

IMPROVING BREASTFEEDING TECHNIQUE OF YOUNG ATHLETES

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Abstract: This article provides guidelines and suggestions for improving breaststroke swimming technique for young athletes in the initial training phase.

Keywords: Breaststroke, training, improvement, speed, explosive power, swimming, amplitude, velocity.

The constant development of the results of swimming technique in the brass method, the emergence of new records in the world arenas force us to increase the requirements for the training of swimmers and create the need to improve the technique of young swimmers. Training of high-class swimmers capable of setting world records and winning major competitions is carried out in many countries of the world. [1].

At the same time, the increased competition in the world has led to the fact that the achievements of our swimmers in recent years have become less noticeable than in the past. This fact alone indicates that, given the fierce competition, improving swimming speed and technique should be as effective as possible.

The authors (VN Platonov, VB Avdienko, AR Vorontsov, VP Bakhin and others) in the activities of swimmers play an important role in the relationships associated with them [2,3,4]. From this, together necessity speed rights separately of the era person with circles depends.

research purpose . Rice swimming of the technique about , complexes training slab from the exit consists of , 12-14 years old floating son children for example .

the research organization To do Methods . Tasks solution To do for about research methods used :

research problem according to scientific and methodological literature analysis to do . Questionnaire , pedagogical test , pedagogical experience , information mathematician again work methods .

Ush at work research For ages 12-14 swimmers was selected . In the experiment , the city of Tashkent WATER sports according to specialized children and teenagers 20 students studying at the school swimmers participation did and two to the group divided experience (n=10) and control (n=10) . Rice was used swimming technique big one according to training process 3 days , 6 days in volume union increased . From this along with , swimmers 5 days a week general physical preparation with to engage in .

Control grouping swimmers himself according to the TSSIM program training they did , experiment group swimmers and (n=10) 6 weeks for help complexes things Did the experiment on July 6 . did September 2022 year and February 2023 until .

Swimmers technician and speed to be in a relationship thing level shows 12-14 years old was in swimmers control tests passed , to him about about :

1. 30m dash
2. Starting from the bedside table
3. In the rice method swimming from 25 m sideline pushed
4. Swim 50 m breaststroke from the start .

Experiment our speed designation thing about shows we have determined 12-14 years old experience and control by for . Simple by taken nations recycling mathematical statistics , we have presented them in Table 1 .

Table-1 Primary lake speed designation thing 12-14 years old experience and control by for .

	Groups		t	t	P
Running 30 m, s	NG	5.75±0.90	0.4	2.03	≥ 0.05
	TG	5.63±0.63			
Starting from the bottom	NG	0.77±0.07	0.5	2.03	≥ 0.05
	TG	0.78±0.06			
15 m breaststroke, s	NG	9.96±1.02	0.01	2.03	≥ 0.05
	TG	9.97±1.23			
50 m from the copper start, s	NG	38.66±2.49	0.5	2.03	≥ 0.05
	TG	41.15±2.94			

Note : NG - control group , TG - experience group , , t - Calculated value , P - error because of .

In the table visible It is clear that the research first Stage 12-14 years old breaststroke in swimmers to look out by level two guru between big difference No. This is it . means that both guru thing level one kind in the circumstances .

We are 12-14 years old. son children swimmers copper swimming for about to develop big things production We went out . Experience in the group training copper swimming in the cycle the technique about about for about March 2 per week Water and on land about 3 series in the amount of union increased . Series I will wait 3 minutes. organization did this to the swimmer product at the level recovery by One on Fire 3 series consists of be , comment Rest for 40-60 seconds was . Exercises maximum 6 seconds at speed for union increased , increased then I'm afraid I 'm going to die .

research other and discussion . Speed and the technique develop for us to produce came out and about about from the collection then , 12-14 year old brass method from swimmers repetitive tests tests we spent .

Table 2 shows that , as an experiment , test data obtained in the lakes control and experience guru other about at the level changed We'll see .

Tests	Groups		t	t	P
Running 30 m, s	NG	5.57±0.72	0.5	2.03	≥ 0.05
	TG	5.47±0.52			
Starting from the bottom	NG	0.76±0.08	1.02	2.03	≥ 0.05
	TG	0.72±0.04			
15m breaststroke , s	NG	9.81±0.81	2.1	2.03	≥ 0.05
	TG	9.21±0.93			
50m from the copper start , s	NG	39.37±2.7	2.1	2.03	≥ 0.05
	TG	37.93±1.44			

Note : NG - control group , TG - experience group , , t - Calculated value , P - error because of .

Experience day for that again NG and TG in tests visible changes in the lakes kotta . Final nations marking differences person see .

30 meters running about swimmers required to be rated at NG (good) , on in the test report price was received (satisfactory) . NG swimmers one kind the result Nomads . This is what he says. must statistics she is lake according to at differences order size

Starting from the bottom taken statistics lake according to at differences order size NG assistance in 15m breaststroke of the lakes growth for , in difference not specified . TG swimmers lake according to day swimming time improved . Enough the differences they showed .

Control in the group from experience then in the 50- meter breaststroke swimming according to the competition analysis To do nationality development changes Statistics person in projects big difference not found .

Conclusion. The business is over, based on the pedagogical experience of the nation, I am talking about the effectiveness of our complex training sessions using the breaststroke method, the technique and tactics of swimming for 12-14 year old breaststroke swimmers.

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