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## The training program in basic gymnastics jumps at the stage of initial training

**Abstract. Purpose:** improving of the technical training of girls that are engaged in rhythmic gymnastics at the stage of initial training. **Materials and Methods:** for the development of a training program for jumping in athletes who are engaged in rhythmic gymnastics at the stage of initial training conducted analysis of scientific literature. **Results:** it was determined that the absorption of the rhythmic structure of elements greatly accelerates and facilitates the process of studying in a cyclic (athletics) and acyclic sports (judo, wrestling). This is a prerequisite for the development of the training program of the jumps through assimilation rates their performance. These various methods of influence are indicated on the development of sense of rhythmic gymnasts at the stage of initial preparation and learning the rhythmic structure of the basic jumps. **Conclusions:** the program of teaching basic jumping for gymnasts at the stage of initial training, a variety of methods of influence on the development of sense of rhythm and learning the rhythmic structure of the elements was developed. The project of the training session for the development of a sense of rhythm and learning the rhythmic structure of the basic jumps was developed.

**Keywords:** jumps, basic, gymnastics, rhythmic, initial training.

**Introduction.** The essential growth of intensity of a competitive fight in modern rhythmic gymnastics sharply puts a problem of the improvement of training of young gymnasts. Its decision needs the development of new effective approaches to training of gymnasts, since the initial stage of long-term preparation [6].

The optimum organization of the educational-training process at the stage of initial sports specialization are an important condition of ensuring growth of results in a long-term competitive practice. At this stage it is preferred as versatile physical preparation at rather small volume of special exercises [1; 11; 13; 14; 17].

Experts pay special attention to technical training of sportswomen in the training process [1; 4; 7; 12]. The ability to carry out accurately difficult coordination movements allows gymnasts to reach high sports results, and as a result considerably increases reliability of realization of technical actions during a performance of exercises [5].

There is a problem of study of jumps, in particular, as experts testify (O. E. Aftimchuk), running start and attack for a performance of jumps at the stage of initial preparation in rhythmic gymnastics [2].

Each motive element has the accurate rhythmical structure which can be created in the conditions of purposeful education of feeling of a rhythm through perception of a musical rhythm, use of soundleaders, performance of special exercises in the training process [2; 9]. The process of perception of a musical rhythm is carried out as a result of the rhythmical nature of neuromuscular processes which happen in a human body [11; 12].

Psychology-pedagogical and physiologic bases of study in rhythmic gymnastics essentially don't differ from standard in sports practice, but have some specific features that are connected first of all with features of the creation of specialized movement skills and managements of them [8; 10; 13]. The formation of so-called "expressive skill" of possession of own body is one of such features. The special value in this regard gets music as an important factor of influence on a gymnast in the course of study. Experts emphasize that when forming idea of the studied action, its expressive and kinestetic images, that is already at the first stage of a study, it is necessary to prefer as a figurative description of exercise with application of an analytical approach. The prevalence of only rational approach at an explanation and a display to understanding of movements by a gymnast leads to a considerable complication of the development of many elements [8; 10; 13].

The organization of a perception is necessary for an effective assimilation of a training material, in other case it is carried out spontaneously and each gymnast perceives first of all that she is interested in personally, and has for her some value. The spontaneous perception of physical exercises in the best case leads to blind inheritance. Important details which should be apprehended and studied first of all, remain unaddressed. The development of a perception is of great importance for successful training activity of young gymnasts at study of technique [1; 4; 14].

The process of technical training provides two main components in gymnastics: a stage of formation of technical skill and a stage of its improvement [16]. According to a concept of N. G. Suchilin, a sportsman masters in perspective of technique of elements of different complexity in the course of the stage of formation of technical skill – basic and main elements [16]. Their studying depends on quality progress of a study of gymnasts at the stage of the improvement of technical skill.

