



TEACHING AND IMPROVING GYMNASTIC BALL EXERCISES TO MUSIC FOR FEMALE STUDENTS

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Abstract

Female students were given a brief introduction to teaching and improving exercises performed with a gymnastic ball with the help of music.

Keywords: Gymnastics, special, youth, hall, girls, artistic, movement, sport, music.

Introduction

Rhythmic gymnastics has also been developing rapidly in Uzbekistan in recent years. Special circles, sports schools and gyms for girls of preschool and school age are operating. Uzbek gymnasts have been taking pride of place at Asian and world championships. In particular, talented girls who have won the Zulfiya Prize are making rhythmic gymnastics even more popular. Rhythmic gymnastics should be started at the age of five or six. Sometimes mothers decide to send their daughters to the section at the age of three, but there is no need to rush. Firstly, you deprive the baby of childhood, and secondly, at the age of three the child often does not understand what the coach wants from him. Often, girls, coming to the rhythmic gymnastics section, dream of beautiful exercises with ribbons and other sports equipment. However, they begin to master them only after one or two years of training. Often, all sports equipment is presented in the department, which is good news, because their price is quite high. So, if your baby soon changes his mind about going in for this sport, you will not regret the



financial investments, because they are minimal. The gymnastics program is very balanced and effective. Just a few exercises can be focused on the entire muscle group. For example, gravity affects the muscles of the hips and buttocks, lifting the legs off the floor is supported by the muscles of the lower extremities. Thanks to rhythmic gymnastics exercises, endurance develops, muscle tone increases, and metabolism accelerates. It is recommended to alternate exercises so that the metabolism remains normal. In gymnastics classes, it is necessary to take into account the sequence of exercises, their units, number and methods of execution. For a better perception of the exercise, you can use music, which has a positive effect on the person's mood, which is important during the exercises. In addition, music helps to maintain rhythm. Before starting, do not forget to do a little exercise (warm-up) to prepare the muscles. After the "warm-up" of the main muscle groups - the main exercises. Each exercise should be performed at least 5 times with a 3-minute breath hold. Over time, the number of exercises can be increased.

It is unlikely that a girl will be scared of a large hall and a crowd, which will make her cry and want to go home as soon as possible. If the child is five or older, it is a different matter. The baby will strictly follow all the instructions of his teacher, quickly master the basic elements of gymnastics, and also make new friends. At the same time, there is no need to wait long, because as the child grows up, his flexibility decreases, and it will be much more difficult for him to master the elements of gymnastics. But, at the same time, you can send your daughter to the section at a later age, without worrying about the sports results. In this case, the benefits for the child's health will be obvious. The selection criteria for the rhythmic gymnastics section are no less strict. Much, if not all, in this matter depends on the goal. If parents want to see their baby in big sports, slender and tall girls with excellent memory and high coordination of movements have the best chance of success. Do not think that we were mistaken in mentioning a good memory as a requirement for selection. Gymnasts must memorize a large number of gymnastic movements. If a girl is prone to excess weight and does not control her body well, coaches are unlikely to be interested in her. If your child's sports performance is not important to you, then there are



no restrictions. Often, parents are convinced that rhythmic gymnastics classes will help the baby improve her condition, get rid of excess weight, and also increase her femininity. Often, girls who fully meet the selection requirements cannot achieve good results due to lack of perseverance and flexibility. Experienced coaches can determine the child's capabilities in just a few weeks of training. Most often, a sports career in rhythmic gymnastics ends at the age of 17. But athletes can continue training, but in a different way. Be prepared for the fact that before starting training in sports clubs you will have to buy special clothes. For rhythmic gymnastics, sports shoes and leotards are the minimum requirements. The simplest models are suitable for training, since beautiful swimsuits are used only in competitions.

