

Improvement of the technique of performance of the main course by sportsmen in acrobatic rock'n'roll by means of choreography at the stage of the specialized basic preparation

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Purpose: to prove experimentally the technique of improvement of technique of performance of the main course by sportsmen in acrobatic rock'n'roll by means of choreography at the stage of the specialized basic preparation.

Material & Methods: the following methods of the research were used: theoretical analysis and synthesis of data of special scientific and methodical literature; pedagogical supervision; pedagogical testing; methods of mathematical statistics. 28 sportsmen (14 male partners and 14 female partners) are tested before and after the pedagogical experiment.

Results: the estimated results of the method of execution of the main course are received on the basis of the rating scale (The rule of WRRC, 2016). The dynamics of level of technical skill of execution of the main course is defined by each sportsman separately.

Conclusions: it is established that the additional resources of choreography influence significantly the level of performance of the main course by sportsmen in acrobatic rock'n'roll.

Keywords: acrobatic rock'n'roll, main course, sportsmen, choreography.

Introduction

The rapid development of world sport constantly demands the incessant search of more and more effective means, methods and forms of training of sportsmen.

Acrobatic rock'n'roll is one of the most beautiful, dynamic, spectacular and popular sports. It is the part of the program of World Games since 2005, the World Cups and Europe, competition on the World Cup and other prestigious international tournaments are held constantly.

Choreography is the technical basis of many sports; choreographic exercises join in the program of training of representatives of different sports disciplines. Choreography gives not only certain technical skills, but also is the mean of educational of flexibility, sense of equilibrium, coordination of movements [2; 6; 9; 10].

As the analysis of scientifically-methodical literature showed, acrobatic rock'n'roll experienced the considerable changes both in the improvement of technical skill of sportsmen, the assessment of internal structure of the competitive program, and separately in the assessment of method of execution of the main course by a male partner and a female partner in recent years. So, our research concerning the influence of means of choreography on the level of the method of execution of the main course by sportsmen in acrobatic rock'n'roll is relevant [3; 5; 11].

Communication of the research with scientific programs, plans, subjects

The research was conducted in the implementation of the complex scientific project for 2015–2017. “Theoretic-methodical bases of the formation of culture of physical health at student's youth”

The purpose of the research:

to prove experimentally the technique of improvement of the method of execution of the main course in acrobatic rock'n'roll by means of choreography at the stage of the specialized basic preparation.

Research tasks:

1. To learn the problem of improvement of the method of execution of the main course in acrobatic rock'n'roll by means of choreography.
2. To prove the efficiency of technique of improvement of the method of execution of the main course by means of choreography and to analyze the dynamics of indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll.

Material and Methods of the research

The research was conducted from January, 2016 till June, 2016, the following methods of the research were used in the research: theoretical analysis and synthesis of data of special scientifically-methodical literature; pedagogical observation; pedagogical testing; methods of mathematical statistics. 28 sportsmen (14 male partners and 14 female partners) are

tested before and after the pedagogical experiment. Musical material according to the requirements of Rules of the World confederation of rock'n'roll is used (WRRC).

14 sportsmen (7 male partners and female 7 partners) of 12–17 years old of the control group (CG) and 14 sportsmen (7 male partners and 7 female partners) of 12–17 years old of the experimental group (EG) participated in the researches. The research was conducted for the identification of level of the method of execution of the main course.

Results of the research and their discussion

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll of 12–17 years old were received at the beginning of the pedagogical experiment (EG, $n_1=n_2=7$) (CG, $n_1=n_2=7$).

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (EG, male partners, $n=7$) are shown in pic. 1.

One sportsman showed the closer to maximum result (the general reduction of 10%)*, three sportsmen – the average result (the general reduction of 50%)* and three sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change*. Individual results in the group are very different – from 5 points till 9 points ($V - 24,5\%$).

One sportsman showed the closer to maximum result (the general reduction of 10%)*, one sportsman – the average result (the general reduction of 50%)* and four sportsman – the result more than average (the general reduction of 25%)* in the test *kick + kick*.

One sportsman showed the closer to maximum result (the general reduction of 10%)*, two sportsmen – the average result (the general reduction of 50%)* and five sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dehors*.

Two sportsmen showed the average result (the general reduction of 50%)* and five sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dedans*.