A display of exercise by a trainer is widely used in rhythmic gymnastics at the stage of the previous learning of exercises. Before a display such requirements belong: accuracy, orientation on the solution of tasks, compliance to this stage of the development of exercise. Offering a figurative explanation, a trainer demands the necessary expressiveness of each movement, but at the same time specifies also necessary elements of technique [14; 16]. It is possible to refer to such specifications also assimilation of a rational rhythm of performance of jumps which can facilitate and considerably accelerate the process of assimilation of technique of basic jumps.

It also is a prerequisite for the development of the program of study of basic jumps for sportswomen who do rhythmic gymnastics at the stage of initial preparation.

**Communication of the research with scientific programs, plans, subjects.** The research is executed according to a subject 2.7 "Improvements of the system of physical training of sportsmen taking into account individual and technical profiles of their preparedness", the Built plan of the research work in the sphere of physical culture and sport for 2011-2015.

**The objective of the research:** to develop the program of study of basic jumps taking into account the rhythmical

structure for sportswomen who do rhythmic gymnastics at the stage of initial preparation.

**The tasks of the research:**

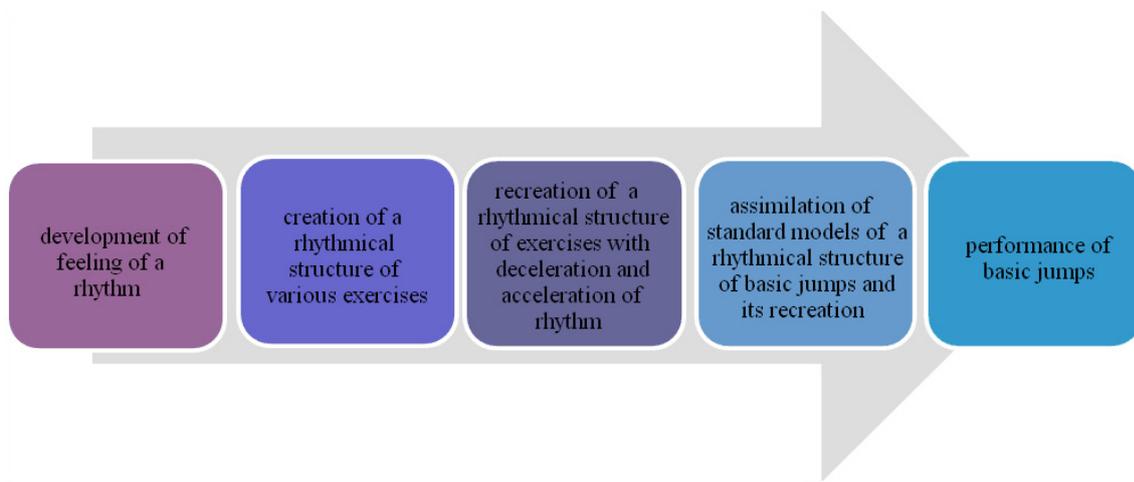
1. To analyse the existing programs of preparation for gymnasts of the stage of initial preparation.
2. To define sequence and features of studying of different groups of jumps.
3. To develop the program of study of jumps for sportswomen who do rhythmic gymnastics at the stage of initial preparation.

**Material and methods of the research.** We used the following methods of the research for the decision the above-put tasks: analysis of scientific literature and normative documents, questioning, pedagogical supervision, video analysis.

**Results of the research and their discussion.** As a result of the analysis of scientifically methodical literature it was found out that to start work with gymnasts at the stage of initial preparation it is necessary to create imagination about a rhythmical structure of exercise which is studied. For this purpose it is necessary to develop of feeling of a rhythm at gymnasts who are the first task in the developed program.

Video filming of their performance at gymnasts was carried out for the definition of the rhythmical structure of a performance of jumps at the stage of preparation for the maximum realization of opportunities and for the definition of accents when performing jumps by means of the program of "Rhythmics". On the basis of the obtained data models of the rhythmical structure of a performance of basic jumps were developed for gymnasts of 5-8 years old, and also sound leaders on their basis for the use on trainings.

