

MENTAL ENLIGHTENMENT SCIENTIFIC –
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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>EFFICIENCY OF QUALITATIVE MASTERING OF ROWING
TECHNIQUE ELEMENTS IN 10-11 YEAR OLD KAYAKERS**B. F. IKROMOV***Uzbek State University physical culture and sports
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ABOUT ARTICLE

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Abstract: The article reveals the effectiveness of the means and methods used to develop the stability of the balance of kayak rowers at the initial stage of training with the help of innovative simulators and special exercises.

At present, the popularization of physical culture and sports is defined by the world community as one of the important areas of social policy. The role of sports in the education of a physically healthy, mentally mature, strong, strong-willed, and resilient person is incomparable. In this regard, rowing is one of the most popular and developed sports in the world. It should be noted that in the development of canoeing and kayaking in the world, it is important to attract talented children, improve their athletic skills, and organize training on a scientific basis. Numerous scientific studies have been conducted in the world in the field of theory and methodology of rowing on the application of means and methods used in psychological, general and special physical, technical, tactical, and functional training of young athletes in the training process. At present, the rapid growth of results in canoeing requires an improvement in the training system in this area that meets modern requirements.

In our country it is important to increase and realize the creative and intellectual potential of the younger generation, " To form a healthy lifestyle in children and young people, to involve them in physical education and sports . " Currently, athletes represent the honor of Uzbekistan on the world stage, achieving high results in various competitions. It is advisable to pay special attention to the development of children's sports, its *scientific* support and the creation of an organizational basis. The role of children's and youth sports is growing day by day, since it is

the main basis for the preparation of sports reserves. The basis for future sports successes and achievements will be laid at the early stages of training and will be ensured by the quality of the reserve's training. Analysis of the results of scientific work of the last decade showed us the need to create an innovative device and a special set of physical exercises that help develop the stability of the balance of rowers. It is appropriate and relevant to develop such a pedagogical system that can be used not only on water, but also on land, since it is recommended to train throughout the year to form and develop balance.

The aim of the study is to experimentally substantiate the effectiveness of high-quality development of rowing technique elements using innovative means and special exercises for 10-11 year old rowers at the initial training stage.

Research methods. The developed simulator actively stimulates the training process in the preparatory period, allowing, during the technical training of the rower, to form a water balance on land, as close as possible to the coordination activity in a boat on the water (No. FAP01510).

The simulator allows you to form, develop and improve your balance, as well as master the basics of rowing technique. The unique simulator has feedback, which allows the rower to quickly receive information about the quality of the exercise being performed. The uniqueness of the simulator is that it is identical to a racing kayak in shape, appearance, structure and ovality. The rowing movements performed by the athlete on the simulator correspond to competitive movements.

The simulator is a key link in the pedagogical system of special exercises for the rapid development of balance stability in young rowers. The development and improvement of balance stability in this simulator is carried out in three stages (see Table 1).

Table 1

Methodology for developing balance stability in the simulator " Kayak balance training ergometer "

Stage I		
Position of the simulator	Procedure	Duration of the stage
The trainee performs exercises on the simulator without using a special seat and paddle simulator.	The student sets the roll rate to 8.5 degrees in the KBC app and simulates the paddling movements	When the number of errors allowed according to the established roll norm reaches a minimum, the first stage is completed.
Stage II		
The trainee performs the exercise on the simulator while sitting in a special seat	The student sets the roll rate to 8.5 degrees in the KBC app and simulates the paddling movements	When the number of errors allowed according to the established roll norm

without using the paddle simulator.		reaches a minimum, the second stage is completed.
Stage III		
The trainee performs exercises on the simulator using a special seat and an oar simulator.	The student sets the roll rate to 8.5 degrees in the KBC app and simulates the paddling movements	When the number of errors allowed according to the established roll norm reaches a minimum, the third stage is completed.

Note: After completing the third stage, in order to improve technical skills the roll rate gradually decreases.

In order to monitor and compare the stability of balance of those involved in the control and experimental groups, as well as to set the appropriate roll rate on a special simulator, before the study, the indicators of balance stability were determined for rowers involved at different stages of training using the electronic program "Kayak balance control".

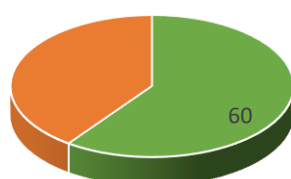
Table 2

Rates for different skill levels in kayaking

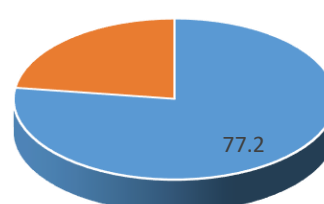
No.	Athlete level	The angle of the boat's roll to the sides	
		Left (degree)	Right (degree)
1	Master of Sports of International Class (MSIC), n = 5	5.87	5.95
2	Master of Sports (MS), n = 10	5.92	6.12
3	Candidate Master of Sports (CMS), n = 20	6.18	6.76
4	1- rank, n = 20	7.67	7.98
5	2 - digit, n = 20	8.34	8.76
6	3 - digit, n = 20	8.67	8.68

Results of the study and their discussion. To determine the level of mastery of rowing technique elements by participants of the initial training group aged 10-11, an assessment was made using a 100-point rating system.

