

METHODOLOGY FOR IMPROVING THE LEVEL OF TECHNICAL TRAINING OF FREESTYLE SWIMMERS 12-14 YEAR OLD GIRLS

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Annotation: *Archaeological and other evidence shows swimming to have been practiced as early as 2500 b.c.e in Egypt and thereafter in Assyrian, Greek, and Roman civilizations. In Greece and Rome swimming was a part of martial training and was, with the alphabet, also part of elementary education for males. But time changed, currently woman have equal rights, they can also enjoy swimming along with take part in swimming competitions. This article is devoted to give understanding about general information, benefits as well as proposes the technique to enhance girls to be particular at the ages from 12 to 14 who deal with freestyle swimming.*

Key words: *blood flow, breaststroke, butterfly, backstroke, body length, cardiovascular fitness, meditation, minimal injury.*

Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports,[1.76] with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events, four swimmers can take part in either a freestyle or medley relay. A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.[2.18] Swimming each stroke requires a set of specific techniques; in competition, there are distinct regulations concerning the acceptable form for each individual stroke.[3.89] There are also regulations on what types of swim suits, caps, jewelry and injury tape that are allowed at competitions.[4.98] Although it is possible for competitive swimmers to incur several injuries from the sport, such as tendinitis in the shoulders or knees, there are also multiple health benefits associated with the sport.

In competitive swimming, four major styles have been established. These have been relatively stable over the last 30–40 years with minor improvements. They are:

- *Butterfly
- *Backstroke
- *Breaststroke
- *Freestyle

In competition, only one of these styles may be used except in the case of the individual medley, or IM, which consists of all four. In this latter event, swimmers swim equal distances of butterfly, then backstroke, breaststroke, and finally, freestyle.[5.78] In Olympic competition, this event is swum in two distances – 200 and 400 meters. Some short course competitions also include the 100-yard or 100-meter IM – particularly, for younger or newer swimmers (typically under 14 years) involved in club swimming, or masters swimming (over 18) Water also has a beneficial effect on problem skin, massaging and smoothing, stimulating blood circulation. It is acknowledged by many doctors that supplemented with physical activity, swimming for women is a truly effective means of combating cellulite and varicose veins. The temperature difference and additional physical activity leads to the development of all organs and systems of the body. This, in turn, improves overall immunity and helps to avoid seasonal diseases. Therefore, for women or young girls who want to be healthy and beautiful, there is an affordable and pleasant means - swimming or aqua fitness in the pool.

It is natural to have health benefits of swimming, because it is a healthy activity that can be done by most people throughout their life. It is a low-impact workout that has several mental and bodily health benefits all while being a good recreational activity. Even science proved that swimming builds endurance, muscle strength, and cardiovascular fitness. Correspondingly, it also improves weight loss while being a safer alternative of working out for someone who is injured or for women who are pregnant. Swimming generally requires less effort than many other sports while still providing similar physical benefits.[6.32]

The U.S. Census Bureau reports that two and a half hours per week of aerobic physical activity such as swimming can decrease the risk of chronic illnesses, and help regenerate healthy cells.[7.65] Furthermore, swimming is linked to better cognitive function; also lowering the risk of Type II diabetes, high blood pressure, and a stroke. It can improve lung and heart strength while it tones muscles in a full body workout. People can typically exercise longer in water than on land without increased effort and minimal joint or muscle pain. When undergoes less physical stress thus releasing pressure from the joints in the water the body. [9.112] In addition to the physical benefits of swimming, lower stress levels and occurrences of depression and anxiety are known to decrease while swimming. According to psychologists, swimming is a meditation sport meaning there is an increase of blood flow to the brain which allows an individual to evaluate stressors more calmly. For those with dementia swimming has a number of positive benefits such as reducing anxiety and agitation, provides opportunities to socialize and contributes to a positive sense of self-worth. [10.16]

Nobody can deny that the science requires for specific data, measurement, as well as swimming has own measurement for instance: consider the age groups of swimmers. Geladas et al. studied groups of 12-year-old boys (n=178) and girls (n=85), to establish the relationship between somatic and physical features in swimming. The season's best

100-year swim result was chosen as the standard meter. The indicators of performing skills for boys are as follows: the mass of those la ($r = 0.65$), chest volume ($r = 0.64$), length of the upper limbs ($r = 0.64$), body length ($r = 0.61$), minimum transverse shoulder width ($r = 0.61$), length of arms ($r = 0.57$) and legs ($r = 0.49$), width between the ilium ($r = 0.46$). In addition, when measuring si- parameters, in boys there is a correlation between vertical jumps in height ($r = 0.58$) and grip strength ($r = 0.73$). On the other hand, there is also no correlation between the content of adipose tissue (in%) and the flexibility of the ankle and shoulder Chevy joints with swimming performance. In girls, the following correlation was revealed body length ($r = 0.31$), arm length ($r = 0.30$), shoulder joint flexibility ($r = 0.22$) and long jump ($r = 0.25$).

Some guidelines for 12-14 years' old girls:

As a beginner swimmer, freestyle is a great place to start. Freestyle is the most popular stroke and is typically used as the base for most swim workouts. The stroke strikes a balance between rotation, power and glide, challenging nearly all of the muscles in swimmer body. It has two names called as "freestyle" or "front crawl", master these five fundamentals to swim with more efficiency and less drag.

*Head position is the foundation of good swimming. Swimmer body takes cues from swimmer head, meaning that if swimmer head is in the wrong position, it could throw off swimmer entire stroke and make you swim slower! Ideally, swimmer will look straight down at the bottom of the pool when swimming freestyle. This encourages swimmer hips to stay high in the water, close to the surface. The waterline should be in the middle of the crown of swimmer head. It should feel like swimming downhill! Once swimmer's head position is down, it is time to add in breathing. We know breathing can be really challenging when swimmer is new to swimming, and it can be tempting to lift swimmer head straight up to catch swimmer breath if they are tired.

*Remember: Lifting swimmer head up will create more drag, making it even harder to keep moving forward. Instead, turn swimmer head to the side, keeping one eye and one ear in the water. It may feel going to inhale water, but swimmer forward momentum will create a small air pocket that is just big enough for you to take a quick breath!

*the pull. Swimmer hand should enter the water fingertips first, slightly wider than swimmer shoulders. Think 11 and 1 on a clock! Reach and extend swimmer arm forward, and initiate an Early Vertical Forearm (EVF). Bend at the elbow, and pull straight back toward swimmer feet, keeping swimmer elbow nice and high. When swimmer hand exits the water, keep swimmer elbow high as swimmer recovers and re-enters the water. A good rule of thumb is to keep swimmer elbow above swimmer hand both above and below the water! In freestyle kick, swimmer legs should be relatively straight, with minimal knee bend. The kick should come from swimmer hips, rather than swimmer knees. Keep swimmer toes pointed! Swimmer kick should be small and fast — try not to let the space between swimmer feet exceed half a meter (about 18 inches). People may think taking large kicks will be more powerful, but when it comes to speed and

efficiency, a compact kick is the way to go. Swimmer's kick should be small and fast — try not to let the space between swimmer feet exceed half a meter (about 18 inches). As swimmer hand enters the water and swimmer stretch forward, swimmer will start rotating (and maybe take a breath). Then, as swimmer other hand recovers and re-enters the water, swimmer will rotate to the other side.

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