

DEVELOPMENT OF PEDAGOGICAL SKILLS BASED ON GYMNASTIC EQUIPMENT

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Abstract: *This article analyzes the theoretical and practical aspects of increasing the effectiveness of training in gymnastics. The role of physical, technical, psychological and functional training in the process of training athletes is highlighted. The importance of rational planning of training loads, organization of recovery processes, use of innovative technologies and modern pedagogical approaches is substantiated. The results of the study showed that the scientific organization of the training process in gymnastics contributes to the improvement of athletes' technical skills, special physical fitness and competition results.*



Keywords: *Artistic gymnastics, training efficiency, technical training, special physical training, coordination skills, training load, recovery process, sportsmanship, innovative technologies, pedagogical control, competition activities, athlete training.*

ENTRANCE

Gymnastics is one of the modern sports that requires complex technical elements, high level of physical training and precise control of movements. This sport has the potential to comprehensively develop strength, agility, flexibility, speed, balance and coordination abilities of athletes, and occupies an important place in the system of physical education and sports. Therefore, the issue of organizing the training process in gymnastics on a scientific basis and increasing its effectiveness is one of the current directions of sports pedagogy and sports theory.

Today, the intensification of competition in international sports arenas places new demands on the system of training athletes. Achieving high results directly depends not only on the physical capabilities of athletes, but also on the scientifically based planning and management of the training process. In particular, the increasing complexity of technical elements in artistic gymnastics requires the use of effective methods and tools in the training process. The effectiveness of training is ensured through the comprehensive development of the athlete's technical skills, special physical fitness, functional state and psychological readiness.

The effectiveness of training in gymnastics depends on many factors, among which the correct standardization of loads, rational selection of training equipment, improvement of technical movements and taking into account the individual characteristics of athletes are



of particular importance. According to the results of scientific research, the organization of the training process based on modern pedagogical and sports technologies contributes to a significant improvement in the technical and tactical preparation of athletes and competition results.

Also, the use of innovative approaches, digital monitoring tools and biomechanical analysis methods is becoming increasingly important in improving the effectiveness of training in gymnastics. These tools allow for in-depth analysis of athletes' movement activity, identification of technical errors and individualization of training loads. As a result, the quality and efficiency of the training process increases, and athletes' opportunities for achieving high results expand.


This article analyzes the theoretical foundations of increasing training efficiency in artistic gymnastics, the factors influencing it, and the importance of modern training technologies from a scientific and pedagogical perspective.

Achieving high results in gymnastics directly depends on the correct organization of the training process. The effectiveness of training is determined by the level of physical, technical, tactical and psychological preparation of the athlete. Therefore, planning and management of training in modern gymnastics should be carried out on the basis of scientifically based approaches.

One of the main tasks of gymnastics training is to develop the special physical fitness of athletes. In this sport, strength, agility, flexibility, balance and coordination abilities are of primary importance. In particular, to successfully perform the horizontal bar, horizontal bar, vault and freestyle programs, an athlete must have a high level of special physical fitness. Therefore, ensuring the optimal ratio of general and special training means in the training process is an important task.

Technical preparation is one of the main factors determining the effectiveness of training in artistic gymnastics. In modern gymnastics, the performance of complex elements and their combinations requires high technical skills from athletes. Mastering technical elements is carried out in stages, initially forming a movement structure, and then improving its accuracy and stability. In the process of technical preparation, repeated training, video monitoring, biomechanical analysis and the use of individual approaches provide effective results.

Scientific management of loads is of particular importance in increasing training efficiency. Excessive loads can reduce the athlete's functional state, increase the risk of overexertion and injury. On the contrary, insufficient loads slow down the growth of sports results. Therefore, when planning training loads, the age of athletes, their level of preparation, functional capabilities of the body and the competition calendar should be taken into account.



Psychological preparation also has a significant impact on the effectiveness of training in gymnastics. During competitive activities, athletes are exposed to strong mental stress. Self-confidence, emotional stability and the ability to concentrate play an important role, especially when performing complex elements. Therefore, the use of psychological preparation tools during training helps to improve sports results.