Two sportsmen showed the average result (the general reduction of 50%)* and five sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the right turn*.

One sportsman showed the average result (the general reduction of 50%)* and six sportsmen - the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the left turn*. The difference of individual results in the group are from 5 points till 7,5 points ($V - 13,1\%$).

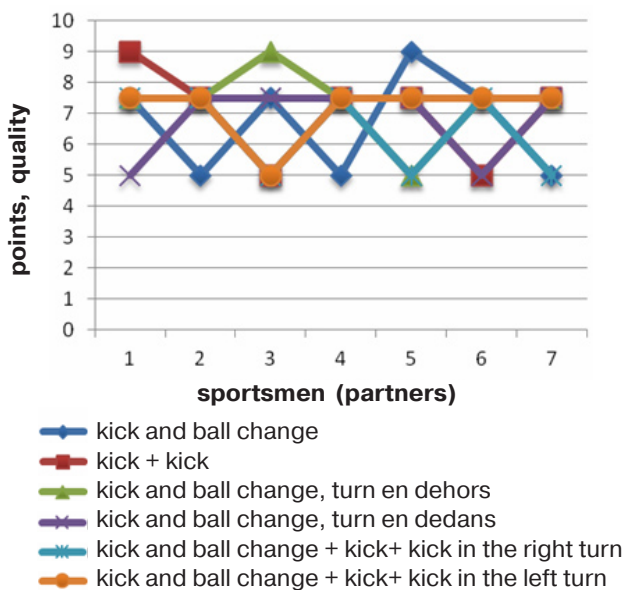
The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll of the category (EG, female partners, $n=7$) are shown in pic. 2.

Five sportswomen showed the closer to maximum result (the general reduction of 10%)* and two sportswomen – the result more than average (the general reduction of 25%)*, ($V - 8,5\%$) in the test *kick and ball change*.

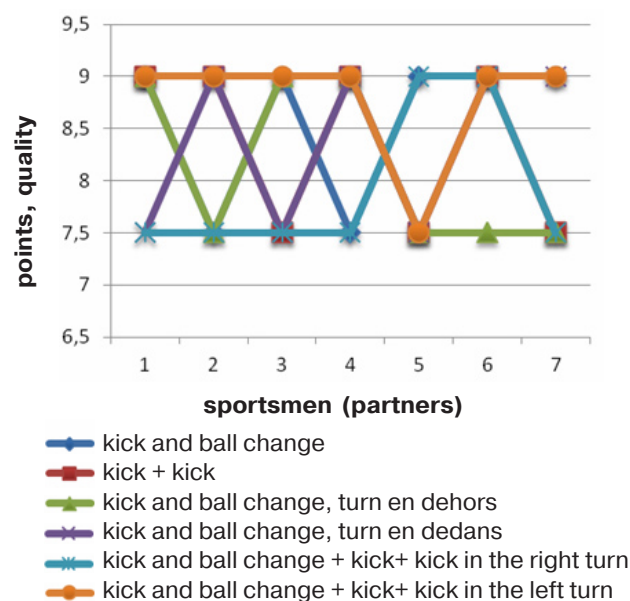
Four sportswomen showed the closer to maximum result (the general reduction of 10%)* and three sportswomen – the result more than average (the general reduction of 25%)*, ($V - 9,5\%$) in the test *kick + kick*.

Three sportswomen showed the closer to maximum result (the general reduction of 10%)* and four sportswomen – the result more than average (the general reduction of 25%)*, ($V - 9,8\%$) in the test *kick and ball change, turn en dehors*.

Four sportswomen showed the closer to maximum result (the general reduction of 10%)* and three sportswomen – the re-



Pic. 1. Indicators of the testing of sportsmen of acrobatic rock'n'roll before carrying out the pedagogical experiment (EG, male partners, $n=7$)



Pic. 2. Indicators of the testing of sportsmen of acrobatic rock'n'roll before carrying out the pedagogical experiment (EG, female partners, $n=7$)

Note. * – The rule of WRRC, 2016.

sult more than average (the general reduction of 25%)*, (V – 9,5%) in the test *kick and ball change, turn en dedans*.

Two sportswomen showed the closer to maximum result (the general reduction of 10%)* and five sportswomen – the result more than average (the general reduction of 25%)*, (V – 9,8%) in the test *kick and ball change + kick+ kick in the right turn*.

