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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE START TECHNIQUE OF BREASTFEED AND
BUTTERFLY SWIMMERS IN THE SPORTS IMPROVEMENT GROUP****I. S Islamov***Uzbekistan State University of Physical Education and Sports
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Key words: launch implementation, operational control, thrust force, sliding speed, improvement group, improvement.

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Abstract: The research paper talks about the method of performing the start technique as a result of increasing the sliding speed of the swimmer due to the increase of the sliding speed of the swimmer due to the increase of the individual pressure force of each leg, the performance of different loads on the unstable surface on the land, through the operative control of the technical indicators in the implementation of the start.

INTRODUCTION

In the world, competition in the international sports arena is increasing significantly. At the Asian Championships, World Championships and Olympic Games, the results are so close that a hundredth of a second separates the winner from the loser. In such a competitive environment, the importance of effective starting technique in swimming is increasing. With the sharp increase in competition among athletes in 100 and 50meter swimming, which entered the program of official competitions, the interest in starting technique and practical methods of its improvement has increased sharply.

However, the existing tools and methods of training swimmers do not allow to fully solve the contradictions that arise in improving the starting technique. The analysis of specialized literature on swimming showed a lack of serious information about the process of developing strength training of freestyle and butterfly swimmers.

Current literature also includes techniques for developing strength and explosive power, exercises performed without weights, and exercises performed with specific optimal weights.

Summarizing the above points, in order to develop strength and explosive power, it is desirable to form the quality of strength in the athlete first of all. Because this quality is a necessary condition

of the training process. In competitive situations, he participates as a decisive factor in winning. Therefore, the search for new ways to develop the quality of strength in an athlete is one of the current urgent problems. Creating a scientifically based methodology that meets modern requirements will greatly help the development of power movement skills of athletes in fast-power sports.

The purpose of the study. Improving sports performance by improving the starting technique of breaststroke and butterfly swimmers in the sports improvement group.

MATERIALS AND METHODS

Research methods. Analysis of scientific methodological literature, pedagogical observation, pedagogical experience, questionnaire, pedagogical tests, instrumental method, and mathematical statistics methods were used on the topic of research.

The scientific novelty of the research is as follows on the basis of a separate analysis of the phases of the start technique, the sports performance of breaststroke and butterfly swimmers is increased due to the determination of the start reaction, the force of descent and the speed of sliding; swimmers participating in the sports improvement group have the opportunity to improve the start technique due to the processing of information received through the "Swimming power start" program, which allows operative control of the technical indicators of the start, and making corrections to the training process; the effectiveness of improving the start technique has been increased due to the development of a set of special exercises aimed at increasing the technical indicators of each phase of breaststroke and butterfly swimmers; by operational control of the technical indicators during the start, the technique of performing the start technique has been improved as a result of increasing the sliding speed of the swimmer due to the increase of the individual depressing force of each leg, the performance of various loads on the unstable surface on land.

Effective execution of the start technique in competitive activities allows a swimmer to save 0.2-0.5 seconds. Because of this, perfect implementation of the starting technique in swimming is very important. In order to succeed in these contests, it is desirable to develop their explosive power. It is possible to develop these skills with the help of this equipment.

We can see the reaction time, dip force and glide speed indicators when the swimmer performs the start. "Swimming power start" can also be used during training. During the initial period of many years of training, trainees acquire great general physical training.

They achieved this by using a large amount of general development exercises in other types of sports. In our experiments, the ability of the participants to perform explosive power developing exercises and other types of sports was considered [Table 1].

The process of formation of starting technique skills in athletic swimming depends on the structure of sports exercises or some of its elements. The ability to perform each movement element

at a high level depends primarily on how well it is learned. The initial position creates the most favorable situation for the initiation and execution of the movement and makes it easier to perform.

The following table presents a set of exercises that will help to increase leg strength on land and in water and effectively master the elements of the start.

Due to the fact that the formation of swimmers' start technique skills is related to exercises in other types of sports or to some elements in their structure, and, above all, it depends on the situation in which they are studied, we have developed a set of special preparatory exercises that help to effectively master the start elements on land and in water (Table 1).

