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TECHNICAL TRAINING OF HIGHLY SKILLED ACROBATIC GIRLS

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Abstract: In this article, a fully developed training program, which includes a set of exercises for the development of strength, coordination, elasticity and speed-strength capabilities of highly qualified acrobatics, will be used to achieve a positive result from basic technical training for acrobatic exercises, which is fully supported.

Keywords: strength, coordination, elasticity and speed-strength, physical attributes, "explosive" strength, choreographic and acrobatic preparation.

Relevance: In the resolution of the president of the Republic of Uzbekistan Shavkat Mirziyoyev "on measures for the further development of gymnastic types of sports in the Republic of Uzbekistan" on November 7, 2016, a number of tasks have been set for creating favorable conditions for the regular improvement of skills and qualifications of athletes, for the active promotion and popularization of all types of gymnastics. Today, the athletes of our country are successfully participating in the Central Asian and Asian Games, various international tournaments, the world championship and the Olympic Games, and on the basis of their success the international prestige of Uzbekistan is growing. In Uzbekistan, international competitions in many Olympic sports, the Grand Prix, Asian and World Championships are held at a high level. In particular, it is not surprising that special attention should be paid to the development of types of acrobatics in this regard. The problems of formation of the educational-training process, development of advanced pedagogical technologies aimed at increasing its effectiveness, as well as practical testing of various types of sports are attracting the attention of many scientists as a scientific object.

Objective of the study: To enhance the effectiveness of technical training of highly skilled acrobatic girls by strengthening the exercise technique used in the process of acrobatic training.

Research subject and contingent: the research was carried out in the training process of highly qualified acrobatic girls of the national team of Uzbekistan. 10 highly qualified acrobatic girls participated in the study. For the development of technical training of qualified athletes, a special set of exercises was compiled, which were performed for 15-20 minutes during each training session. In addition, it was recommended to perform this set of exercises at home, doing it at home. The results obtained at the beginning

and end of the study were compared among themselves and the results were analyzed using mathematical statistical methods.

The findings of the study and its discussion: the programmes developed in the training of highly skilled acrobatics professionals were introduced into the training process, its effectiveness was examined and the degree of assimilation of skilled acrobatics was determined. It was conducted in order to establish the current control of the process of mastering the exercises of highly skilled acrobatics and to determine the effectiveness of the tools used in the teaching methods. Using the methods used in sports for comparative analysis of the results obtained before and after the study, the data recorded by the acrobatic girls on exercise were analyzed in the form of mean arithmetic value, standard deviation dispersion, and the results were reflected in the table below.(Table 1). In the experimental groups, classes were conducted on specially developed tasks, and in the control group on the basis of a traditional training program.

Table 1.
Physical training of highly qualified acrobatic girls
(before and after training n=10)

№	Exercises		Experimental group		Control group	
			t/o	t/k	t/o	t/k
			$\bar{X} \pm \sigma$	$\bar{X} \pm \sigma$	$\bar{X} \pm \sigma$	$\bar{X} \pm \sigma$
1.	press(30 sec)		27,7 $\pm$ 0,3	35,3 $\pm$ 0,8	28,7 $\pm$ 0,5	28,7 $\pm$ 0,5
2.	Twisting hands (20 sec)		22,7 $\pm$ 0,6	28,3 $\pm$ 1,2	22,2 $\pm$ 0,8	22,2 $\pm$ 0,8
3.	"Pistol" on the right and left foot (Times)	Right leg	16,2 $\pm$ 1,3	23,7 $\pm$ 1,1	16,3 $\pm$ 1,6	16,3 $\pm$ 1,6
		Left leg	15,0 $\pm$ 1,6	21,4 $\pm$ 1,3	15,5 $\pm$ 1,2	15,5 $\pm$ 1,2

4.	Gravity (times)	4,4±0,8	10,1±0,8	4,6± 0,6	4,6± 0,6
5.	Lifting legs in the wall of gymnastics (times)	14,4±1,5	25,4±1,7	14,1± 1,8	14,1± 1,8

In order to improve the technical preparation of the girls 'couple and girls' trio in the control group in our studies, each element in their balance, tempo and combination compositions were studied separately, the mistakes made by the athletes were studied and analyzed. (Table 2).

Table 2.
Technical training of highly qualified acrobatic girls
(before and after training)

Groups name			<i>Balan s</i>	<i>Tem p</i>	<i>Kombinat s</i>
Controlgroup	Couple of girls	Beforeexperience	8,8	8.7	8.9
		Afterexperience	8.8	8.8	9.0
	Girls threesome	Beforeexperience	9.0	8.8	8.9
		Afterexperience	8.9	8.9	8.8
Experimental group	Couple of girls	Beforeexperience	8.9	8.7	9.0
		Afterexperience	9.1	9.0	9.1
	Girls threesome	Beforeexperience	8.8	8.6	8.9
		Afterexperience	9.0	8.9	9.0

Conclusion. Qualified acrobats should have all the physical sifts, except for technical training. Exercises that develop the physical qualities of highly qualified acrobatics were also included. Since the technical training of acrobats has been inextricably linked with physical training, the initiation of the training part of the training with physical training exercises has helped to increase the technical training in our research.

A positive result is obtained from the basic technical preparation for acrobatic exercises, using a fully developed training program, which

includes a set of exercises for the development of strength, coordination, elasticity and operational-strength abilities of highly qualified acrobatics. In the technique, it is important to follow the specified sequence of exercises and replace them. It is an important factor that highly qualified acrobatics have the qualities of agility-strength, coordination, elasticity, "explosive" strength, choreographic and acrobatic training, which are formed when performing exercises. The use of special exercises developed for the development of special acrobatics exercises during training sessions creates the possibility of effective formation of sports equipment, since these exercises have proved to be effective.

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