Six sportswomen showed closer to maximum result (the general reduction of 10%)* and one sportswoman – the result more than average (the general reduction of 25%)*, (V – 6,4%) in the test *kick and ball change + kick+ kick in the left turn*.

The difference of individual results in the group – from 7,5 points till 9,0 points. The coefficient of variation showed that the group is uniform.

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (CG, male partners, n=7) are shown in pic. 3.

Three sportsmen showed the average result (the general reduction of 50%)* and four sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change*. Individual results in the group are very different – from 5 points till 7,5 points (V – 20,8%).

One sportsman showed the closer to maximum result (the general reduction of 10%)*, one sportsman – the average result (the general reduction of 50%)* and five sportsmen - the result more than average (the general reduction of 25%)*, (V – 16,0%) in the test *kick + kick*.

One sportsman showed the closer to maximum result (the general reduction of 10%)* and six sportsmen - the result more than average (the general reduction of 25%)*, (V – 7,4%) in the test *kick and ball change, turn en dehors*.

One sportsmen showed the average result (the general reduction of 50%)* and six sportsmen – the result more than

average (the general reduction of 25%)*, (V – 13,2%) in the test *kick and ball change, turn en dedans*.

Two sportsmen showed the average result (the general reduction of 50%)* and five sportsmen – the result more than average (the general reduction of 25%)*, (V – 17,9%) in the test *kick and ball change + kick+ kick in the right turn*.

One sportsmen showed the average result (the general reduction of 50%)*, two sportsmen showed the closer to maximum result (the general reduction of 10%)* and four sportsmen – the result more than average (the general reduction of 25%)*. The difference of individual results in the group – from 5 points till 9,0 points (V – 17,7%) in the test *kick and ball change + kick+ kick in the left turn*.

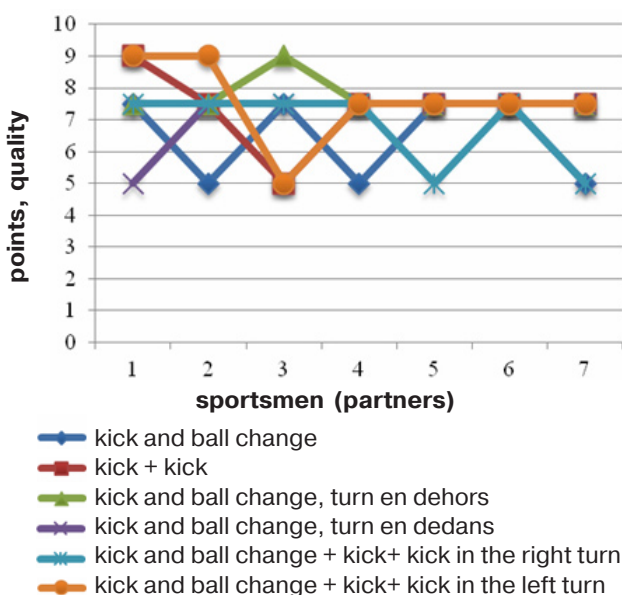
The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (CG, female partners, n=7) are shown in pic. 4.

One sportswoman showed the closer to maximum result (the general reduction of 10%)* and six sportswomen – the result more than average (the general reduction of 25%)*, (V – 7,4%) in the test *kick and ball change*.

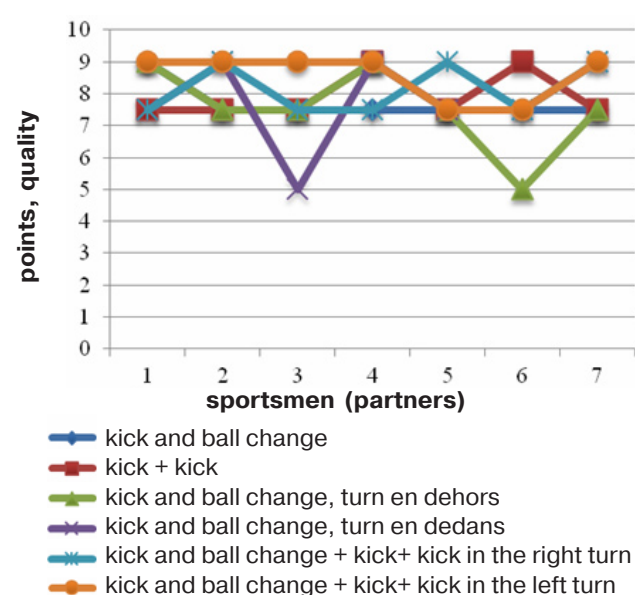
Two sportswomen showed the closer to maximum result (the general reduction of 10%)* and five sportswomen – the result more than average (the general reduction of 25%)*, (V – 9,2%) in the test *kick + kick*.

