ISSN NO: 2770-2367
Date of Publication: 11-04-2022

Development of Coordination Abilities of Young Skater 7-8 Years

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Annotation: The presented article deals with the development of coordination abilities of young figure skaters aged 7-8.

Keywords: coordination abilities, initial training, figure skating.

Introduction. Figure skating is one of the complex coordination sports, and coordination is the leading quality in the training of young athletes. For the development of coordination abilities, new methods of simulators are currently appearing. Figure skating has recently begun to revive in Uzbekistan, so figure skating coaches in Uzbekistan do not yet have access to such simulators, due to the high cost. Coaches of the republic strive to ensure the training of figure skaters and achieve the required level of physical fitness with limited means.

Purpose of the study–experimentally substantiate the methodology for developing the coordination abilities of figure skaters 7-8 years old, using the developed complexes for the development of coordination.

Methods and organization of research. The following methods were used in the study: analysis of literary sources; pedagogical supervision; pedagogical experiment, testing and methods of mathematical statistics.

The study involved 20 figure skaters 7-8 years old. The study was conducted on the basis of the Republican school of higher sportsmanship (RSHS) in winter and complex technical sports in Tashkent, the department of figure skating.

Analyzing literary sources and carrying out pedagogical supervision, a complex of special physical exercises was developed for the development of coordination abilities of figure skaters 7-8 years old, taking into account the specifics of the sport. The complex consisted of the following series of exercises.

1 series of exercises using a gymnastic bench: (static exercises on the bench and jumping exercises on the bench with different variations of jumps).

2 series of exercises on the simulator "Spinner": (exercises for imitation of rotations on a spinner and imitation of jumps on a spinner).

3 series of exercises using a jump rope. Rope jump complex: forward, backward, crosswise; jumping through a double-folded rope forward, backward; "double" jumps; jumping over a double-folded rope in a semi-squat.

4 series Games for the development of coordination and dexterity, close to the characteristics of the sport. The game "Marskoe figure" for the development of static coordination and dynamic balance. The game "Sparrows-Crows" from the starting positions corresponding to the positions of figure skating. Mobile games "Absolutely on target", "Moving target" for developing the speed of response to a signal, switching from one type of movement to another, for the speed and accuracy of performing game tasks. Outdoor games "Jumpers", "Owl", "Swamp", "Let's go by ear" for the development of orientation in space. Relays in the hall and on the ice.

5 series - throwing the ball up overhead while turning and catching the ball at the same time. Execution in different directions.

6 Series - performance of various steps of figure skating for a combination of movements of the legs and arms.

This complex was used in the training process of young figure skaters 7-8 years old, in training for general and special physical training.

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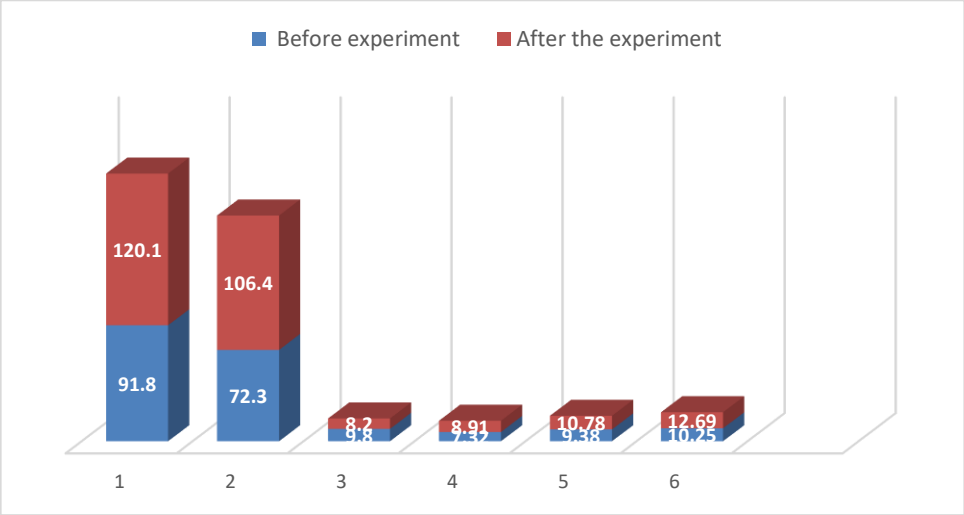
Results of the study and their discussion.

At the beginning and at the end of the study, tests were conducted to determine the level of development of the coordination abilities of figure skaters. (Table 1)

Tests	Jumping rope on two legs for 1 minute. number of times (1)	Jumping rope on one leg for 1 min. number of times (2)	Shuttle run (3 x 10 m) in seconds (3)	Test Biryuk in seconds (4)	Yarotsky test in seconds (5)	Try Romberg in seconds (6)
Before experiment	91,8± 0,5	72,3± 0,9	9,8± 0,5	7,32± 0,8	9,38± 0,4	10,25± 1,0
After the experiment	120,1± 0,5	106,4± 0,8	8,2± 0,5	8,91± 0,9	10,78± 0,6	12,69± 1,0

Fig.1 Growth of indicators of coordination abilities of young figure skaters 7-8 years old before and after the experiment



The results of the study showed a quantitative increase in the results of testing figure skaters. For example: the percentage increase in the number of jumps on a rope on two legs in 1 minute as a percentage increased by 30,8 %, and jumps on a rope on one leg in 1 minute was 47%. The results of the " Shuttle run " test respectively decreased by 16%. The results of the percentage increase in the samples increased by 21,3%, 14,9% and 23,8% respectively. The data of the obtained studies indicate that the use of the developed sets of exercises develops the coordination abilities of figure skaters, increases their level of development, which indicates the effectiveness of their use.

The performed research allowed to draw a conclusion about the need to use this complex of special physical exercises to develop the coordination abilities of figure skaters. Based on this, the developed complex can be recommended to figure skating coaches for use in the training process.

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ISSN NO: 2770-2367
Date of Publication: 11-04-2022

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