

## DEVELOPMENT OF WATER SPORTS AND TECHNICAL TACTICS OF ATHLETES

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### ANNOTATION

The origin of the sport of swimming and the rules of law created by people who contributed to its development. About what to pay attention to the development of swimming in our country as a multi-disciplinary sport and the achievement of high results by our athletes.

**Keywords:** water, level of cold, classic movements of the athlete, history of water sports,

### INTRODUCTION

The history of swimming dates back to the 15th-16th centuries. The first swimming competition was held in 1515 in Venice. The first swimming schools opened in the second half of the 18th century in the early 19th century in Germany, Austria, and France. At the end of the 19th century, with the construction of artificial ponds, swimming became popular. In 1890, the 1st European Swimming Championship was held. Swimming has been part of the Olympic program since 1896 (women have competed since 1912). The International Amateur Swimming Federation (FINA, founded in 1908) is made up of national federations from more than 130 countries. Various water games and competitions have been held in Uzbekistan since ancient times. Swimming began to develop in the republic in 1924-25. It was during this period that the first hydropower plants were built. In Tashkent, for example, the Bozsuv Dam was blocked and an artificial reservoir was created. Two water stations have been built here, a swimming pool and high jump towers have been built. On March 1, 1927, a swimming competition was held here between the teams of Tashkent and Samara. 1930 Tashkent Stadium and uz. An 50 m open water heating basin was built and put into operation. In 1935, the Republican Water Sports Festival and the Uzbek Swimming Championship were held in the Andijan artificial water basin. In 1939, the Republican Swimming Federation was established in Uzbekistan. In the 60s of the last century in Tashkent (under the Institute of Physical Culture, under the sports society "Labor Reserves", under the Army Sports Club), in Navoi and other regions were built and put into operation indoor and outdoor water pools. Talented young swimmers are emerging in the country. S.Babanina, N.Ustinova, S.Iskandarova, S.Konov, SZabolotnov, who successfully participated in the Olympic Games and international competitions, became famous in this sport. Currently, there are more than 200 reservoirs in the regional and district centers of the country. If we look at historical sources, there are findings that confirm that swimming competitions were held 3-3.5 thousand years ago. Swimming is the movement of a person's arms and legs in the water: the movement of support. Swimming is divided into sports, practical, synchronous, entertainment games, water polo, diving, according to its direction and purpose. These species, in turn, have their own methods and techniques. Consider, for example, sports swimming. Athletic swimming means swimming the distance of the competition without special equipment, using movement techniques limited by the rules of the competition. The technique used in each method is based on the rules of the competition and

certain requirements. Currently, competitions are held in the following types and distances of swimming, records are recorded: freestyle-100, 200, 400,800, 1500 m; relays-4X100 m, 4X200 m; brass-100, 200 m; crawl backstroke - 100, 200 m; mixed swimming-200 m (50 m delfm, Q50 crawl back, Q50 m brass, Q50 m crawl chest); -400 m (100 m delfm, Q100 m crawl back, Q100 m brass, Q100 m crawl chest); mixed relay-4X 100 m (100 backstroke, Q100 m brass, Q100 m delfm, Q100 m crawl. Usually, the fastest crawl method is used for breaststroke. breaststroke is characterized by alternating non-stop movements of the arms and legs. The body is placed almost horizontally on the surface of the water. It can be used not only for distances up to, but also for long-distance swimming. The training of swimming techniques often begins with the training of breaststroke in the crawl method. Once this method is mastered, it becomes easier to learn swimming techniques in other methods. breaststroke - lags far behind other methods of swimming in terms of speed of movement. The technique of this method is characterized by simultaneous, harmonious movements of the legs and arms, combining the movements in a certain order. The hands do not come out of the water during the preparatory movement. The importance of brass in sports is much less than in breaststroke in the crawl method, but in terms of practical importance, brass has stunts compared to other methods of swimming. When swimming in the open natural water basins in the brass method, it is easy to target the environment, maintaining the desired direction of movement. This method is convenient when swimming with clothes and moving a floating object from one place to another. Those who are good at the Brass method will be able to swim large distances. The Brass method can be used in the early stages of swimming training. The dolphin method is taught in the crawl method after mastering the breaststroke swimming technique perfectly. Backstroke in the crawl method — this method is characterized by alternating, sequential movements of the arms and legs. During the preparatory movement, the hands are on the surface of the water-in-the-air. This method ranks third after the dolphin in terms of speed. The crawl swimming technique is often taught in combination with breaststroke. Usually this method is quickly mastered by young children. Mixed swimming is a combination of basic athletic techniques and is a great tool for testing all-round swimming skills. This method is very useful for swimmers who practice the other method during the exercise. Mixed swimming is used in all competitions of different scales. It is advisable to teach mixed swimming techniques only after mastering the basic techniques of swimming (crawl, breaststroke, backstroke, brass, dolphin).

#### LIST OF USED LITERATURE

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