

METHODS AND TECHNIQUES OF SWIMMING AND ITS TRAINING

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ANONTATION

Practical and theoretical knowledge of swimming sports training in which to give qualified knowledge to young spotters

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The main terms of the science of swimming and its teaching methodology include: sports competitions, sports movement, sports activities, sports training, sports training system, Sports School, Sports Training System, sports indicators, sports results. It is impossible to successfully occupy the subject in which swimming and the methodology of its teaching are studied without clarifying the content and meaning of these terms.

The history of the development of the sport of swimming in the same training process, the role of swimming in the physical education system of the Republic of Uzbekistan, the scientific and theoretical foundations of swimming techniques, training and training in swimming, preparatory exercises for training and mastering the methods of swimming, special sports exercises for improving and training swimming techniques, training the technique of, provides for the development of physical qualities in conjunction with the implementation of such tasks as first aid to a drowning person, the organization and conduct of swimming competitions, competition documentation, refereeing. 5 The purpose of the discipline of intrusion and its teaching methodology is to teach students the style and theoretical knowledge of swimming, theoretical knowledge of swimming techniques and methods, mastery of practical action skills and qualifications, study, organize and conduct swimming training, teach knowledge in the rescue and first aid of divers. preparation is understood as well as its norms and achievements. Sports competitions are the way of showing, the assessment and comparison of sports achievements, the management of competitions in the field of sports in relation to oneself. Sports competitions are aimed at establishing the necessary ommili, the means of the organization of personality, the awareness of human capabilities, the formation of benchmark indicators, to communicate with others. Introduces the features of the preparatory and competition activities of swimmers, problems of normalizing the load of the competition, criteria and factors of technical and tactical skill of athletes. This knowledge should be the basis of the skill of the future coach's work, the effective implementation of the readiness of those involved to fulfill the standard requirements of the sports category. It is of great importance to have a clear idea of the system of training athletes, which includes the general pedagogical and special means and methods of training students. This training course provides for the study of the means and methods of moral and will, technical, tactical and physical training of the swimmer. Qualification for training and competition activities of swimmers as well as analysis is also important.

Swimming is the displacement of a person in the water with the support of the movement of his hands and feet. Swimming sports are divided according to their orientation and goals into sports, practical, synchronous (artistic), entertainment games, Water Ball, water jump. These species in turn have their own methods and techniques. Let's take sports swimming in particular. Sports swimming competition-special attention is paid to the organizational and methodological issues of training swimmers in schools-junior sports schools, a school specializing in sports, higher sports skills schools, the features of drawing up the training process when working with children, adolescents, adolescents and older athletes are considered General characteristic of swimming sports at the moment, competitions are held in the following types and distances of sports swimming, records are listed: Freestyle-50, 100, 200, 400, 800 1500 m; relay-4x100 m, 4x200 m; brass-50, 100, 200 m; dolphin-50, 100, 200 m; Cross-Country Swimming-50,100, 200 m; mixed swimming-200 m, 400 (50 m dolphin Q 50 cross-country style Q 50 M brass, Q 50 M Cross-Country Style breaststroke);-400 m (100 m 100 m Krol method on the back Q 100 m brass Q 100 m Krol method on the chest); mixed relay-4x100 m (100-Back Q 100 m brass Q 100 m dolphin Q 100 m krol).

In the Brass method, breaststroke is far behind in terms of speed of movement compared to other methods of swimming. The technique of this method is characterized by performing the movements of the legs and arms at the same time, in harmony with each other, harmonizing the movements in a certain order. During the preparatory movement, the hands do not come out of the water. gan means to swim the distance without special devices, using a motion technique limited by the racing rule. The movement techniques used in each method, however, are performed based on the rules of the competition, certain requirements imposed. Brass's importance in the sport is in relation to the krol method of breaststroke

The Krol method serves as the primary means of movement (swimming method) in breaststroke waterball games. Teaching athletic swimming techniques often begins with teaching breaststroke in the krol method. Once this method is mastered, it becomes easier to learn swimming techniques in other ways. Usually, when swimming a distance in a free way-the krol method, which is the fastest, uses breaststroke. In the Krol method, swimming in the chest is characterized by the continuous movements of the arms and legs, which are performed alternately. In it, the body settles almost horizontally on the surface of the water. The movement of the hands in preparation for water ingestion is performed on the surface of the water, in the air. This method is used not only for distances from 50 m to 1500 m, but also for long-distance swimming. This method is very convenient in preventing accidents-when sailing faster in front of sinks. 7 is much less, but brass has an advantage over other methods of swimming in terms of practical importance. When swimming in open natural bodies of water in the brass method, it will be easy to target the environment, maintain the desired direction of movement. It is convenient to use this method when swimming with clothes and when carrying floating objects from one place to another. Those who master the technique of the Brass method will be able to freely sail large distances. The Brass method can be used in the initial stage of swimming training.