Two sportswomen showed the closer to maximum result (the general reduction of 10%)*, one sportswoman – the average result (the general reduction of 50%)* and four sportswomen – the result more than average (the general reduction of 25%)*, (V – 17,6%) in the test *kick and ball change, turn en dehors*.

Three sportswomen showed the closer to maximum result (the general reduction of 10%)*, one sportswoman – the average result (the general reduction of 50%)* and three sportswomen – the result more than average (the general reduction



Pic. 3. Indicators of the testing of sportsmen of acrobatic rock'n'roll before carrying out the pedagogical experiment (CG, male partners, n=7)



Pic. 4. Indicators of the testing of sportsmen of acrobatic rock'n'roll before carrying out the pedagogical experiment (CG, female partners, n=7)

of 25%)*, ($V = 18,5\%$) in the test *kick and ball change, turn en dedans*.

Three sportswomen showed the closer to maximum result (the general reduction of 10%)* and four sportswomen – the result more than average (the general reduction of 25%)*, ($V = 9,8\%$) in the test *kick and ball change + kick+ kick in the right turn*.

Five sportswomen showed the closer to maximum result (the general reduction of 10%)* and two sportswomen – the result more than average (the general reduction of 25%)*, ($V = 8,5\%$) in the test *kick and ball change + kick+ kick in the left turn*.

The results of six tests indicate that sportsmen did not use the special exercises earlier on the performance of basic (rock'n'roll) turns and rotations. The received wide intervals of results answer specific features of training of sportsmen.

The technique of the improvement of the method of execution of the main course by the sportsmen of 12–17 years old in acrobatic rock'n'roll was developed by us on the basis of the conducted research. Choreographic exercises on the increase in skill of performance of basic turns and rotations in acrobatic rock'n'roll are included to it for the first time.

We applied the technique of the improvement of the method of execution of the main course in the experimental group (EG, $n_1=n_2=7$). The educational-training process in the control group (CG, $n_1=n_2=7$) was on the traditional technique of training of sportsmen. Choreographic exercises were used in preparatory, main and final part of training.

We received the statistic indicators of the testing of sportsmen of acrobatic rock'n'roll at the end of the pedagogical experiment.

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll after the pedagogical experiment (EG, male

partners, $n=7$) are shown in pic. 5.

One sportsman showed the closer to maximum result (the general reduction of 10%)*, two sportsmen – the average result (the general reduction of 50%)*, four sportsmen – result more than average (the general reduction of 25%)* in the test *kick and ball change*. Individual results in the group are from 5,0 points till 9,0 points ($V = 21,0\%$).

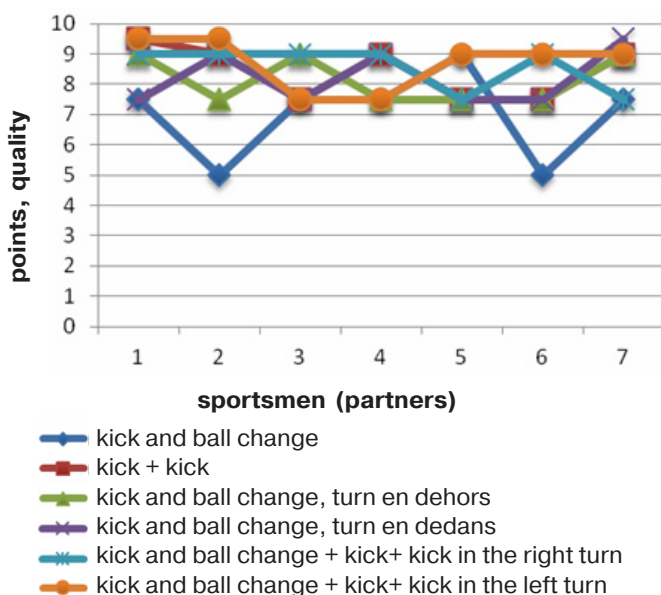
One sportsman showed the result with the general reduction of 5%*, four sportsmen – the result closer to maximum (the general reduction of 10%)* and two sportsmen – the result more than average (the general reduction of 25%)* in the test *kick + kick*. Individual results in the group are from 7,5 points till 9,5 points ($V = 9,2\%$).

