

THE IMPORTANCE OF THE GAME METHOD IN TEACHING SWIMMING

Sultanov Bakhtiyor Abdumuratovich

Associate Professor of Sports Teaching Methodology Department

ABSTRACT

This article analyzes the importance of organizing swimming lessons with young children through games. In addition, there is information about the features of training children in sports swimming.

Keywords. Children, swimming lessons, coach, physical training, improvement, athletic swimming, game style, technique, mental state.

INTRODUCTION

In today's advanced age, it is very important to teach children to swim from infancy and to involve them in independent physical activities, to train them, especially to pay serious attention to their growth and development to be healthy, strong, agile, and resistant. Regular participation in the sport of swimming contributes to the healthy and active development of muscles, cardiovascular and nervous systems, and the respiratory system. Swimming is one of the most useful and interesting forms of physical exercise. General concepts of swimming sports, theoretical foundations of swimming techniques, a brief history of the development of sports swimming techniques, methods of teaching swimming, swimming types are given to children.

It is a very necessary process to take into account their anatomical, physiological and psychological characteristics when organizing and conducting the initial swimming training of young children. There is no fundamental difference between the method of primary teaching of swimming for adults and children. However, when the coach is working with young children, the ability to use methodological methods depending on their age characteristics, physical condition, mental state and capabilities determines the coach's skill.

Play style in teaching swimming - Making swimming fun will help to increase coordination and prevent burnout during the exercise. This is a technical movement introduced to the child in the form of a game in the water or during the game with interesting and unusual movements. This style of play is extremely effective for young children, and exercises are performed within a specific game situation. Complex technical and tactical issues (tactical considerations, appropriate selection of tactical combinations, etc.) and psychological situations are solved using this method. The use of water games and action games in sports activities with young children has a good effect. By using active games during swimming lessons, the physical fitness of young children and the feeling of well-being in water, familiarization with water, and the processes of skill formation are further improved. Young children develop skills and competencies necessary for life.

There are a number of conditions that should be addressed before beginning water activities in young children:

3 groups of methods are mainly used in teaching swimming

Word

Demonstrative

Practical

Conceptualization: includes various training methods and guides. It helps to create an understanding of the actions in the listeners and better remember their interactions. The main forms of giving an understanding of the studied technique are as follows: during the training, a short understanding and instructions are given with the group on land. In some cases, presentation is completed with exhibitions or both are used simultaneously. It is also possible to give insight after the exhibition.

Recommendations: The coach recommends special videos, pictures, and literature to the participants in order to learn the swimming technique perfectly, to study the basic laws and elements in depth.

In the first case, the main goal is: to create a clear and clear idea of the technical movement being studied in the participants by giving an understanding, to strengthen it by showing it or to perform it correctly;

In the second case - during the demonstration, to draw the attention of younger students to their main movements and at the same time, help them to understand the technical movement they are learning correctly and clearly;

In the third case: it consists in correctly explaining the next concepts with the help of demonstration.

Demonstration method: Its main purpose is to help participants to form a complete and clear picture of water activities. Participants will be shown all new unlearned movements and exercises in water.

The main means of teaching swimming to sport swimming technique:

Water introduction exercises

In this training, the basic set of exercises for teaching swimming is applied. First, address the children: today the sun has warmed the water very well, now you can practice in the water, the depth of the earth is from your waist, the training begins by saying encouraging words such as "don't be afraid".

Simulation exercises in water:

He walks slowly in the water, both hands are on his sides, on his back, on his head.

The "kayak" movement is performed, that is, with the help of the hands, you move forward in a row, as if you were rowing.

He takes a deep breath and sits under the water holding his breath.

It is repeatedly blown into the water.

It sinks out of the water and jumps to the surface.

The tuberos part lies under the water for some time.