The dolphin method as an independent method was included in the competition program from 1953. The dolphin method is second only to breaststroke in terms of swimming speed in the krol method. When swimming with the dolphin method, during the preparatory movement, the arms are carried forward over the water (from the air), the legs are performed as in the krol method,

only both legs perform the movement at the same time. The dolphin method is taught in the krol method after the breaststroke technique has been perfectly mastered. Back swimming in the Krol 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 is third only to dolphin in terms of speed. The Krol technique of backstroke swimming is often accompanied by breaststroke taught. This method is usually quickly mastered by young children. Mixed swimming-the main sport combines swimming methods, which is considered an excellent tool in testing all-round swimming skills. This technique is very applicable to swimmers who are otherwise engaged in the exercise process. Mixed swimming is used in all competitions of different sizes.

It is advisable to teach the mixed swimming technique only after mastering the techniques of the basic (krol method in the chest, back, brass, dolphin) methods of swimming. Relay is a type of team competition involving 4-8 swimmers in each team. Command divers start in the first stage according to the starter's "March" team or the signal from which the shot was fired. The next participants in the team start only after the swimmers from the previous stage swim the distance and touch the pool wall with their hands. Swimmers' exchange of places before time is considered a violation of the competition rule, the result of such a team is not taken into account.

In freestyle swimming competitions, swimmers can use any form of swimming. In the case of the mixed relay, however, it is imperative that the diverting methods specified in the competition rule are kept. Swimming in open water bodies-river, lake, sea swimming is not so important in sports. This includes large mass-sporting events, water-based celebrations. Swimming far away. Long course swimming events (men's-25 km and women's-15 km) were held until 1939 for the Premiership held in natural water bodies. Most of the winners of these events won the krol method in breaststroke. There is currently no far-flyer Premiership. This type of swimming is not common, but it is of great importance when conducting propaganda work. Practical swimming. This includes diving, rescuing drowning people, navigating water obstacles using and without surface trapping tools, swimming in water with clothing-removing clothing, carrying various items out of the water in various large gullies, getting out of the water, etc. Diving - consists of swimming under the water, which is of great practical importance. That is why diving techniques are taught in combination with athletic swimming and scuba diving.

Diving is divided into the following types: speed diving, carrying out objects from the bottom of the water, up to a maximum length and depth, staying on the bottom of the water for a certain period of time. Competitions on diving types such as maximum length, depth and long stay at the bottom of the water were cancelled from 1934. In diving, a mixture is used, with a slight modification of the technique of Kroll, brass and side swimming methods.

Practitioners may also learn to dive as they learn the technique of one of the more athletic swimming techniques (krol or brass). The training process involves teaching diving to a depth of 5 M and a length of 50 m. Rescuing divers is an important practical skill, and learning is essential for everyone, especially swimmers. To help the drowning person, it is necessary to know the technique of sailing, to be free from the arms of the drowning person, to get him out of the water, to know the methods of artificial respiration, as well as to provide assistance to

those who have fallen under the ice. Of practical importance, it is recommended to teach the technique of methods for rescuing drowning after the technique of sports swimming methods is perfectly trained. Swimming through water obstacles is carried out by means of floating, holding on the surface of the water, and without them, as well as by means of ropes and stakes. Clothing is also suitable for swimming without tools. Brass or reclining swimming methods are favored in this. Sometimes swimmers who are well versed in the krol method can swim distances that are not very large in this way. Swimming with clothes goes at a lower speed than sports swimming and is quickly exhausting. Once the practitioners have fully, perfectly mastered the methods of swimming, they are taught the method of swimming through obstacles in summer kunlary, natural bodies of water. Scuba diving. In subsequent years, this type of water sports in our country and abroad has become widespread and developing. Because this type of swimming has great organizational, scientific, economic and defensive importance. Scuba divers participate in scientific-inspection expeditions, study underwater fauna and 10 Flora, Research the bottom of water bodies, actively participate in the conduct of various underwater activities. When scuba diving, Complex 1-paws (lasts, ballasts, monolasts), mask or goggles, breathing tube or complex 2-compressed air-coupled underwater apparatus-aqualang is used. Scuba diving is currently an Independent sport.

It has been the venue for European and world championships and records are listed for underwater sports. Synchronous (Artistic) Swimming is structured from a variety of static and dynamic movements, from exercises performed by athletic girls in an individual or Team way to ibooat. The competition program includes individual, pair and group performances. The raw materials of the participants of the competition first perform a mandatory program consisting of five exercises. These forms are chosen by the team of khakams in accordance with the competition regulations. Performances are scored on a 10-point scale. Each exercise has a complexity factor of 1.5 to 2.1 points. Performances according to the desired program are performed in the direction of music. It is allowed from 3 to 5 minutes, from this account it is possible to perform an action on the coast for 20 seconds. In addition to the exercise technique performed when evaluating performances in any program, the harmony and expressiveness of movements with music is also noted. Water Games Activate the activities of those involved, educate them in the spirit of collectivism, ensure the fun and enjoyable passage of swimming activities. Various kungil opening games are widely used in classes with children: Water habituation includes carrying various items from training from the water, getting them out of the water, etc. In classes with children, various entertainment games are widely used: 1. An educator to get used to water. 2. A facilitator of mastering and improving the technique of swimming elements. 3. Affecting overall physical development. 4. Practical, introducing underwater and synchronous swimming techniques. Serving to teach the technique of water ball elements. These include games used in teaching the technique of water jump elements, etc.

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