Table 1

A set of exercises to improve the starting technique of swimmers of the experimental group.

Exercises on land	Number of repetitions	Rest time	Water exercises	Number of repetitions	Rest time
Gymnastics sitting(jumping)	35-40 times Series 3-6	20-30 sec	Swimming on rubber in the butterfly method with legs only	4 x 2 min Series 2-4	Sail through the main task
Walking while sitting	4x25m Series 2-4	20-30 sec	Swimming in full coordination in breaststroke and butterfly method on rubber	4x2min Series 2-4	sail through the main task
Jumping in a sitting position	4x25m Series 2-4	20-30 sec	Butterfly swimming with resistance only on legs	4x100m Series 2-4	25-30 sec
Jumping quickly and with great force to a height of 60-70 cm in a standing position	15-20 times Series 4-6	25-30 sec	Swimming in the crawl and butterfly method in full coordination with resistance	4x100m Series 2-4	20-30 sec
Lying down with a barbell, bending the legs	10-15 times Series 4-6	25-30 sec	25m leg butterfly under water + 25m leg butterfly above water + 50m fully coordinated crawl and butterfly swimming.	2-4 Series	20-30 sec

RESULTS AND DISCUSSIONS

In order to assess the level of physical fitness of the participants in the sports improvement group, the SPS tests were used: starting reaction, the power of the base and auxiliary leg, the first and last points of the body when entering the water, and the speed of sliding under water. (Table 2)

Table 2

"SPS" test of experimental and control groups at the beginning and end of the experiment.

T/p	Indicators		HГ	TГ	t	P
			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$		
1	Start reaction	c	0,75±0,3	0,75±0,5	1,91	>0,05
			0,65±0,4	0,46±0,2	3,17	<0,05
2	Declination force of the supporting leg	кГ	47,0±0,8	47,0±0,3	1,34	>0,05
			59,8±0,4	68,9±0,6	2,67	<0,05
3	Support leg depressing force	кГ	24,2±0,3	24,8±0,4	1,21	>0,05
			27,0±0,2	37,7±0,5	2,72	<0,05
4	The first and last points of the body when entering the water	cm	47,2±2,2	47,3±3,0	1,72	>0,05
			47,0±3,6	30,3±2,0	3,07	<0,05
5	Speed of gliding under water	M/c	1,6±0,3	1,8±0,5	1,91	>0,05
			1,7±0,4	2,9±0,2	3,17	<0,05

Note 2.: In the photo - the results before the experiment; in the denominator - the results after the experiment. NG-control group, TG-experimental group.

During the pedagogical experiment, the time spent by the swimmers of the control group on the start reaction was 0.75 seconds, and the explosive force during the descent from the starting platform was 47.16 kg. At the end of the experiment, the time the swimmers spent on the start reaction was 0.65 seconds, and the explosive power indicator during the descent from the starting platform was 59.44 kg.

As can be seen from these results, the 6-month growth pattern was 0.10 sec. (0.8%) at the start, and the strength growth pattern was 12.28 kg. During the experiment, TG swimmers engaged in special exercises developed by us had a start reaction time of 0.75 sec.

At the end of the experiment, the time spent on the start reaction was 0.46 seconds, and the explosive force during the descent from the starting platform was 68.97 kg. According to the results obtained during the experiment, the time spent on the start reaction in the swimmers of the 6-month growth rate of the experimental group average - by 27.4%, indicators of explosive power during the descent from the starting platform - by 55.6%.

CONCLUSION

1. According to the results of the analysis of advanced experience and scientific and methodical literature, mastering leg strength training of breaststroke and butterfly swimmers engaged in sports improvement group, the fact that there is not enough scientific research work on the improvement of

modern tools and training methods for formation in a unique water environment, and at the same time there are no objective and fast methods for controlling the phases of the starting technique, determines the relevance of this dissertation work.

2. By using the developed "Swimming power start" electronic program (app), conducting tests on controlling the stability of diving power and time during the start in the control and experimental groups, as a result of comparing indicators, monitoring growth dynamics and analyzing the received data, it was possible to determine how effective the tools and methods used in training are, to make adjustments to the course of the pedagogical process when necessary.

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