This sport is rich in a variety of exercises of dynamic and static form, which include acrobatic jumps, pair exercises, exercises in the "threes" (women) and "fours" (men), as well as exercises for mixed pairs. Physical training is especially useful during the transition from sleep to wakefulness, that is, in the morning hours, in addition to direct "muscle activity", it provides a person with energy and emotions, accelerates the restoration of high physical and mental performance. During human sleep, not only muscles, but also, first of all, nervous tissue, rest. The activity of all physiological processes decreases, the need for nutrients and oxygen in the tissues decreases. The heart rate and its strength decrease, and breathing slows down. Muscle tone also decreases, the circulation of interstitial fluid slows down. All this is a normal physiological phenomenon and is characteristic of a person who is resting. When a person wakes up, after 2-3 hours he feels refreshed, his working capacity is restored, and his motor activity increases. Then specially organized physical exercises, namely morning Hygienic Physical Education, affect the relatively rapid restoration of a person's working capacity and increase his working capacity. The physiological mechanism of this phenomenon is as follows. During physical exercises, a stream of impulses from muscle, tendon and skin receptors reaches the brain, which increases the excitability of the central nervous system and the strength of excitability in nerve centers. The cardiovascular and respiratory systems join the active working mode, the flow of interstitial fluid accelerates.



It affects the excretion of waste products from the body. It ensures that working tissues receive sufficient oxygen and nutrients.

The mood rises, the feeling of self-esteem improves, inner peace appears, lightness is felt in the limbs and gait.

Good musical accompaniment is a positive feeling, a good mood of the participants. One should be able to distinguish a clear and easily perceived rhythm of a musical piece from a pleasant melody. In the preparatory part of the workout, a relatively calm melody is used. In the main part, when the load increases, a playful and melodious melody is replaced by a relatively calm one. This allows for some rest and light relaxation during the workout. For the final part, one piece is enough. It is accompanied by a low melody, calming the nerves of the participants. Currently, a large number of rhythmic gymnastics have appeared for those who are just starting out, as well as for well-prepared girls. Therefore, we present a set of hygienic gymnastics exercises for beginners. We recommend the following for those who are just starting to do gymnastics. Training clothes should be comfortable, not restricting movement, and made of the best natural fabric. Usually, these can be gymnastics suits, tights, leggings or golfs, socks. Choose a suit to your taste, because the color of the clothes also affects the mood. In winter, tight, warm tights, leggings, training pants, woolen leggings are worn. In summer, you can wear your usual clothes. You can tie a headband so that your hair does not catch your face or catch your eyes. If you wear a rubber belt around your waist, it will be easier to control the correct posture. A foam mat or carpet should be laid on the floor to perform the exercise. Set aside a place to practice at home. Sitting immediately before the workout is not recommended. After eating, you need to walk for at least 1.5 hours. Do not forget to monitor the correct execution of the exercises, monitor your posture: the stomach should be pulled in, the back straight, the buttocks should be tense. When performing exercises for the back and waist, always raise one arm up, giving the maximum load to the back muscles. When performing exercises for the abdominal muscles, pay special attention to breathing, pull the stomach in. Perform the movement intensively. You can perform some exercises with light loads and gradually increase the weight of the load. During the training, you can



perform running exercises several times to relax and rest the muscles. If you get tired, do not stop. Perform the exercise slowly, but constantly maintain a calm movement, move to the rhythm of the music. Finally, depending on your preparation, move on to a more complex complex, increase the time of the series of exercises on running and jumping.

Gymnastics is available not only to experienced physical educators, but also to anyone who seeks to strengthen their health and get rid of a whole load of chronic diseases. Elementary gymnastics complex Everyone should understand that it is not a walk in the fresh air outside the city, so before embarking on complex exercises, you need to prepare your body weakened by illness and idleness. The proposed complex consists of a simplified system of exercises. By performing these simple exercises, you can not only relax all joints, muscles, tendons, but also “work out” the blood and nervous systems, internal organs. Breathing exercise We live at the bottom of the atmospheric ocean, which is about 100 kilometers deep. Air pressure is about 1 kilogram per 1 square centimeter. We know that it is possible to survive without food for more than 30 days. But we can only live without air for a few minutes. Do not bring yourself to the point of exhaustion. All attention is focused on a faint whistling sound. Heaviness in the head, ringing in the ears, heat in the body, redness of the face, weakness, irritability, depressed mood after exercise - all these are signs of fatigue.

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