

Structure and content of competitive programs for trained athletes in acrobatic rock'n'roll

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Purpose: to determine the structure of competitive programs of qualified "B" class athletes in acrobatic rock'n'roll.

Material & Methods: pedagogical, sociological and methods of mathematical statistics were used. In the experimental part of the study, specialists of various categories and qualifications participated, an analysis of the video materials of the competitions of qualified athletes performing in the "B" class.

Results: the content and the structure of the competitive compositions of qualified athletes in acrobatic rock'n'roll have been studied, the components of the competitive program indicators are compiled.

Conclusion: main structural components characterizing the competitive program of qualified athletes in acrobatic rock'n'roll are highlighted. Their components, number and time of execution are determined. It is established that a variety of acrobatic elements, competitive moves, dance figures, design tools and the consistency of the construction of the entire competitive composition with high quality of performance characterizes the winning couple.

Keywords: acrobatic rock'n'roll, competitive program, qualified athletes, class "B".

Introduction

Currently, in complex coordination sports associated with the art of movements, the leading trends in development are the increasing complexity of competitive programs, the search for new original elements, bringing technical skill to the level of virtuosity. Athletes lay in their competitive programs the maximum elements of the highest difficulty and perform them technically [2; 5; 7; 9 and etc.].

Constantly growing competition in the international arena of skilled athletes in acrobatic rock'n'roll poses new challenges in their preparation. One of the priority areas is the improvement of competitive sports couples programs in a short time and at a high quality level, as well as demonstrating the stability and reliability of their performance in the conditions of competitions. In this case, the championship will be won by athletes who will be able to combine in their performances a variety of complexity, impeccable technique of performing original acrobatic tricks with elements of modern choreography in a holistic competition composition with special expressiveness and artistry [1; 6; 8; 10 and etc.].

In this connection, the criteria for evaluating the qualitative characteristics of competitive programs, such as the culture of movements, virtuosity, efficiency and harmony, artistry and musicality [3; 4; 11; 13 and etc.].

Relationship of research with scientific programs, plans, themes. The work was carried out in accordance with the Summary Plan of Research Work in the Sphere of Physical Culture and Sport for 2016–2018. Within the framework of the theme: "Psycho-sensory regulation of the motor activity of sportsmen of situational sports".

The purpose of the research: to determine the structure

of competitive programs of qualified "B" class athletes in acrobatic rock'n'roll.

Objectives of the study:

1. Based on the analysis of scientific and methodological literature, competitive activities and generalization of the leading practical experience, to highlight the contemporary problems of constructing competitive programs of qualified athletes in acrobatic rock'n'roll.
2. To study the structure and content of competitive programs of qualified athletes in acrobatic rock'n'roll.

Material and Methods of the research

Using a set of scientific research methods: pedagogical methods of research (analysis and generalization of data from scientific and methodological literature, analysis of documentary materials, analysis of video materials, pedagogical observation) sociological research methods (questioning and questioning); methods of mathematical statistics, studied the output data and made the corresponding conclusions.

The study was conducted on the basis of sports clubs in Ukraine, which are engaged in the preparation of sports couples class "B". In the experimental part, qualified sportsmen of the "B" class took part. In the course of the research, video recordings of competitive programs of qualified "B" class athletes, who compete at various competitions.

In the study, the following indicators were recorded: the duration of the competition program (minutes, seconds, "bits"); the total number of elements and the number of elements of a certain orientation; the number of elements in each acrobatic bundle; the amount of the main move in the dance band; the

number of repetitions of elements in the composition; performance of dance connection within the musical square [4; 13].

To determine the structure and content of the competitive programs "Acrobatics" of qualified "B" class athletes in acrobatic rock'n'roll, an analysis was conducted on the video materials of official competitions. It is based on the requirements for building programs that are described in the rules of the competition for acrobatic rock'n'roll and special literature on the compilation of exercises in gymnastic and dance sports (Table 1).

Results of the research and their discussion

Basis for the construction of a competitive program in acrobatic rock'n'roll is regulated by the rules of the competition musical material, which corresponds to the swing rhythm at a rate of 48-50 cycles per minute for the program "Acrobatics", which lasts from 1 min 30 s to 1 min 45 s. For the "Technique of Legs" program, the music tempo is 50-52 cycles per minute, and the duration of the composition is from 1 min to 1 min 15 s.

The results show that the average duration of the program "Acrobatics" for qualified athletes of class "B" is 95-105 seconds, which meets the requirements of modern rules of the competition. Of these, an average of 43 to 46 seconds accounted for elements of acrobatics and their connections. On the main course the average is spent from 12 to 16 seconds. Dance figures are performed 17,8 seconds. Expressive movements and movements without the main move in the pair have a design character – the choreography of the program, and are performed on average for 22,74 seconds.

Calculating the percentage of the time for performing various movements in the competition composition, it is established

that on average 45% of the main time of the competition program is spent on the elements of acrobatics and their connections, the remaining (55%), make up the dance series (18% – dance figures, main move – 14%, and the rest of the time is occupied by the choreography of the program (main course, variations of the main move, motions in the pair without the main stroke and expressive movements) 23% (Figure 1).