In recent years, the use of innovative technologies in gymnastics has become one of the most important areas for improving the effectiveness of training. Video analysis, digital monitoring of movements, biomechanical programs and functional diagnostic tools allow for a deep analysis of the technical movements of athletes. With the help of these technologies, coaches are able to identify the strengths and weaknesses of athletes and individualize the training process.



Research shows that the use of modern methods and tools in the training process leads to a significant improvement in the technical skills, special physical fitness and competition results of athletes. Therefore, the issue of increasing the effectiveness of training in artistic gymnastics should be considered as an important component of the athlete training system.

Proper organization of recovery processes is also important in ensuring the effectiveness of training. High-intensity exercises in gymnastics place a great strain on the athlete's body. Therefore, ensuring a rational alternation of training and rest processes helps to maintain the athlete's functional state and increase his readiness for subsequent loads. It is recommended to use active rest, massage, water procedures, stretching exercises and rational nutrition as recovery tools. A properly organized recovery process contributes to a sustainable increase in sports results.

In gymnastics, the principle of individualization also plays a special role in increasing the effectiveness of training. Since each athlete has his own morphological, functional and psychological characteristics, training loads should be planned individually. Especially in the process of training young gymnasts, taking into account the level of biological development, movement skills and technical training indicators allows achieving high efficiency. An individual approach serves to fully reveal the athlete's potential and gradually develop his sports skills.

The close connection between the training process and competitive activity is also one of the important factors determining efficiency. Creating situations close to competitive conditions in training, organizing control performances and regular repetition of competition elements enhance the athletes' adaptation to competitive activity. As a result, the athlete will have the opportunity to fully demonstrate his capabilities during responsible starts.

In gymnastics, the professional skills of the coach are one of the main factors ensuring the effectiveness of training. The coach monitors the athlete's physical and technical preparation, plans the loads, selects exercises, and plays an important role in managing the



athlete's psychological state. A modern coach must have in-depth knowledge of sports theory, pedagogy, psychology, and sports medicine. It is the coach's scientifically based approach that is crucial in increasing the effectiveness of training and achieving high sports results.

Also, in gymnastics, regular pedagogical control is necessary to assess the effectiveness of training. The dynamics of the athlete's development are determined by analyzing control tests, functional indicators, the level of technical training and competition results. Based on the data obtained, the necessary changes are made to the training program and the training process is further improved. This ensures a consistent increase in sports results.

Thus, the effectiveness of training in gymnastics is formed on the basis of the interaction of physical, technical, psychological and organizational factors. By using modern scientific approaches, innovative technologies, individual planning and effective pedagogical control, a solid foundation is created for improving the quality of athletes' training and achieving high results in international competitions. The next section presents scientific conclusions and practical recommendations based on these analyses.

To increase the effectiveness of training in gymnastics, it is necessary to organize all components of the training process in a harmonious manner. In this case, physical training, technical skills, functional state, psychological preparation and recovery processes should be considered as a single system. Insufficient attention to any of these components can lead to a decrease in sports results. Therefore, an integrated approach is one of the main principles of the training process in modern gymnastics.

In the process of training young gymnasts, it is important to adhere to the principle of gradual development to ensure the effectiveness of training. At the initial stage of training, the main attention is paid to the formation of general physical fitness and movement skills. In the subsequent stages, the priority is to improve special physical fitness and technical elements. Such consistency prevents overloading the athletes' body and allows for the formation of long-term sports skills.

The perfect execution of technical elements in artistic gymnastics largely depends on the level of development of coordination abilities. Coordination helps the athlete to perform complex movements accurately and economically. Therefore, it is advisable to include special exercises in the training program aimed at maintaining balance, spatial orientation, feeling rhythm and controlling movements. These exercises reduce the time required to master technical elements and improve the quality of their execution.

The motivation factor also plays an important role in increasing the effectiveness of training. The athlete's interest in training and the desire to achieve high results are one of the factors determining the success of the training process. The methods of motivation used by the coach, an individual approach and a positive psychological environment enhance

the internal motivation of athletes. As a result, the level of active participation in training and the desire for high results increases.

