EMJ MS
EUROPEAN MULTIDISCIPLINARY JOURNAL OF MODERN SCIENCE
https://emjms.academicjournal.io/index.php/ Volume:5

Development of Flexibility of Girls 6-7 Years Going into Figure Skating

Nurmamatova Sarvinoz Kurbonovna
Lecturer of the Department of Theory and Methods of Winter Sports, Uzbek State University of Physical Culture and Sports Uzbekistan, Chirchik

Rashidov Bakhtiyor Pulatovich
Senior Lecturer of the Department of Theory and Methods of Winter Sports, Uzbek State University of Physical Culture and Sports Uzbekistan, Chirchik

Abstract: In the article under consideration, an attempt was made to identify the most effective ratio of the means of developing flexibility in figure skaters 6-7 years old. A comparative analysis of the results of the experimental and control groups showed the effectiveness of the proposed variant of the development of mobility in the joints in girls figure skaters aged 6-7 years.

Keywords: Figure skating, developing flexibility, muscle ligament.

Introduction. According to experts in sports with complex coordination of movements, the main task of the training process is to ensure such a degree of comprehensive development of mobility in the joints of athletes, which would allow them to demonstrate other, special physical and motor qualities with high efficiency in the process of high-intensity training sessions and successfully master the program exercises of figure skating

Flexibility is characterized by the degree of mobility of the musculoskeletal system, as well as the ability to perform movements with the greatest amplitude. In humans, there are several types of flexibility: active and passive. The development of flexibility is of particular importance in general for the development of motor qualities and the physical condition of athletes, since this is limited by fairly rigid age limits.

Well-developed flexibility of the skater leads to a reduction in injuries and a more profound physiological effect on the muscles associated with muscle coordination.

Objective: to experimentally substantiate the methodology for developing the flexibility of figure skaters 6-7 years old, using the developed complexes for the development of flexibility.

Organization and methods of research. The following methods were used in the study: analysis of literary sources; pedagogical observation; pedagogical experiment, testing and methods of mathematical statistics.

The study was conducted on the basis of the Republican school of higher sportsmanship (RSHS) in winter and complex technical sports in Tashkent. The experiment involved 20 girls figure skaters 6-7 years old, performing in the 3rd youth category.

At the first stage (September 2018 to December 2018), an analysis of the literature on the research topic was carried out.

At the second stage (January - December 2019), sets of exercises were compiled aimed at

developing flexibility in figure skaters aged 6-7, which were used in the training process of young figure skaters aged 6-7, in training for general and special physical training. At this stage, initial testing of the level of development of flexibility in the subjects was carried out.

At the third stage (January-March 2020), the final control testing of flexibility was carried out in the study group, mathematical and statistical processing of the data obtained, and summing up the results of the study.

The study involved 20 figure skaters, of which 10 people made up the control group, 10 - the experimental group.

Results of the study and their discussion. At the beginning and at the end of the study, tests were carried out to determine the level of development of the flexibility of figure skaters.

Table-1

Tests	Tilt from the starting position, sm (1)	Twisting straight arms back with a gymnastic stick, sm (2)	Tilt forward in a sitting position on the floor, sm (3)	"Bridge" sm (4)
Before experiment	4,2 ± 0,5	39 ± 2,1	3,1 ± 0,4	24,9±1,0
After the experiment	5,8 ± 0,5	37 ± 1,8	5,2 ± 0,4	21,9±1,0

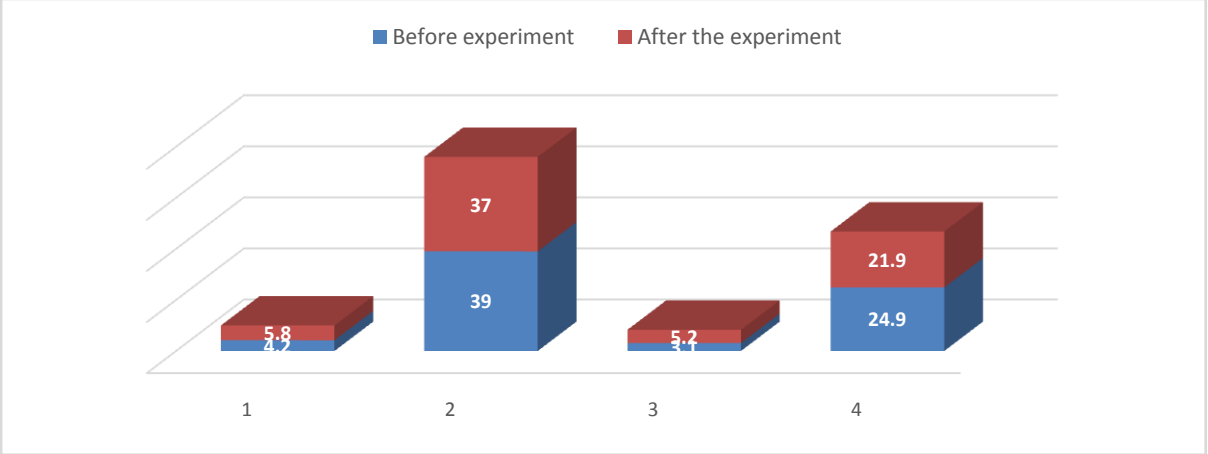

Fig. 1 Growth of flexibility indicators of young figure skaters 6-7 years old before and after the experiment

Analysis of scientific and methodological literature showed that flexibility is one of the significant qualities of a figure skater. But the methodological support of the training process of figure skaters aged 6-7 requires additional development of means and methods for developing flexibility.

The results of the study showed a quantitative increase in the results of testing figure skaters. For example: the percentage increase in the test "Inclination from the starting position standing" was 38%.

The results of the test "Twisting straight arms back with a gymnastic stick" decreased by 5.1%, respectively. The results of the percentage increase in the tests "forward bend in the

sitting position on the floor" and "bridge" improved by 67% and 12%. The data of the studies obtained indicate that the use of the developed sets of exercises develops the flexibility of figure skaters, increases the level of development, which indicates effectiveness the use of complexes.

The performed research allowed to draw a conclusion about the need to use this complex of special physical exercises to develop the coordination abilities of figure skaters. Based on this, the developed complex can be recommended to figure skating coaches for use in the training process.

Literature:

1. Алтер М.Дж. Наука о гибкости. – Киев, Олимпийская литература, 2001, -424 с.
2. Лях, В. И. Гибкость: основы измерения и методики развития / В. И. Лях // Физическая культура в школе. – 1999. – № 1. – С. 4–10.
3. Тузова Е. Н. Развитие физических способностей у юных фигуристов «Спорт», 2015 — (Библиотечка тренера)
4. ТуманянГ. С. Гибкость как физическое качество / Г. С. Туманян // Теория и практика физической культуры. – 1998. –№ 2. – С. 48–50.
5. Фигурное катание: примерные программы спортивной подготовки для детско-юношеских школ / Гриценко С. А., Пчелкина Л.Н..: Советский спорт, 2005.