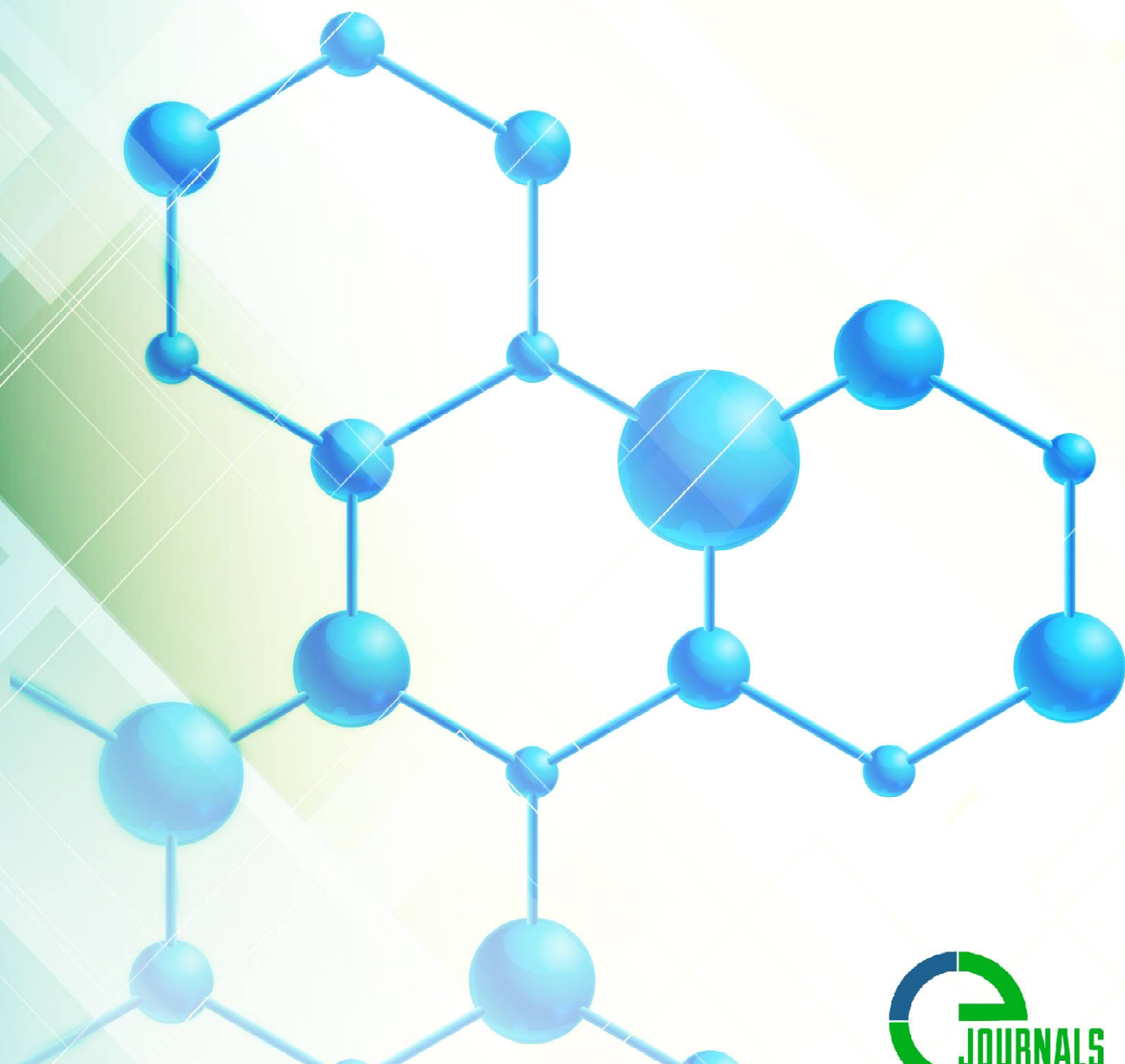


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CHOREOGRAPHIC AND ACROBATIC PREPARATION AT THE INITIAL STAGE OF TRAINING ACTIVITY IN TRAMPOLINE**G. M. Khasanova**Uzbek State University of Physical Culture and Sports
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Abstract. The article deals with the issues of the influence of acrobatic and choreographic training on the motor potential of trampoline players at the stage of initial training of the basic level.