One sportsman showed the result with the general reduction of 5%*, five sportsmen – the closer to maximum result (the general reduction of 10%)*, and one sportsman – the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dehors*. Individual results in the group – from 7,5 points till 9,5 points ($V = 7,1\%$).

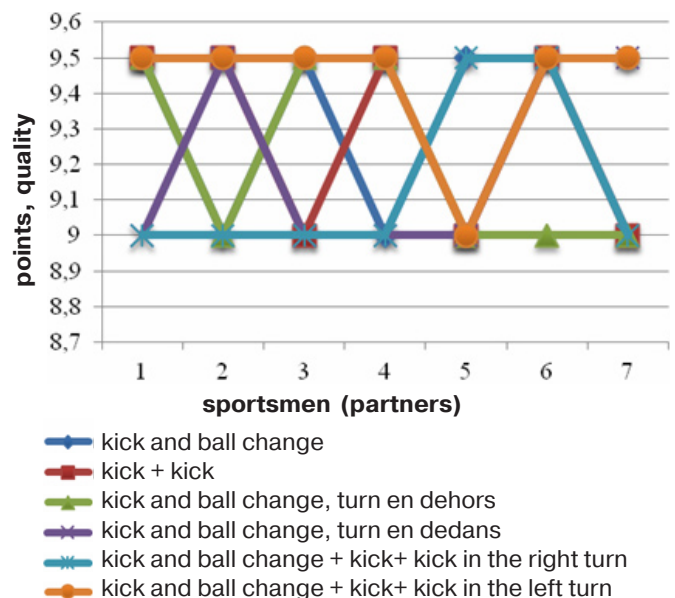
Five sportsmen showed the closer to maximum result (the general reduction of 10%)* and two sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dedans*. Individual results in the group – from 7,5 points till 9,0 points ($V = 8,5\%$).

Four sportsmen showed the closer to maximum result (the general reduction of 10%)*, and three sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the right turn*. Individual results in the group – from 7,5 points till 9,0 points ($V = 9,5\%$).

Two sportsmen showed the result with the general reduction of 5%*, three sportsmen showed the closer to maximum result (the general reduction of 10%)* and two sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the left turn*. The



Pic. 5. Indicators of the testing of sportsmen of acrobatic rock'n'roll after carrying out the pedagogical experiment (EG, male partners, $n=7$)



Pic. 6. Indicators of the testing of sportsmen of acrobatic rock'n'roll after carrying out the pedagogical experiment (EG, female partner, $n=7$)

difference of individual results in the group – from 7,5 points till 9,5 points (V – 9,8%). The coefficient of variation showed that the group is uniform.

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (EG, female partners, n=7) are shown in pic. 6.

Five sportswomen showed the result with the general reduction 5%* and two sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,5%).

Four sportswomen showed the result with the general reduction 5%* and three sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick + kick*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,9%). Three sportswomen showed the result with the general reduction 5%* and four sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change, turn en dehors*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,9%).

Three sportswomen showed the result with the general reduction 5%* and four sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change, turn en dedans*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,9%).

Two sportswomen showed the result with the general reduction 5%* and five sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change + kick+ kick in the right turn*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,9%).

Six sportswomen showed the result with the general reduction 5%* and one sportswoman showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change + kick+ kick in the left turn*. Individual results in the group – from 9,0 points till 9,5 points. The coefficient of varia-

tion showed that the group is uniform.

The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (CG, male partners, n=7) are shown in pic. 7.

Four sportsmen showed the closer to maximum result (the general reduction of 10%)* and three sportsmen showed the result more than average (the general reduction of 25%)* in the test *kick and ball change*. Individual results in the group – from 7,5 points till 9,0 points (V – 9,2%).