The level of mastery of the elements of technique, such as "skidding", "wiring", "carrying out" and "preparation for the stroke", which are the basis of rowing technique, by the participants of the experimental and control groups was assessed as follows. (see Figures 1,2,3,4).



■ Control group



■ Experimental group

Figure 1. Indicators of mastering the technical element “paddle sweep” in the control and experimental groups after the pedagogical experiment

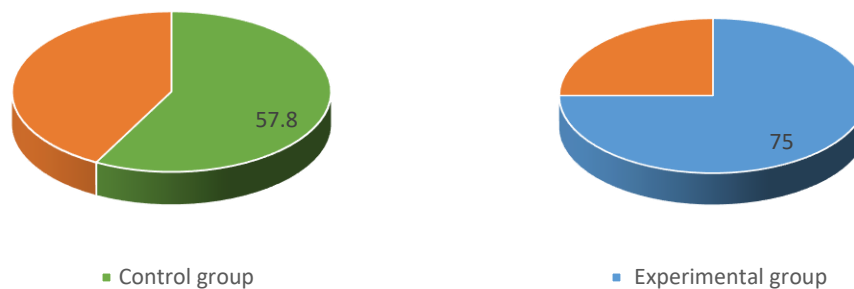


Figure 2. Indicators of mastering the technical element “wiring” in the control and experimental groups after

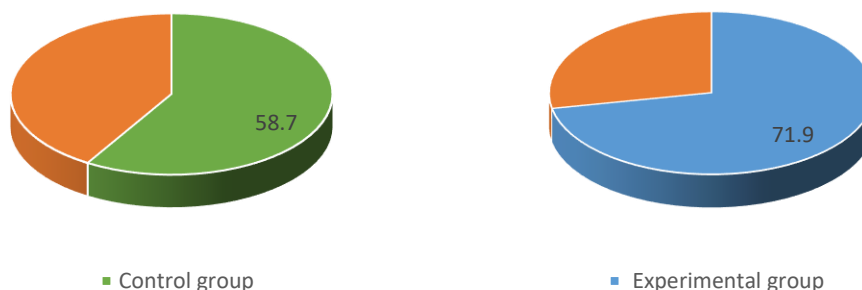


Figure 3. Indicators of mastering the technical element “paddle extension” in the control and experimental groups after

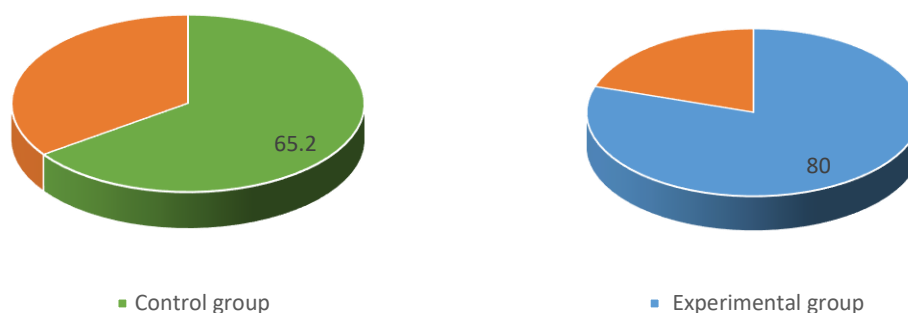


Figure 4. Indicators of mastering the technical element “preparation for the stroke” in the control and experimental groups after the pedagogical experiment

Since the participants of the experimental and control groups had just started rowing classes, the expert assessment of the level of mastering such technical elements as "paddle sweep", "wiring", "paddle extension" and "preparation for the stroke" was carried out only at the end of the study. According to the obtained results, the indicators of the experimental group participants were higher than those of the control group participants [$P < 0.05$]. As a result of assessment based on the 100-point rating system, the level of

mastering the technical element "paddle sweep" was estimated at an average of 77.2 points (good) in the experimental group and 60.0 points (satisfactory) in the control group. The level of mastering the technical elements: "wiring", "paddle extension" and "preparation for the stroke" were estimated in the experimental and control groups, respectively, as follows: 75.0 points (good), 57.8 points (satisfactory); 71.9 points (good), 58.7 points (satisfactory); 80.0 points (good), 65.2 points (satisfactory).

The results of the study showed that the role of the multifunctional training device and the set of special exercises we created in the rapid and high-quality mastery of the basics of rowing technique is invaluable at the initial stage of training.

Conclusions

1. Based on the results of advanced experience and analysis of scientific and methodological literature at the initial stage of training, insufficient research has been conducted to improve the means and methods of teaching in mastering rowing techniques, the formation of a specific water balance, as well as objective and operational methods of balance control, the absence of which determines the relevance of this dissertation.

3. The introduction of a methodology for developing balance stability and mastering rowing technique elements using the KVTE simulator in the training of young rowers led to high-quality mastering of rowing technique elements in a short time. As a result of the expert assessment, the following facts were revealed: the level of mastering the technical element "paddle sweep" in the experimental group increased by 12.2% compared to the control group; mastering the technical element "wiring" by 17.2%; mastering the technical element "paddle extension" by 13.2%, and by 14.8% for mastering the technical element "preparation for the stroke" [$p < 0.05$].

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