



17th International Scientific Congress: Olympic Sport and Sport for All

第17届国际“奥林匹克竞技体育与 大众体育”科学大会

Congress Proceedings 论文摘要汇编

Host: International Association of Universities
of Physical Culture and Sport
Organiser: Capital University of Physical
Education and Sports
Date: 2nd-6th, June, 2013
Website: <http://congress2013.cupes.edu.cn/>

主办单位：国际体育大学协会
承办单位：首都体育学院
会议时间：2013年6月2日-6日
会议网站：<http://congress2013.cupes.edu.cn/>

Preparation of Young Gymnasts to Group Exercise of Rhythmic Gymnastics

Irina Syvash

National University of Physical Education and Sport of Ukraine ,Postgraduate Studies of Theory and Methodology of Sports Training and Stand-by Possibilities of Athletes,Kiev,Ukraine

INTRODUCTION: Constant growth of sports achievements, competition in the international sporting arena in the sphere of rhythmic gymnastics group exercises indicate that world-class results are available only for talented athletes who managed to natural inclinations and to implement them in the process of long-term improvement. This determines the direction of research, which in recent decades is held in the Olympic sports. [1] This requires the formation of an effective long-term reserve by attracting the most talented children, followed by the maximum realization of individual opportunities and implementation of science-based approach to technology of selection and orientation training of sports reserve, from the initial stages.

METHODS: We used: an analysis of the scientific and methodological literature, regulations, compilation and systematization.

RESULTS AND DISCUSSION: The basis for a rational predisposition to success in a particular sport is long-term planned training with the maximum range of exercises that helped to improve skills of young athletes [2]. Young gymnasts, of 6-7 years old, correspond to the elementary level of training and have significant differences in the level of physical development and training skills, the level of development of individual movement characteristics. This applies to indexes of coordination abilities, speed, speed-strength, flexibility, so learning the basics of the "school" gymnastics is suitable for more accurate detection and diagnosis of promising child learning abilities.

The formation of specialization of young athletes to the group exercises we regard as the foundation for versatile qualification and individual development. Wherewith versatile training is to be for primary level, the best conditions are created for in-depth specialization in the later stages of improvement. The solution of these problems is possible with the use of a student-centered approach, which allows revealing the specifics of the training process, built on trust and respect for the individual, identifying predisposing athletes to high results. Based on the main methodological requirements of educational technology (technological criteria), the principal features and characteristics, we proposed a technology selection and orientation of gymnasts in the group exercises. Educational technology is characterized by event selection stages and orientation of promising children in group exercises, after mastering the basic elements of the "school" of rhythmic gymnastics.

The training of gymnasts in group exercise is based as a long-term and year-round process, where all the elements and components of training are related and subject to achieve maximum athletic result. Selection of Athletes and the orientation of their training are regarded as a multi-level system, according to the algorithm, the elements of which are developed and specified in steps of improvement. Developed educational technology includes: a set of children of the elementary training and the organization of the training process, the understanding of basic elements of the school of rhythmic gymnastics, a program of selection, containing questionnaire of children and parents, systematization of selection criteria, testing, rating scales, and generating recommendations for the selection and orientation training of children, developing of training programs for group exercises (learning of teamwork and collaboration, synchronous and asynchronous learning of the elements, practice of throwing and rendition) of special orientation program, creating of the psychological conditions of interaction between coach - child in the selection and

orientation of children. One of the elements of selection technology is developed teaching program of basic elements of group exercises, which forms the specialization to group exercises. It includes: warm-up, choreography and musical rhythmic training, aimless and acrobatic training, technical training with subjects and compositional training aimed at teamwork of gymnasts body and objects. Selection and orientation to the initial training is carried out on the following indexes: anthropometry, physical skills, health, and psychological indicators (motivation and psychological stability to perform repetitive work), the speed and quality of learning of movements and technical elements, the development of specialized perception, social indicators. Developed rating scales allow us to determine the potential for further improvement of children in rhythmic gymnastics

CONCLUSION: This approach allows the technology selection and orientation of prospective gymnasts in the group exercises that have a high qualification level, the ability to exercise, maintain considerable physical activity and achieve high results. The proposed technology is helping the coach to depart from the stereotypical view of the selection process, where the basis of completeness and preservation of the contingent groups, regardless of the prospects of the athlete, thus leads to the initial training in more specialized groups, giving time to study the efficient technique and formation of specialized training base. The developed selection technology and orientation training of gymnasts in the group exercises experimentally tested in primary and pre-basic training and can be used at later stages of long-term improvement.

REFERENCES :

1. Shynkaruk O. (2011) The selection of athletes and the orientation of their training in the process of multi year improvement (on the material of the Olympic kinds of sport). (pp. 126-139) Kiev: Olympic Literature.
2. Platonov V. (2012) Sport swimming: the path to success (pp. 234-238) Kiev: Olympic Literature.