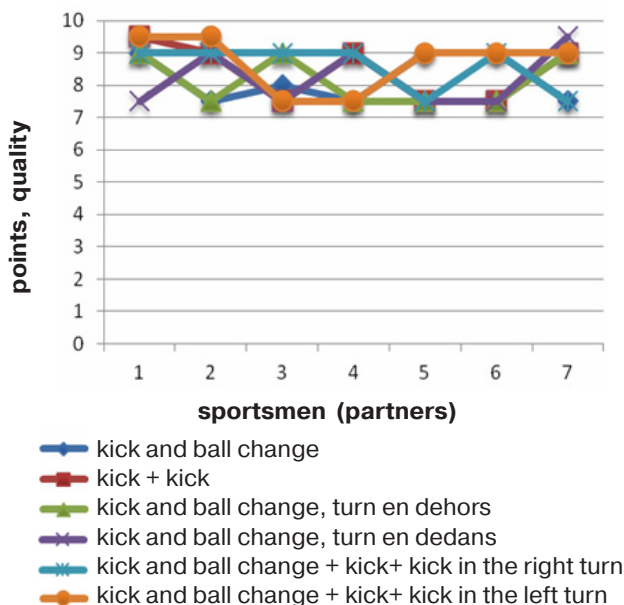
One sportsman showed the result with the general reduction of 5%*, three sportsmen showed the closer to maximum result (the general reduction of 10%)*, and three sportsmen – the result more than average (the general reduction of 25%)* in the test *kick + kick*. Individual results in the group – from 7,5 points till 9,5 points (V – 10,5%).

Three sportsmen showed the closer to maximum result (the general reduction of 10%)*, and four sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dehors*. Individual results in the group – from 7,5 points till 9,0 points (V – 9,8%).

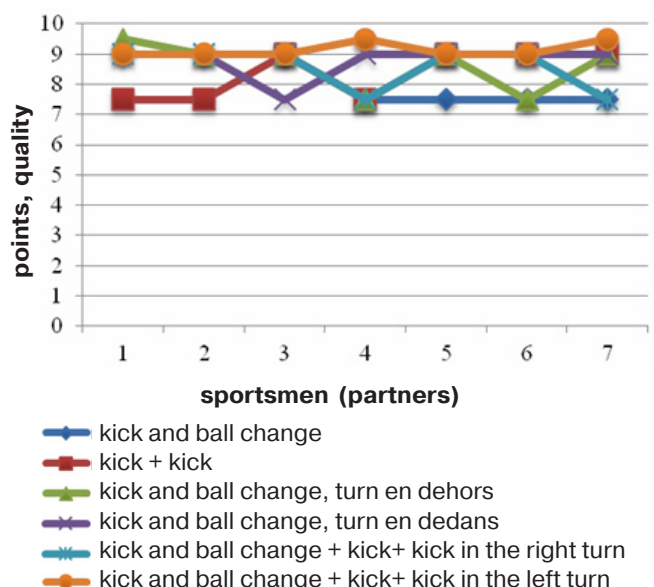
One sportsman showed the result with the general reduction of 5%*, two sportsmen showed the closer to maximum result (the general reduction of 10%)*, and four sportsmen – result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dedans*. Individual results in the group – from 7,5 points till 9,5 points (V – 11,1%).

Five sportsmen showed the closer to maximum result (the general reduction of 10%)*, and two sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the right turn*. Individual results in the group are from 7,5 points till 9,0 points (V – 8,5%).

Two sportsmen showed the result with the general reduction of 5%*, three sportsmen showed the closer to maximum re-



Pic. 7. Indicators of the testing of sportsmen of acrobatic rock'n'roll after carrying out the pedagogical experiment (CG, male partners, n=7)



Pic. 8. Indicators of the testing of sportsmen of acrobatic rock'n'roll after carrying out the pedagogical experiment (CG, female partners, n=7)

sult (the general reduction of 10%)*, and two sportsmen – the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the left turn*. Individual results in the group – from 7,5 points till 9,5 points (V – 9,9%). The statistic indicators of the testing of sportsmen of acrobatic rock'n'roll (CG, female partners, n=7) are shown in pic. 8.

Three sportswomen showed the closer to maximum result (the general reduction of 10%)*, and four sportswomen showed the result more than average (the general reduction of 25%)* in the test *kick and ball change*. Individual results in the group – from 7,5 points till 9,0 points (V – 9,8%).

Four sportswomen showed the closer to maximum result (the general reduction of 10%)*, and three sportswomen showed the result more than average (the general reduction of 25%)* in the test *kick + kick*. Individual results in the group – from 7,5 points till 9,0 points (V – 9,5%).

