



WAYS TO TEACH YOUNG GYMNASTS TO JUMP RELYING ON

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Annotation: Methods of teaching gymnastics in the use of exercises in training are the main activity manual. Young people in particular are very interested in doing gymnastics exercises. Because the focus is on creating a figure in The Shape of the body, its appearance. Therefore, it is quite appropriate to organize training based on their requirements, although the attentive participation of one practitioner is suitable for him.

Key words: gymnastic, physical movement, volitional sensation, principle, jump, training.

Gymnastic exercises make great demands on the physical movement and volitional sensations of the practitioners. The principle of awareness and activity in the process of mastering new exercises requires students, first of all, to learn with understanding the action, to educate an interested and creative approach to the task set. In the process of reading in order for movement skills to be learned consciously, it will be necessary to teach the following to those involved.

- assessment of the results of his activities; description of the technique of movement using various (verbal, drawing, repetition in writing) methods;
- overcoming various difficulties associated with mastering a new movement;
- keeping your diaries and making plans to master the exercises;
- The principle of exhibitionism.
- In order to achieve exhibitionism in teaching, the coach uses several tools and techniques such as:
 - show the perfect execution of the movement, show Cinema and photomaterials, pictures, tables and model models;
 - verbal description of the details of the technique of certain action tasks and comparison with other actions;
 - use additional tools (phase samples, moving to movements by voice, slow lifting and Q carving with Die);
 - in trending devices, human body samples and x.k.showing the technique of the exercise being studied or its elements in the S;
 - suspension of individual instances, imitation, trainer-assisted execution, and other facilitated actions to produce a distinct, focused sense of action.

The teacher must continuously study in depth what students are capable of, their chances of mastering a specific set of exercises. For example, in order to perform a large rotation in a unicorn, the student must be able to perform a number of other exercises, have enough strength in his hand, and know that many physical qualities, such as boldness and perseverance, must be absorbed. The presence of such qualities in a student will be a measure

that indicates that it is easy for this exercise. The principle of easy intelligibility didactics from known to unknown, from easy the difficulty depends on hambarchas with rules from simple to complex.

By teaching methods, it is necessary to understand the choice of specific paths necessary to solve the tasks set. Different teaching methods can be divided into groups.

Methods of teaching the first group: the oral method is one of the universal methods, allowing students to manage to teach them to perform a new exercise in the course of the lesson gives. In this case, the use of gymnastic terms becomes relevant in communication, since with the help of terms it is possible to achieve a clear and concise way in which the teacher affects students through speech;

- the method of reporting information about the movement technique, the performance of exercises by the demonstrator, the display of visual weapons, audio and video materials, giving conditional characters, certain parts of the action, the amount of which are manifested by the student by performing elements of the action technique. This teaching methods are primarily aimed at capturing and identifying the perception of the basics of training techniques, and can be applied throughout the training process. The second group of teaching methods:

- holistic exercise methods, it implies performing the studied movement in one whole way. Relief of the conditions for performing exercises, assistance in this and it can be at the expense of applying additional means of strahovka, lowering the height of the equipment, performing the movement on the track, simplifying the initial or Ultimate posture (for example, performing the lifting of the torso by typing in a low unicorn with the help of a trainer;

- auxiliary exercise style (one of the similar types of holistic exercise method), it is similar in composition to the basic exercise. But at the same time, it is an independent exercise, which implies a holistic execution of the previously studied movement (for example, standing up on one leg to record and raise the torso in a unicorn help chi serves as an exercise);

- split exercise method it consists of separating the entire movement technique into some parts and pieces and performing it whole again after mastering each of them. Such artificial division of the exercise into pieces is done in order to facilitate the conditions for studying the main activity;

There has now been a higher level of interest in gymnastics than in previous years. Because this sport is a sport that loves women. To the beautiful formation of a progressive organism, gymnastic exercises are the first physical means. On the basis of the above examples, methods were sorted, which are convenient for those involved to master specific exercises, and this was tested. To do the exercises in a split way, first of all, to keep the memory of those who are engaged, and he will deliver the exercise to the finish and give it joy. Each gymnastic character serves to improve a person's health.

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