ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298

UNCONVENTIONAL DEVELOPMENT OF BALANCE ON LAND IN YOUNG KAYAKERS

I. O. Egamberdiyev
Uzbekistan State University of Physical Culture and Sports

ABSTRACT

The huge competition in the international arena in rowing requires a tireless and constant search for new, effective means, techniques, approaches and methods of working with aspiring young rowers. At the same time, it should be noted that insufficient attention is paid to the scientific substantiation of the training process both in adult rowing “masters of paddle” and in young athletes.

Keywords: balance, kayakers, football, bosu, coordination, land

INTRODUCTION

In the scientific and methodological literature, the described studies are carried out more often on rowers who already confidently master balance and the technique of rowing movements, and there are very few works devoted to the formation, mastering and accelerated development of balance, rowing technique and mastering the art of boat control by beginner rowers. On this issue, many well-known rowing experts say that mastering the rowing technique and mastering the specific balance of beginner rowers must be practiced first on land. But how, where, what and how to teach? Scientists do not give an answer to these questions, therefore the development of these questions at the stage of initial training of beginner rowers is especially necessary and urgent.

METHODOLOGY

Objective. To reveal the significance of non-traditional development of balance on land among young canoeists.

Various methodological techniques are used to improve static and dynamic balance.

a) for static balance:

✓ lengthening the time of maintaining the pose;

✓ exclusion of the visual analyzer, which makes additional requirements for the motor analyzer;

✓ reduction of the support area;

ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298

✓ increasing the height of the supporting surface;
✓ introduction of an unstable support;
✓ introduction of accompanying movements;
✓ creation of counteraction (paired movements);

b) for dynamic balance:

✓ exercises with changing external conditions (relief, ground, track, surface, location, weather);
✓ exercises for training the vestibular apparatus (equipment for a swing, lounger, centrifuge and other simulators).

BOSU is an abbreviation for both sides use, which translates as "both sides are working". This is the name of the platform for sports training, which is an inflatable hemisphere with a hard, flat bottom.

RESULTS AND DISCUSSION

In the process of training, both surfaces of the platform are involved: from a standing, sitting, lying position, you can perform both on the convex part, and on the hard part - in this case, the simulator is turned over with the hemisphere to the floor. Each movement requires additional effort to maintain balance.

BOSU requires the participation of small muscle groups, the so-called stabilizing muscles, which are not involved in the process of habitual physical activity. In addition, training with the help of a wonderful platform strengthens the vestibular apparatus, improves coordination.

The beginning of each activity requires adaptation to an unstable surface. Therefore, any BOSU workout is preceded by a warm-up. The following are suitable for her (performed on inhalation and exhalation, repeated 6-8 times each).

- Hands to the sides, the position of the pelvis does not change, turns the head left and right;
- Turns the body left and right, the position of the pelvis is unchanged.

The number of repetitions of each is 10-15 times. This is a general standard that is not optimal for everyone: each movement should be performed as long as it is possible to maintain the correct movement technique.

ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298



Fitball (Exercise ball, Swiss ball) - a large elastic ball from 45 to 95 cm in diameter, used for aerobics.

Fitball exercises stress most muscle groups, help correct posture, improve coordination, and increase flexibility. The round shape of the ball helps to perform movements with greater amplitude, and its instability forces the muscles to be kept in constant tension to maintain balance.



A balance cushion (balance massage cushion, balance disc) can be used either as an alternative to the standard balance trainer roller, or separately to develop a sense of coordination, standing and balancing on one or two legs, standing in support or lying directly on the pillow balance.



ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298

CONCLUSIONS

The non-traditional development of the static and dynamic component of coordination among rowers provides both the expediency of coordinating the movement (coordinating, subordinating, organizing them into a single whole) during the construction and reproduction of new motor actions; and the ability to rebuild the coordination of stroke movements (if necessary, change the action parameters in accordance with the requirements of changing conditions).

