute to the development of mass sports;

- there are no sports schools near the place of residence or there are no vacancies;

- as a student, they invited the club to work (or such an opportunity would arise),

it was convenient to combine with study, continued to work after graduation;

- small employment, the possibility of combining with other types of activities;

- for coaches, relationships in the team are more important than the result of individual gymnasts, the overall atmosphere of work is calmer;

- the ability to earn more money or the need to earn additional income.

It was advisable to distinguish three groups of motivations, identifying the main direction of the training and teaching staff of the sports and mass-oriented rhythmic gymnastics departments.:

- development and support of mass Badi Gymnastics in districts, in the city, Uzbekistan; to instill in girls the desire to train for a long time, even without achieving high results. Cover everyone, give each child the opportunity to engage in promising girls who are not inclined to badiy Gymnastics, which is not particularly selective for sports school. Achieving results at club level, levels Secondary, Health Promotion

- in priority (main);

- to give children the opportunity to choose for what purpose they want to exercise, to change the goal without changing the sport (due to the presence of development and sports groups, the possibility of moving from one group to another if they wish); [4,88]

- achieve results, fulfill categories in this sport(mainly in clubs located in areas where there are no sports schools). Analyzing the data obtained to determine the pros and cons for coaches and teachers when working with the sports and mass-oriented rhythmic gymnastics departments, the coaches distributed their answers as follows:

- positive aspects: independent planning of work, without restrictions; coaching experience in working with a contingent of different participants; unlimited creative activity; many friendly, club competitions for all children, the opportunity to prove oneself to each gymnast, regardless of their preparation; there are no high requirements for achieving results on a permanent basis.

- negative sides: the contingent and level of training of girls in the same group are very different, – the implementation of limited sports and professional growth; many coaches highlight moments characteristic of sports schools – lack of funds, time restrictions in halls, lack of state support in the development of mass sports. When working with the sections of rhythmic gymnastics in the sports and mass direction, the distribution of the priorities of the coach-teaching staff is what is more important in your opinion: to maintain the number of students or achieve the results of gymnasts with individual abilities?. The citation indicates:

- 53% - 18 of 34 coaches consider maintaining publicity at work Basic;

– 21% - 7 respondents consider achieving results more important than maintaining the number of students by gymnasts with individual abilities;

- 26-9 of the respondents comment on the need to achieve results by gymnasts and maintain the number of students in the groups. The information received on questions about the development of mass rhythmic gymnastics was used in the design of the process of rhythmic gymnastics in the sports and mass direction for institutions in the system of additional education for children, which is so necessary due to the rapid development of this sport. Sports for everyone, sports without restrictions on physical capabilities, or something else, Sports that combine and help is the ideal of a modern physical education movement. One of the greatest achievements of art Gymnastics is recognized as the level of mass - wellness and development means against various diseases as a means of Health and strengthening, prevention. Sports clubs, Club movements are not fitne Centers for the chosen, they are clubs everywhere from the girl's predisposition to the interests that are available to everyone to this sport. Clubs that bring all sports enthusiasts together not only play sports, but also communicate[5.448]. Currently, our region has 30 such clubs, in which 90 groups are opened. They employ more than 1,500 gymnasts and more than 60 coaches. With a large increase in interest in the population in mass rhythmic gymnastics, studies have been conducted to get an idea of gymnasts, hiring and distributing methods across groups in these clubs. A survey of coaches and teachers of mass sports departments in rhythmic gymnastics showed that preliminary training groups are carried out without restrictions. And only 1.75% of future respondents will hold a specialized competition among girls. 90.2% of specialists require medical references from children contraindications for this sport. Studies have shown that most coaches hire girls over 4 years of age. 22.8% are children and under 4 years of age. Four clubs receive only children 6-7 years old-this is rhythmic gymnastics in the institution where the department is opened, only schoolchildren are allowed to work. 82, 8% of specialists are not fundamentally important to include girls in a strictly defined age range. They take children of any school and preschool age, do not depend on the necessary information for Rhythmic Gymnastics, the main thing is that the child had a desire to exercise.

Summary. The development of rhythmic gymnastics is very important in the activities of coaches, in which the conditions for the experience of movement of each individual coach are actively formed. Physical exercise, which is associated with the development of the physical education system and children into the functional systems of the body, causes appropriate positive shifts in the child due to the mechanisms of adaptation to its changing environmental conditions. It is known that the development of physical qualities is inextricably linked with the formation of an individual experience of action, which ensures the fulfillment of the tasks of the tool assigned to the child.

The period of intensive development of movement skills begins when the child actively forms mechanisms for controlling movements, which ensures the accumulation of various individual experience of movement in terms of its structure and content, which gives an opportunity to actively engage in the chosen sport in kelejak. Therefore, in order for the future generation to be healthy, the activities of coaches and the knowledge gained by the High School are very important.

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RESUME. The article describes the interest of children with the help of gymnastics coaches to develop the skills of the activities of coaches. Also, with the help of basic gymnastic tools in the developmental direction, attention is paid to the activity and basic training of children's interest in sports.