One sportswoman showed the result with the general reduction of 5%*, four sportswomen showed the closer to maximum result (the general reduction of 10%)*, and two sportswomen showed the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dehors*. Individual results in the group – from 7,5 points till 9,5 points (V – 9,2%).

Six sportswomen showed the closer to maximum result (the general reduction of 10%)*, and one sportswoman showed the result more than average (the general reduction of 25%)* in the test *kick and ball change, turn en dedans*. Individual results in the group – from 7,5 points till 9,0 points (V – 6,5%).

Five sportswomen showed the closer to maximum result (the general reduction of 10%)*, and two sportswomen showed the result more than average (the general reduction of 25%)* in the test *kick and ball change + kick+ kick in the right turn*. Individual results in the group – from 7,5 points till 9,0 points (V – 8,5%).

Two sportswomen showed the result with the general reduction 5%* and five sportswomen showed the closer to maximum result (the general reduction of 10%)* in the test *kick and ball change + kick + kick in the left turn*. Individual results in the group – from 9,0 points till 9,5 points (V – 2,6%). The coefficient of variation showed that the group is uniform.

The statistic indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll of EG (n=7), CG (n=7), at the beginning and at the end of the pedagogical experiment are shown in tables 1–4.

Using methods of mathematical statistics, we can say that:

- the difference of average values on the whole experimental group (EG-male partners) grew – on 24,7%; the difference of average values on the whole control group (CG- male partners) grew – on 16,9%;
- the difference of average values on the whole experimental group (EG-female partners) grew – on 10,9%; the difference of average values the whole control group (CG – female partners) grew – on 8,2%;
- the difference of differences of average values of the experimental and control groups of the pedagogical experiment

makes: male partners – 7,8%; female partners – 2,7%

The average value of percentage ratio of the deviation from the initial expert assessment in indicators of tests is improved by means of the offered technique of improvement of the method of execution of the main course (*Kick and ball change + kick + kick*) of sportsmen of acrobatic rock'n'roll in the experimental group:

- *kick and ball change* – male partners on 26,9%, female partners on 9,2%;
- *kick + kick* – male partners on 23,4%, female partners on 11,1%.

The worst result is shown considerably in the control group:

- *kick and ball change* – male partners on 8,8%, female partners on 5,5%;
- *kick + kick* – male partners on 14,5%, female partners for 5,4% that confirms the efficiency of the offered technique of improvement of the method of execution of the main course in the experimental group during the pedagogical experiment.

Conclusions

1. The analysis of scientifically-methodical literature confirms the insufficient level of the researches of perspective of the method of execution of the main course in acrobatic rock'n'roll.
2. The content of the educational-training process, which are directed to the improvement of the method of execution of the main course in acrobatic rock'n'roll, is developed. The level of choreographic preparedness of sportsmen of 12–17 years old is defined in EG and CG.
3. The technique of improvement of the method of execution of the main course by sportsmen of 12–17 years old in acrobatic rock'n'roll is developed.
4. The offered experimental technique took the effective action on the increase in the level of the method of execution of the main course of sportsmen of acrobatic rock'n'roll at the stage of the specialized basic preparation. Using the methods of mathematical statistics, we can say that:

- the difference of average values on the whole experimental group (EG-male partners) grew on 24,7%; the difference of average values on the whole control group (CG- male partners) grew on 16,9%;
- the difference of average values on the whole experimental group (EG-female partners) grew on 10,9%; the difference of average values on the whole control group (CG-female partners) grew on 8,2%;
- the difference of differences of average values of the experimental and control groups of the pedagogical experiment makes:
 - male partners – 7,8%;
 - female partners of – 2,7%.