Modern trends in the development of gymnastics show that the widespread introduction of scientific approaches to the training process is one of the main conditions for achieving high sports results. The use of biomechanical analysis, functional diagnostics, digital monitoring systems and elements of artificial intelligence allows for more effective organization of athletes' training. These innovative technologies serve to deeply analyze the individual capabilities of the athlete and optimize training programs.

Thus, the effectiveness of training in gymnastics is a complex and multifactorial process, which is ensured by the harmonious development of the physical, technical, psychological and functional training of athletes. The use of modern scientific and methodological approaches, individualization of training and regular pedagogical supervision create important conditions for improving the sports skills of athletes and achieving high results in international competitions. This is of great importance in the development of gymnastics and the formation of the reserve of national teams.

One of the important conditions for increasing the effectiveness of training in gymnastics is the preservation of the health of athletes and the prevention of injuries. Practice shows that high-intensity training and regular performance of complex technical elements put a great strain on the athletes' bodies. Therefore, during training, it is necessary to correctly distribute the loads, use special preparatory exercises and strictly observe safety requirements. Prevention of injuries serves not only to preserve the health of the athlete, but also to ensure the continuity of training, which leads to a sustainable increase in sports results.

In organizing effective training in gymnastics, it is of particular importance to choose training tools and methods on a scientific basis. The purpose, function and effect of each exercise on the athlete's body should be analyzed in advance. Especially when teaching complex technical elements, following the principle of moving from simple to complex, using auxiliary exercises and gradually mastering movements increases efficiency. Such an approach allows you to reduce the number of technical errors and master the elements thoroughly.

Control and analysis also play an important role in the training process. The physical fitness, technical skills and functional state of athletes should be regularly monitored. The effectiveness of the training process is determined through pedagogical observation, testing, video analysis and study of competition results. Based on the information obtained, appropriate adjustments are made to the training programs, adapting them to the individual needs of athletes.

Also, the use of research results in improving the effectiveness of training in gymnastics is of great importance. The implementation of methodological recommendations

developed in modern sports science, innovative training technologies and advanced foreign experiences in practice will bring athletes' training to a new level. In particular, the study of international experiences and their adaptation to the national training system will yield significant results in the training of highly qualified gymnasts.

The experience of countries that are achieving high results in artistic gymnastics today shows that the effectiveness of training is ensured by the mutual cooperation of the coach, athlete and scientific and methodological support. The combination of these factors allows to improve the technical skills of athletes, improve their competitive performance and sustainably develop sports results. Therefore, the use of a comprehensive and systematic approach to the organization of artistic gymnastics training is one of the important requirements of modern sports training.

remains one of the priority scientific and practical areas of the theory and methodology of gymnastics .

CONCLUSION

The conducted analyses showed that the effectiveness of training in artistic gymnastics is one of the main indicators of the athlete training system. The scientific organization of the training process, the harmonious development of physical, technical, psychological and functional training are important factors in achieving high results for athletes.

The results of the study confirmed that special physical training, improvement of technical skills, rational planning of loads and effective organization of recovery processes are important in increasing the effectiveness of training in gymnastics. Also, taking into account the individual characteristics of athletes, increasing their motivation and using modern innovative technologies significantly improve the quality of the training process.

The use of biomechanical analysis, video monitoring, functional diagnostics, and pedagogical control tools during training allows athletes to identify technical errors, optimize loads, and individualize the training process. This serves to systematically develop athletes' sports skills and improve competition results.

At the same time, achieving high results in gymnastics is inextricably linked to the professional skills of coaches, scientific and methodological support, and the purposeful activities of athletes. The use of modern pedagogical technologies and advanced international experience in the training process creates important conditions for increasing the competitiveness of athletes and their successful participation in international competitions.

Therefore, scientifically based approaches aimed at increasing the effectiveness of training in gymnastics are an important factor in improving the quality of athletes' training, developing their technical skills, and achieving high sports results. In the future, the development of innovative training technologies in this area and in-depth study of their

practical effectiveness will remain one of the urgent tasks of the theory and methodology of gymnastics.

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