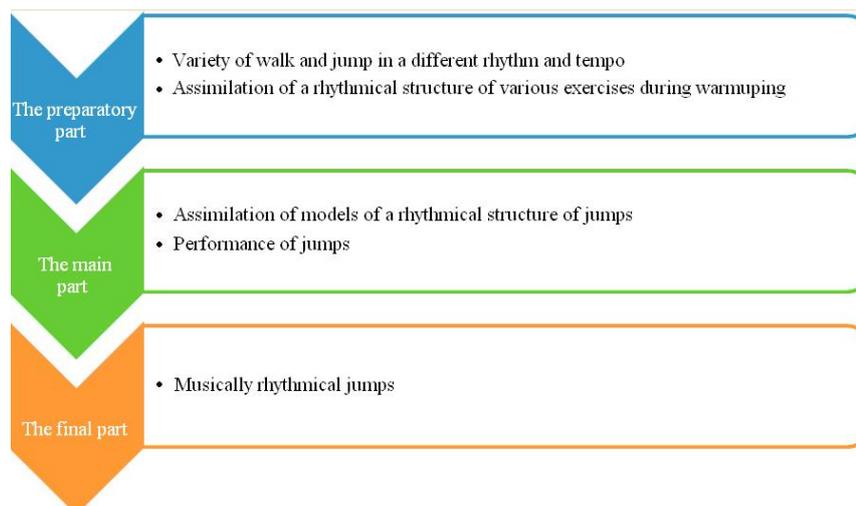
The main contents of the program consist of sets of exercises of the directed influence, use of sound leaders and music.



**Pic. 1. The structural model of the program of study of basic jumps at gymnasts at the stage of initial preparation**

As experts testify, providing a positive emotional background on classes and their construction in the form of a game, a usage till 60% in general of preparatory exercises that has a display in the program, has an important meaning at the stage of initial preparation [1; 4; 8; 15; 17].

Considering recommendations of specialists in sports training, the project of training class which has the following appearance is developed:



**Pic. 2. The project of training class in the program of improvement of a rhythm of a performance of jumps at gymnasts at the stage of initial preparation**

In the preparatory part of classes it is necessary to use the following methodical tricks:

- inclusion of gradually complicated tasks which demand an observance of the set parameters of physical actions;
- use of “adjacent tasks” which include a performance of the additional tasks directed on the activation of attention (run with spontaneous correction of a movement in the form of accents (e.g., run, jump on a 3-m step, etc.);
- performance of exercises in the complicated conditions (overcoming of a low hurdle by a right, left foot).

In the main part of classes the use of the following tricks is planned:

- previous rhythmical drawing of a jump before its performance;
- supplying exercises – an assimilation of the main poses of a performance of a jump and their performance at slow speed for the correct assimilation;
- uses of different sound signals (scaling, knock) which prompt the moments of a performance of separate parts of a jump, allocations of accents in rhythmical drawing of physical action in general.
- more difficult tricks in which influences on different analyzers are combined: calculation “about itself”;
- acoustical and visual reference points (in the analysis of technique of an execution of jumps by gymnasts which best of all carry out jumps, comparison with others but other).

The scheme of a study of jumps according to the developed program is the following:

1. The development of feeling of a rhythm, the reconstruction of various rhythmical structures.
2. The assimilation of a rhythmical structure of each separate jump.
3. The reconstruction of a rhythmical structure in different ways: aloud, steps, small jumps, applause.
4. The assimilation of the main limit poses of a performance of jumps and transitions between them.
5. The performance of jumps.

**Conclusion.** As a result of the analysis of scientifically methodical literature and data of questioning of trainers of rhythmic gymnastics we developed the program of study of jumps taking into account a rhythmical structure for gymnasts of 5-8 years old, the efficiency which is planned to check during training classes of the experimental group.

**Prospects of the subsequent researches.** It is planned to check the efficiency of the developed program in the course of gymnasts and to compare indicators of quality of technical training at the control and the experimental groups.

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