When performing these exercises, children get to know water without fear, and gradually their fear of water and drowning disappear, because now they understand that it is possible to avoid drowning in water with the help of safe actions. It is necessary to perform each of these exercises at least 4-6 times. All the exercises used in the process of teaching swimming are embodied in the sections of one system. That is, the previously studied swimming method is shown and analyzed (a more complete understanding is given), it is divided into its constituent parts (matching breathing to the movements of the legs and arms), gradually engaged in learns how to swim completely. The general system of teaching to swim is to demonstrate the learning style of swimming and its elements (body position, breathing movements, and the connection of breathing with the form of hand-foot movement).

Sit under the water and open your eyes.

Whoever opens his eyes underwater, observes the surroundings, and listens, he will be fascinated by the beautiful nature of the underwater world. We believe that after seeing this, children will dive under the water again and again to observe colorful stones, algae, fish and aquatic animals. It will be very interesting to observe the movements of the transparent body of the jellyfish in the ocean or seas with a glass mask worn underwater. One is enthralled by the light movements of various small fish. It is even more interesting to watch the movements of seashells and insects in the grass under the rivers and ditches. But for this, a person needs to prepare himself for it by performing the following exercises. For now, the exercises are done on land.

Exercises on land

It walks slowly and climbs at an average speed

Forward and backward circular movements are made with the help of the hand

In a sitting position, he squats hard and jumps up

Imitation exercises. These exercises form the elements of swimming technique and their integration: performed on land and in water. It helps to form concepts about the form and sequence of actions. In the first lesson, the methods of breathing on land and in water will be introduced. Breathing exercises are performed while walking on land, while sitting, jumping, and moving with hands. On land, students should be given an understanding of the state of the body in water.

Preparation exercises and games in water. These exercises develop fear of water. It helps to learn to fall into the water, stand horizontally in the water, get out of the water and elementary swimming movements. Moving under water, holding the special holding devices of the water basin, moving in a semi-bent position holding the partner's hand, slowly moving forward with the hands in a circular motion. Move in the figure of eight with the palms and the block.

Water exercises: Exercises are usually performed in pairs. The depth of the water should be up to waist level.

"Look at me under water exercise."

In this, the children look at each other, hold hands, bend their knees and sit together in the water, their eyes are open, they look at each other for 3-5 seconds. This exercise is repeated 2-3 times. Then it is done under water with glasses.

"Count your friend's fingers" exercise.

Standing 1-2 steps away from your partner, one of you sits with your eyes open in the water. Under the water, the child says how many open fingers he saw under the water after coming to the surface. If they get it right, they switch places and repeat the exercise in this way. If it is not found correctly, the exercise is continued until it is found.

"Find something under water" exercise.

Children! standing 2-3 steps away from each other, when one of you throws 2-3 colorful or visible objects under water, the other finds the thrown object under the water and takes it out. Then repeat the game by changing places.

In teaching the sport method of swimming, training includes imitating movement exercises on land and exercises performed in water. Special swimming exercises performed on land are aimed at developing strength and flexibility. Conducting preparatory exercises in water is useful both for full training and mastering the elements of sports swimming.

It is divided into the following exercises:

teaching breathing movements,
adapting leg movements to breathing movements;
adaptation of breathing to hand movements;
exercises to fully teach breathing, arm and leg exercises.

Special exercises are used to correct mistakes in sports swimming, to improve swimming technique, and to master slightly better options of swimming technique.

Forms and methods of teaching swimming - there are 3 forms of teaching swimming: in groups; alone; including the groups.

I-form participants are trained in the same way as the group.

II-form is used more by those who do not know how to swim.

The approach to form III is the main form of training in swimming clubs and educational facilities.

CONCLUSION

In conclusion, in this article, the psychological characteristics of students are considered important in organizing, planning and accounting for swimming sports activities, ensuring the success of the training process. Coaches' work effectiveness, the quality organization of educational and sports work requires the mastery of sports psychology in many ways. Thoughts on which methods, methods, and exercises to teach young children, to interest them in swimming sports, to exercise, and to help health and even development of many muscle groups. In the prevention and treatment of several diseases (in the initial stages of diseases of the cardiovascular and respiratory systems, metabolic disorders, joint mobility, etc.), aspects of the wide use of swimming exercises as a therapeutic tool have been revealed.

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