The positive dynamics of indicators of the average value of the percentage deviation ratio from the initial expert assessment in indicators of tests is found during the pedagogical experiment in the experimental group:

Table 1

The statistic indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll before the pedagogical experiment (P<0,05)

Tests	Experimental group (female partners, n=7)	Control group (female partners, n=7)	t	t _{gr.}	p
	$\bar{X} \pm m$	$\bar{X} \pm m$			
1. Kick and Ball Change, points	6,64±0,66	6,43±0,55	0,24	2,36	>0,05
2. Kick-kick, points	7,0±0,6	7,36±0,48	0,47	2,36	>0,05
3. Kick and Ball Change, turn en dehors, (points)	7,36±0,48	7,71±0,23	0,66	2,36	>0,05
4. Kick and Ball Change, turn en dedans, (points)	6,79±0,5	7,14±0,397	0,55	2,36	>0,05
5. Kick and Ball Change + kick-kick in the right turn, (points)	6,43±0,55	6,79±0,5	0,48	2,36	>0,05
6. Kick and Ball Change + kick-kick in the left turn, (points)	7,14±0,39	7,57±0,55	0,64	2,36	>0,05

Table 2

The statistic indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll before the pedagogical experiment (P<0,05)

Tests	Experimental group (female partners, n=7)	Control group (female partners, n=7)	t	t _{gr.}	p
	$\bar{X} \pm m$	$\bar{X} \pm m$			
1. Kick and Ball Change, points	8,57±0,3	7,71±0,23	2,28	2,36	>0,05
2. Kick-kick, points	8,36±0,33	7,93±0,3	0,96	2,36	>0,05
3. Kick and Ball Change, turn en dehors, (points)	8,14±0,33	7,57±0,55	0,89	2,36	>0,05
4. Kick and Ball Change, turn en dedans, (points)	8,36±0,33	7,79±0,59	0,84	2,36	>0,05
5. Kick and Ball Change + kick-kick in the right turn, (points)	7,93±0,3	8,14±0,33	0,47	2,36	>0,05
6. Kick and Ball Change + kick-kick in the left turn, (points)	8,79±0,23	8,57±0,3	0,58	2,36	>0,05

Table 3

The statistic indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll after the pedagogical experiment (P<0,05)

Tests	Experimental group (female partners, n=7)	Control group (female partners, n=7)	t	t _{gr.}	p
	$\bar{X} \pm m$	$\bar{X} \pm m$			
1. Kick and Ball Change, points	8,43±0,36	7,0±0,60	2,04	2,36	>0,05
2. Kick-kick, points	8,64±0,33	8,43±0,36	0,43	2,36	>0,05
3. Kick and Ball Change, turn en dehors, (points)	8,86±0,26	8,14±0,33	1,71	2,36	>0,05
4. Kick and Ball Change, turn en dedans, (points)	8,57±0,3	8,21±0,37	0,76	2,36	>0,05
5. Kick and Ball Change + kick-kick in the right turn, (points)	8,36±0,33	8,57±0,3	0,47	2,36	>0,05
6. Kick and Ball Change + kick-kick in the left turn, (points)	8,71±0,35	8,71±0,35	0,00	2,36	>0,05

Table 4

The statistic indicators of the level of choreographic preparedness of sportsmen of acrobatic rock'n'roll after the pedagogical experiment (P<0,05)

Tests	Experimental group (female partners, n=7)	Control group (female partners, n=7)	t	t _{gr.}	p
	$\bar{X} \pm m$	$\bar{X} \pm m$			
1. Kick and Ball Change, points	9,36±0,1	8,14±0,33	3,54	2,36	<0,05
2. Kick-kick, points	9,29±0,11	8,36±0,33	2,67	2,36	<0,05
3. Kick and Ball Change, turn en dehors, (points)	9,21±0,11	8,64±0,333	1,64	2,36	>0,05
4. Kick and Ball Change, turn en dedans, (points)	9,21±0,11	8,79±0,23	1,65	2,36	>0,05
5. Kick and Ball Change + kick-kick in the right turn, (points)	9,14±0,1	8,57±0,3	1,80	2,36	>0,05
6. Kick and Ball Change + kick-kick in the left turn, (points)	9,43±0,08	9,14±0,1	2,26	2,36	>0,05

– *kick and ball change* – male partners on 26,9%, female partners on 9,2%;
– *kick + kick* – male partners on 23,4%, female partners on 11,1%.

The worst result is shown considerably in the control group:

– *kick and ball change* – male partners on 8,8%, female partners on 5,5%;

– *kick + kick* – male partners on 14,5%, female partners on 5,4% that confirms the efficiency of the offered technique of improvement of the method of execution of the main course in the experimental group during the pedagogical experiment.

Prospects of the subsequent researches will be sent to the search for new means and methods of choreographic and technical training of sportsmen in acrobatic rock'n'roll.

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