

# Features Of Technical Training of Swimmers Using the Method of Circular Training and Special Exercises

Abdalimova R.M.,

Master of sports of international class in swimming, teacher, Uzbek State University of Physical Culture and Sports, Chirchik, Republic of Uzbekistan

**Annotation.** The work is dedicated to the technical training of swimmers. The paper reveals the features of the technical readiness of swimmers with the help of special exercises used by the circuit training method.

**Keywords:** swimming, technical training, circuit training.

**Introduction.** At the present stage of the development of elite sport, issues related to the improvement of technical skills and an increase in the general level of physical fitness of swimmers are of particular relevance. The educational and training process in sports schools provides for the creation of the foundations of basic technical training, the formation of the necessary fund of motor skills and abilities, the achievement of a comprehensive harmonious development. However, the level of manifestation of the main motor qualities of athletes at major competitions does not meet the needs of the present.

Technique is one of the key components to achieve high results in almost all sports. In swimming, technical training is an integral part of the training system for highly qualified swimmers. It plays a direct role, contributing to the improvement of the competitive result. Technique in swimming is different, swimmers with good joint mobility use a technique with a large range of motion, and those with less mobility use a technique with a lower range of motion, but all athletes start from the example of classical technique.

In this regard, the task of optimizing technical training is currently coming to the fore, in particular the formation of basic elements among swimmers, since an integral indicator of swimmers' preparedness is the ability to reliably and effectively perform technical actions during the competition.

In this regard, the solution of this problem is very relevant in improving the educational and training process of swimmers of various qualifications.

**Purpose of the study.** To develop and experimentally substantiate the effectiveness of the use of exercises to improve the special technical training of swimmers according to the method of circular training in training sessions. Research methods. Theoretical analysis and generalization of data from special scientific and methodological literature, analysis of the practical experience of leading athletes in swimming with the help of questionnaires, pedagogical observations of the activities of people of different ages in the training process and during participation in competitions, monitoring of the formation of technical actions, pedagogical testing of the level speed-strength and general physical fitness of those involved, pedagogical experiment, mathematical and statistical analysis of the results of the study.

**Methodology.** To determine the effectiveness of the developed methodology, we organized and conducted a pedagogical experiment. Swimmers of training groups aged 16-17 took part in the experiment. There were 12 swimmers in the experimental group, 12 swimmers in the control group. The experiment was carried out on the basis of the swimming pool of the Swimming Federation of Uzbekistan. The program for the experimental group was specially developed by us, taking into account the specifics of the competitive activity of swimmers. The exercises used in the experimental program were used according to the circuit training method. The control group trained according to the traditional method. The developed technique included the performance of two series of exercises according to the method of circular training (for 15 seconds each), the rest interval between them was 30 seconds and 1 minute between the series of exercises, the duration of this technique was 8 weeks, 2 lessons weekly.

The circuit training complex included special swimmer exercises both on land and in water and consisted of eight stations.

**Research results.** The results obtained after statistical processing testify to the effectiveness of the developed methodology for improving the technical training of qualified swimmers. It was revealed that at the beginning of the experiment there were no differences in the indicators of physical technical readiness between the swimmers of the control and experimental groups ( $p > 0.05$ ). Control over the physical and technical readiness of swimmers, carried out throughout the pedagogical experiment, showed the advantage of classes using exercises for the method of circular training compared to the traditional way of conducting classes.

Our study revealed that not all indicators in the experimental group are better than in the control group. So on the first segment it can be seen that the swimmers from the experimental group swim the segment faster by 0.2 seconds than the swimmers from the control group, also on this segment the swimmers of the experimental group swam with fewer strokes by 0.1 than the swimmers of the control group. In the second segment also, the swimmers from the experimental group were faster than the swimmers from the control group by 0.4 seconds and the number of strokes in the experimental group was less by 0.4 strokes than the swimmers in the control group, which amounted to 34.8 strokes in the experimental group and 35.2 strokes in the control group. The average time for the third segment was 33.0 seconds for the experimental group, which is 0.2 seconds faster than the control group swimmers, and the stroke rate was 0.7 strokes less for the control group, which was 35.3 strokes. At the last segment of the distance, the average number of strokes in the control group was 38.0, which is 0.1 strokes more than in the athletes of the control group, and the average swimming time of the segment in the experimental group was 32.2 seconds, which is 0.8 strokes less than in the athletes of the control group.

As for the overall result of swimming 200 meters freestyle, the athletes of the control group improved their result by 0.4 seconds, which was 2.07.5 in general, the athletes of the experimental group showed the best result than the swimmers from the control group, their average result was 2.05.8 which 2.0 seconds faster than at the beginning of the experiment.

As a result of the pedagogical experiment, data were obtained that allow us to assess the degree of influence of the proposed methodology on the formation of the technical skills of swimmers.

The effectiveness of the developed methodology was confirmed not only by the positive dynamics of the results of the experimental groups, but also by the superiority of the results of testing the swimmers of the experimental group over those of the swimmers of the control group. Summarizing the results of the conducted pedagogical experiment, it can be stated that the data obtained confirmed our assumption that it is more appropriate to use the circuit training method in the training of swimmers.

**Conclusions.** The results of testing participants in the study groups in a pedagogical experiment showed a higher efficiency of the proposed methodology compared to the program used in sports schools, and confirmed the effectiveness of its application to improve the technical skills of swimmers. The high efficiency of the experimental technique was confirmed by the results of control standards in the swimmers of the experimental group. The increase in all indicators during the experiment turned out to be significantly higher in the group trained according to the experimental method than in the group trained according to the usual program, which is a strong argument in favor of the proposed method, which allows to improve the motor skills of swimmers more effectively. The developed methodology can be used in training groups in sports schools.

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