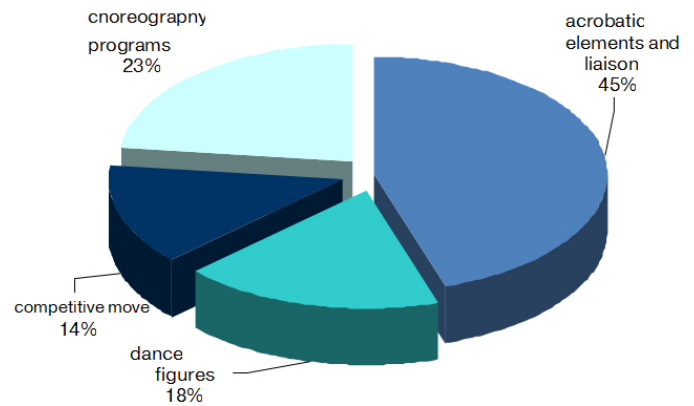


Fig. 1. Percentage of time and content of the structural components of the competitive programs of qualified "B" class athletes in acrobatic rock'n'roll

Analysis of our studies showed that the competitive program of qualified athletes of acrobatic rock and roll consists of introduction (intro), 6 blocks and finale (outro) – the final pose of the composition. In one block the sports couple demonstrates the dance series, entering the acrobatic element or the acrobatic bunch, performing it and exiting it. So, in 6 blocks the sports pair performs: 1) dance series – the optimal number (6) of full competitive moves and variation of the competitive course, dance tracks, elements and movements of modern choreography, classical (ander, andedan) and rock and roll (use of an accented spring on the "re-le-ve") revo-

Table 1
Indicators determining the structure of the competitive program "Acrobatics" of qualified athletes of "class B" in acrobatic rock'n'roll

No. i/o	Group of indicators	Indicators	Requirements for indicators
1.	Acrobatics*	4 groups of obligatory elements and 2 liaison movement	– front flip; – backflip; – "Todes"; – rotation; – other elements
2.	Foot technique	Main course	– performance of swing rhythm; – "spring"; – footwork; – posture and work of the hull; – direction of shots; – hand movements;
3.	Dance figures	simple; complex; rotation in a pair	– complexity; – clarity; – diversity; – quality of performance; – dance lines; – originality
4.	Choreography	– main course in contact and with changing places / directions – variants of the main stroke; – movement in a pair without the main course; – all the rest (rotation, jumping, other styles)	– logic; – harmony; – aesthetics; – accents in the production; – colorfulness

Remark. * – all acrobatic elements are performed in contact, except for the elements "Staff" and "Bettari" [11].

lutions, jumps, dynamic changes in the positions of partners relative to the second and specific dance figures, successfully highlighting the accents of musical accompaniment by expressive poses; 2) acrobatic elements – 4 groups of obligatory acrobatic elements (somersault forward, back somersault, “Todes”, rotation) and two liaison movement.

Thus, the main content of competitive compositions in acrobatic rock’n’roll from qualified “B” class athletes consists of introduction (intro), six blocks and final (outro) (Figure 2).

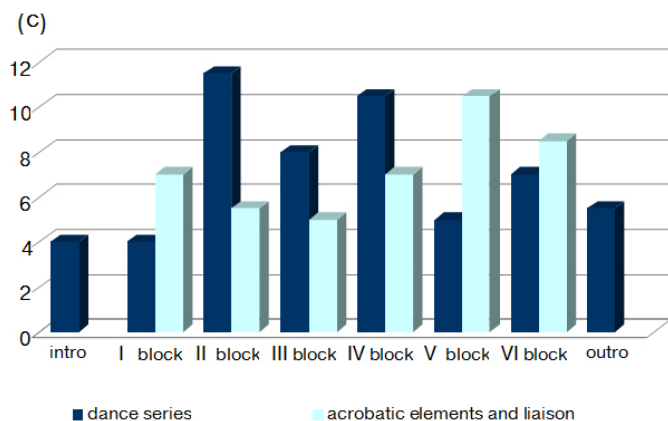


Fig. 2. Structure of the competitive program of qualified “B” class athletes in acrobatic rock’n’roll

When compiling and correcting competitive programs in acrobatic rock’n’roll, it is necessary to take into account the quantitative composition of the indices shown by the rules of the competition of this sport, the quality of the structural elements of the composition and the logical distribution of all components that combine the original, amplitude movements with the expressiveness of performance in competitive program.

Each sports couple applies different variants of performance of competitive exercises depending on special and technical preparedness.

Conclusions

Analysis of the video material allowed evaluating the effectiveness of the training process, determining the level and direction of correction of competitive compositions of qualified athletes in acrobatic rock’n’roll.

Analysis of the content of competitive programs of qualified athletes of class “B” in acrobatic rock’n’roll, allowed to determine the structure and components of the content, the number and time of their implementation. It is established that the competitive compositions of qualified “B” class athletes in acrobatic rock’n’roll consist of introduction (intro), 6 blocks and finale (outro). In one block the sports couple demonstrates the dance series, the west on the acrobatic element or the acrobatic connection, performing it and exiting it. It is revealed that most of the time of the whole program is occupied by acrobatic elements and their ligaments – 44,5 seconds (45%), the main move is from 12 to 16 seconds (14%). Dance figures on average run 17.8 seconds (18%). A considerable part of the time is occupied by the choreography component, which has an ornamental character of 22,74 seconds (23%). Thus, the content of the competitive program for qualified athletes in acrobatic rock’n’roll of class “B” should be logically distributed across all blocks that combine complex acrobatic tricks, original, amplitude movements with the expressiveness of performance.

In the future, further studies are planned to study the special and technical preparedness of qualified “B” class athletes in acrobatic rock’n’roll.

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