Keywords: trampoline, acrobatics, choreography, trampoline, physical and technical training.

INTRODUCTION. In recent years, consistent measures have been taken in the republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure a worthy performance of the country in the international sports arena (1).

There is a need to introduce into practice specific programs in the field of physical culture and sports that promote the health of the population, the wide involvement of young people in sports and the selection of talented athletes among them, the formation of national teams by master athletes who provide high results in sports (1).

METHODOLOGY AND RESULTS. One of these sports is trampolining (Trampoline) - an Olympic sport that is particularly spectacular, providing for training and participation in individual and team competitions with the identification of the strongest athletes on special equipment through the use of elastic deformation of the support and the performance of a series of high coordination jumps with multiple rotations around the transverse and longitudinal axes of the body.

Trampoline jumping is an acyclic, complex-coordination sport, in the process of training, which develop and form physical qualities, the motor abilities of athletes improve, the activity of the vestibular apparatus improves: during the jump, our body is forced to reflexively maintain balance in order to land successfully, as a result of which it trains and improved coordination of movements, spatial orientation (2, 4, 7, 9, 16).

Trampolining includes the following sports disciplines: individual trampoline, trampoline / synchro, double mini trampoline and tumbling.

The system of sports training for trampolines is determined, first of all, by the focus on achieving the highest possible individual result. Targets in the training of athletes can be expressed in the following chronology: goal-means-result. The modern trampoline training system is based, first of all, on the practical experience and pedagogical skills of practical trainers, whose activities do not have sufficient scientific and methodological justification. The issues of training athletes are most often resolved at a subconscious level.

The educational and training process of trampolines consists of various types of training (physical, technical, acrobatic, choreographic, psychological, etc.), which provides general versatile development, the ability to perform complex coordination jumps, while maintaining the ability to control and correct their movements, improve basic motor skills, physical and volitional qualities of an athlete (3, 5, 8, 9, 10). Trampoline exercises, along with gymnastics, figure skating, diving, are among those sports in which plasticity, beauty, accuracy of movements, the ability to control one's body, and the ease of performing exercises are primarily assessed. These tasks are solved in the process of choreographic, acrobatic, gymnastic training of trampolines throughout their sports life.

Pedagogical observations, control tests, methods of mathematical statistics.

DISCUSSION AND RESULTS. The study involved children of 1-2 years of education at the basic level of the SDYUSSH for hot water supply in Tashkent.

Acrobatic training of trampolines consists of various movements associated with turning the body over without support (in flight), while maintaining balance (balancing) on its own. Elements of acrobatics, such as body rotations, maintaining balance in unusual, diverse support conditions, are used in many sports. In the process of training sessions, vital motor skills and abilities (applied and sports) are formed, special knowledge is acquired, moral and volitional qualities are brought up.

Choreography in sports is one of the modern methods of training young athletes and international class athletes based on the methodology developed by the school of classical and folk dances.

In choreography classes, the culture of athletes' movements increases, the so-called "sense of posture" is acquired, the correct position of the body in space, stability, coordination of movements, mobility in the joints, the ability to perform movements with extreme accuracy develop and improve (3, 14, 15).

From the first day in the choreography and acrobatics classes, a "school" of movements is laid, a foundation that will serve the trampoline player throughout his sports life (11, 12, 13).

In the process of pedagogical observations, it was revealed that only 10% (32 hours) of the total load per year is allocated for acrobatic and choreographic training, in our opinion, this time is not enough for the development, improvement and stabilization of motor skills.

In this regard, we decided to develop consistent and more detailed sets of exercises in choreography and acrobatics, taking into account the requirements of the specifics of the species under study, contributing to the positive development of the motor capabilities of trampolines.

When forming educational and training complexes, a number of facts were taken into account (Tables 1.2):

- do not use exercises for the development of eversion of the feet;
- ignore classic hand positions;
- pay attention to the development of mobility in the shoulder, knee and ankle joints.

Conducting choreography lessons with young trampolines was carried out 2 times a week for 30-45 minutes, including the time between sets of trampolining.

Acrobatic elements and combinations were studied on the acrobatic track and during the work of the trampoline player between sets.

Throughout the entire educational and training process (macrocycle), the athletes performed the proposed sets of choreographic and acrobatic exercises. In the initial training groups, along with traditional teaching methods, the game method was actively used, which, as you know, has a positive effect on the physical and psychological state



of young athletes.

