

METHODS OF TEACHING EXERCISES PERFORMED ON SHELLS IN GYMNASTICS CLASS

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ABSTRACT:

In the article, the methods of teaching exercises performed in shells in the gymnastics class of high school students are highlighted on the example of exercises performed in pairs.

Keywords: Double footing, growth, leaning, simple grip, leaning swing, swing forward, swing forward.

In the year of Uzbekistan's independence and its future, new reforms are being carried out. Their positive results have great effects in construction, socio-economic, politics, culture, art, sports and many other fields. He would not be mistaken if he compares them to unbelievable and unbelievable miracles.

Fundamental changes are being made in the field of physical education and sports development in our country. Taking into account the role of physical education and sports in the healthy upbringing of the future generation, our country has developed state-level events aimed at further improving sports, creating an educational and material-technical base at the level of modern requirements, and increasing the population's interest in sports. applied to life.

The Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On measures to further improve the management system in the field of culture and sports" is aimed at further improving the management system in the field of physical education and sports, and encouraging the desire to lead a healthy lifestyle . Also, organization of large-scale work on the popularization of sports and physical education, physical education and health, improvement of the continuous system of selection, training and improvement of skills of talented and promising athletes, introduction of modern technologies in the process of sports training and formation of a quality sports reserve such tasks and directions of activity were defined. The establishment of complexes in the centers of each region creates an important basis for the training of mature athletes. As a result, young athletes achieve good results in international official competitions in karate, taekwondo, kickboxing and other international individual wrestling competitions, as well as juboxing, wrestling, athletics, chess.

One of the only ways to implement the system of physical education in our country is gymnastics.

Gymnastic training helps to solve the main tasks of improving the health of the human body, to shape the stature of young people, to increase their physical performance, and to grow mentally and deeply. The methods of teaching exercises performed in gymnastic shells to high school students are of great importance.

There are the following ways to catch a doubleheader:

Hanging:

- a) from the outside - the back of the palm and the thumb are located on the outside of the wood (for example, when lifting with force from the end of a double pole, as well as in complex lifts performed at high discharges);
- b) from the inside - the outer side of the palms and the big fingers are directed to each other inside the brushes.

Leaning: a) simple grip, used in leaning exercises. Gymnastics is specific to the general course program;

b) reverse grip (the back of one of the palms is turned inwards). The above-mentioned grip methods change from one to the other when leaning and hanging are performed alternately.

The technique of performing exercises called "sharp swing" is now also used in double legs. It is completely similar to the technique of exercises performed on the horizontal bar.

The main exercises performed in the compound are:

Swing while standing. When swinging back, the figure is held straighter but slightly bent. In the lower vertical position (for the main course exercises), the body is straight, when swinging forward - straight or slightly bent, that is, the phases of swinging back - vertical position - swinging forward are alternated, as in the turnstile.

Teaching: a) after showing the correct swing, participants are invited to perform this exercise; it is necessary to point out common mistakes without talking to each student individually;

b) trying to perform the correct cases of swinging forward and backward (holding students by the ankle-heel joint);

c) offering everyone to do the exercise once again, correcting their mistakes;

g) to include this exercise in every next lesson and to correct students' mistakes.

Swinging while resting on hands. In the lower vertical position, the backward swing and also the forward swing in the main position are similar to the swings in general. The complexity of the performance lies in the fact that, firstly, the performer needs to raise his shoulders above the bar (that is, it is necessary to keep the chest-spinal joint from "falling down"), and secondly, it is necessary to ensure sufficient mobility for the shoulder joint.

To teach. It is necessary to perform swings forward and backward with the help of a trainer. It is necessary to ask the students to perform leaning on the hands as if jumping forward, like standing on the shoulders in acrobatics.

Swing forward (to the right) and turn back (to the left) to jump. All the initial movements will be similar to the previous jumping movements. The right hand push from the right stick is done a little earlier, and the left hand push should be done in such a way that it helps the whole body rotate to the left around the longitudinal axis. Then there is a rotation to the left about the longitudinal axis in the unsupported state. At the end of it (as early as possible so that the unsupported state lasts for a short time) it is necessary to grab the right wood with the right hand. He jumps from this tree while holding it.