REFERENCES

1. Тажибаев, С. С., & Серебряков, Ю. В. (2015). Динамика общей и специальной физической подготовленности боксеров юношей, занимающихся боксом на этапе начальной спортивной специализации. *Молодой ученый*, (2), 109-111.
2. Tajibayev, S. S. (2016). Use of innovative technologies in registration and processing of indicators of special efficiency of athletes. *European Journal of Research and Reflection in Educational Sciences Vol*, *4*(2).
3. Алиев, И. Б. (2020). Курашчиларнинг мусобака олди тайёргарлик боскичларидаги толикиш белгиларини турли х, ажмдаги таъсирига караб юкламаларни таксимлаш. *Фан-спортга,(2)*, 42-45.
4. GAZIEV, S. (2020). Systematic planning of special power training of sambo in the year round. *Фан-Спортга*, (3), 7-9.
5. ИЛОВ, А. (2020). Шарқона яккакураш спорт турлари билан шуғулланувчиларда меъёрлаштирилган махсус машқларни бажариш тезлиги ва унинг гипоксик қиймати (каратэ мисолида). *Фан-Спортга*, (1), 65-68.
6. Люлина, Е. С., & Мирзакулов, Ш. А. (2019). Эффективность применения таксономии Блума в педагогическом процессе вуза (на примере направления" спортивная деятельность"). *Физическая культура. Спорт. Туризм. Двигательная рекреация*, *4*(2).
7. Солиев, И. Р., Холбекова, Д. Н., Давлатёрова, Л. Б., & Азамова, Г. Э. (2021). Енгил атлетиканинг қисқа масофага югуриш турларида техник тайёргарлик такомиллаштириш. *Academic research in educational sciences*, *2*(Special Issue 1).
8. Солиев, И. Р., Давидова, К. Р., Мийликулова, Ш. С. Қ., & Азамова, Г. Э. (2021). Енгил атлетика спорт турида машғулот ва мусобақа жараёнини бошқариш тизимининг таҳлили. *Academic research in educational sciences*, *2*(Special Issue 1).
9. Tashkenbayevna, S. K., Rozikovich, S. I., Vladimirovna, L. L., Sotivoldiyevich, O. M., Mukhammadjonovich, B. A., Omonboyevich, A. B., & Valikhojayevich, S. Z.

ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298

(2020). Pedagogical technologies and interactive methods as a factor of increasing special knowledge of students. *Journal of Critical Reviews*, *7*(6), 42-46.
10. Shirnazarova, Z. A. (2020). Aktuelle fragen studienverteilung der interkulturellen kommunikation in informationsfeldern. *EPRA International Journal of Multidisciplinary Research*, *6*(5), 525-527.
11. Ширназарова, З. А. (2020). Критерии выбора фильмов при обучении иностранным языкам. *Молодоц учёный*, *24*(314), 443-444.
12. Abdujalilova, S. A., & Qorayev, S. B. (2020). The Role Of Pedagogical Technologies In The Formation Of Students' Scientific Outlook. *European Journal of Molecular & Clinical Medicine*, *7*(03), 2020.
13. Қораев, С. Б. (2016). Фанларни ўқитишда табақалаштирилган таълим технологиясини жорий этиш масалалари. *Таълим технологиялари*, *2*, 45-50.
14. Мухамедов, Г. И., & Қораев, С. Б. (2019). Ўқув-ишлаб чиқариш мажмуа машғулотларини олиб боришда педагогмухандисларнинг касбий функцияларини ошириш тамойиллари. *Муғаллим ҳәм үзликсиз билимлендириў*, *2*, 71-74.
15. Farkhodovich, I.B., (2020). Development of balance in young kayakers in the initial stage of training. European Journal of Research and Reflection in Educational Sciences. Vol. 8 No. 2. 66-70.
16. Ikramov F.T. Ikramov B.F. FEATURES OF USE ROWING POOL //Polish Science Journal/Warsaw, Poland Wydawnictwo Naukowe "Iscience" 2021.
17. Икрамов Б.Ф. Икрамов Ф. Т. СТАРТОВЫЕ ДЕЙСТВИЯ ГРЕБЦОВ НА БАЙДАРКАХ И КАНОЭ //Polish Science Journal/Warsaw, Poland Wydawnictwo Naukowe "Iscience" 2021.
18. Азимов З. Н. Гребной спорт в классификации видов спорта по характеру совместной деятельности //Polish Science Journal/Warsaw, Poland Wydawnictwo Naukowe "Iscience" 2021