Table 1

Approximate complex of choreographic training

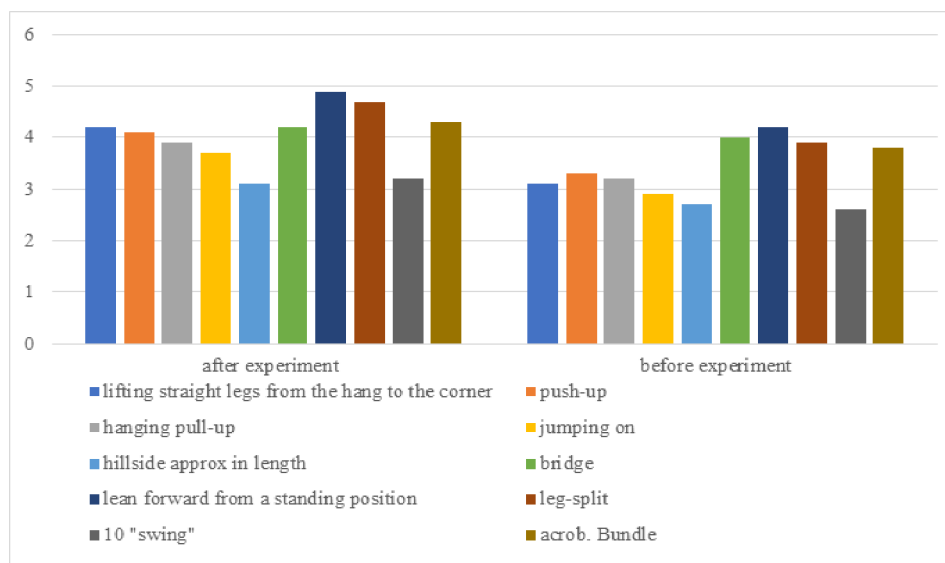
№	Exercise content	dosage	Assignment of exercises
1.	Releve - lifting on half-toes	8-16	Develops calf muscles, foot strength, stability
2.	Demi-plie - incomplete "squat" (half squat)	8-16	Develops strength in the legs, hips and ankle joints, ligament flexibility, Achilles tendon
3.	Battement-tendu "elongated" - sliding foot movement forward toe position side, back with return sliding motion from one position to another.	8-16	Develops strength tightness of the legs
4.	Battement-tendu-jete "throw" - swing to the downward position (25°,45°) with a cross	8-16	Develops leg strength, feeling balance
5.	Grand-battement - swing with a large amplitude	8-16	Strengthening the legs, back, balance.

Table 2

Approximate complex of acrobatic training

№	Exercise content	dosage
1.	Rolls in the grouping back and forth lying on your back; from sitting position, crouching from an emphasis.	8-16
2.	Somersault forward and backward	8-16
3.	Somersault forward jump up	8-16
4.	Somersault forward, jump up with a turn of 180 °, 360 °	4-8
5.	Forward roll, jump up with a 180 turn, back roll with a 180 turn	4-8
6.	Forward somersault handstand (tempo) Entering the handstand after somersault - pace through bending the legs. Possibility to rack with straight legs.	2 episodes of 4 racks.
7.	Swing handstand - somersault forward 2 series of 5-6 times. After the swing, a quick connection of the legs in a stance, a somersault with straight legs	4-8
8.	Somersault back bending over 5-6 times in a row. Do not bend your legs throughout the movement.	4-8
9.	Somersault back to the rack (2 series of 5-6 times). Exit to the rack with straight arms, hands inward, body straight, head lowered on the chest	4-8
10.	Side flip	4-8

At the end of the experiment, control tests were carried out on physical and technical training, where, as we assumed, there were improvements in the technical performance of straight jumps, jumps on knees, in a squat, on a back, on a stomach, in grouping, legs apart, bending over, bending legs apart. Improvements were observed in a combination of jumps, a combination of youth categories. The figure shows the results of the physical fitness of young trampoline boys before and after the experiment. Estimates were calculated on a 5-point scale (2).



CONCLUSION. At the end of the experiment, 75% of the trainees fulfilled the standard of the III youth category of the classification program for trampoline jumping. Thus, the introduction of more detailed and consistent complexes of acrobatic and choreographic training into the training process of young trampolines indicates a positive impact on the development and further improvement of the motor potential of young athletes.

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