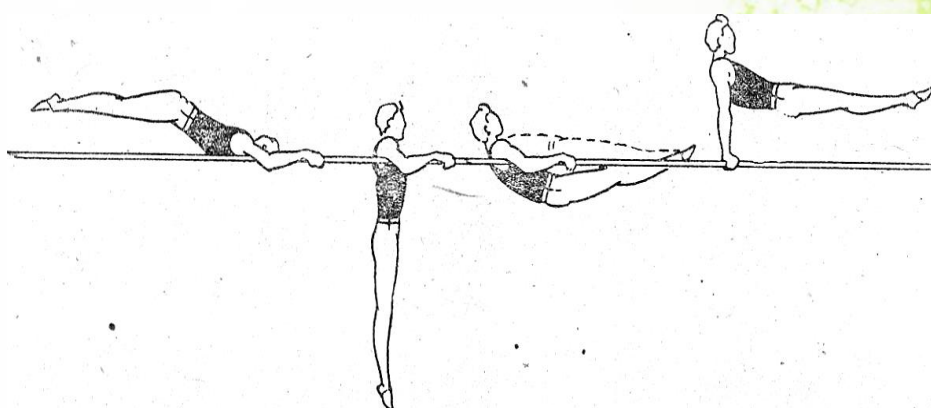
Training: Jumping without a forward swing is usually taught using a holistic training method and requires no auxiliary exercises (if the swing is already mastered). It is recommended to teach jumping forward (to the right) and turning back (to the left) as follows:

a) jumping forward by releasing (pushing) the right hand earlier and extending it to the side;
b) therefore turning himself 90° (toward the face of the bruce) and jumping. After pushing from the left wood with the left hand, the right wood is grabbed with the left hand and after a while the same wood is grabbed with the right hand. He jumps from the tree while holding it with both hands;

c) therefore turning himself 180° (to the right side) and jumping. As soon as the right hand grabs the stick, release the left hand and quickly move it to the left. It is necessary to jump while holding the wood with the right hand and raising the left hand forward;

During the swing, the teacher stands behind the performer - to the right. After Ung releases the arm, he pushes the gymnast on the right side to help him turn, then grabs the gymnast's waist with both hands (facing the performer) and helps him land straight.

Anticipation when swinging forward. The last position of the swing back; after passing the vertical position, it should be slightly bent from the hip joint, and in this case, the heels should be leveled with the wood. It is necessary to quickly straighten the hip joint and direct the pelvis up. Then, at the same time, it is necessary to bend quickly. This last movement allows the acceleration of the middle parts of the body (thighs, pelvis, lower back) to be transferred back to the heels and shoulders and to move into a sports chippng resting position by lowering the pelvis a little.



Teaching: The exercise is taught using a holistic method:

a) with the help of a teacher who stands in front of him and holds the ankle-heel joints at the level of the shoulders, the student is invited to try to straighten from the hip joint and then bend from the other side;

b) the teacher, holding the student's hips and shoulders, should at least move forward and sit cross-legged

c) rise "fully" with the help of a teacher. The teacher stands on the right or left side and holds the student by the hips and shoulders (with the right and left hand, respectively).

The analysis of the problems of directing students to organize gymnastics classes in educational institutions showed that it has not found its full solution as a pedagogical issue. In order to ensure the compliance of this direction with the requirements of fundamental reforms implemented in the educational system, it is necessary to develop methods of applying the most modern pedagogical technologies to teaching, to determine the level of formation of knowledge and skills, and effective forms of their introduction into the educational system. development is necessary.

The main content of sports gymnastics is exercises on gymnastic equipment. The number of these exercises is practically unlimited. They are different in execution technique and form. At the same time, all exercises in the instrument are subject to some general laws. Vibration exercises on projectiles help to develop the most necessary physical qualities: strength, speed, agility, special endurance. These exercises are especially valuable for improving the ability to coordinate one's movements and feel comfortable in space. Finally, many of the exercises in the apparatus develop the mobilization, courage and self-discipline of the athletes.

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