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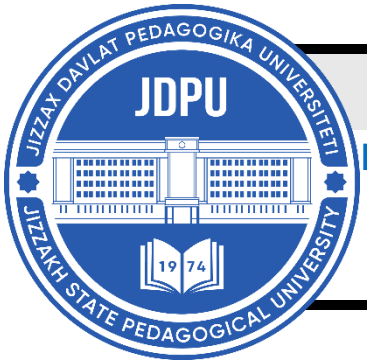

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TEACHING THE INITIAL MOVEMENT TECHNIQUE TO ROWERS DURING THE BEGINNER PREPARATION PHASE OF SLALOM

Fakhriddin Madaminov
PhD Candidate
Uzbekistan State University of Physical Education and Sports
Chirchik, Uzbekistan
E-mail: faxriddin9606@gmail.com

ABOUT ARTICLE

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Abstract: The article explores methods for effectively teaching the initial technical movements to rowers during the beginner preparation phase of slalom. This process is carried out by organizing training sessions aimed at adapting to water environments and slalom conditions, taking into account the individual development characteristics of the athletes.

Relevance:

In Uzbekistan, extensive reforms are being systematically implemented in the field of physical education and sports, particularly in the development of water sports. Of particular significance is the Resolution of the President of the Republic of Uzbekistan, No. PQ-382, dated November 4, 2024, titled “On Measures for the Development of Water Sports” [1]. This resolution aims to increase the popularity of water sports, foster a healthy lifestyle among youth, and systematically address tasks such as elevating the professional training level of athletes to new heights.

Slalom rowing is a highly skilled activity focused on physical development and the enhancement of technical mastery. Properly teaching technical movement activities during the beginner preparation phase is crucial not only for improving technical capabilities but also for laying a solid foundation for future athletic success. Today, applying innovative methods in physical education and sports, developing modern training technologies, and

considering the individual development characteristics of young athletes are recognized as urgent issues.

Objective of the Research:

The goal of the research is to improve the ability of beginner rowers to control the boat on water and enhance their level of specialized training by teaching them initial technical movements during the preparation phase.

Tasks of the Research:

1. To improve training mechanisms aimed at athletes' adaptation to water environments and slalom conditions, as well as mastering specific technical elements.
2. To identify the characteristics of individual preparation and technical improvement in slalom rowing.
3. To develop a training program for the beginner preparation phase in slalom rowing.

Teaching athletes specific exercises and enhancing overall physical fitness during the beginner preparation phase is of critical importance. Methodology for teaching slalom rowing techniques involves the rational distribution and sequencing of tools and methods in training focused on mastering precise movement activities.

Slalom Rowing is a type of rowing sport where rowers navigate through designated gates while moving along a fast-flowing water current [7]. It is important to note that the optimal method for performing movements varies for each athlete. Thus, even the most skilled athletes may make mistakes in the fundamental movements and elements of slalom rowing. Factors such as anthropometric data, water conditions, and other elements influence this. During specialized training in water and while passing through the course in competitions, athletes are required to demonstrate their movement abilities and technical-tactical skills. As a result, the goal of technical preparation during the beginner stage is to ensure adaptation to the conditions of the sport and to develop the basic skills and competencies that constitute the actual components of an athlete's technical and tactical preparation.

The development of movement skills and abilities provides the necessary foundation for the later improvement of rational movements and movement analysis. At the same time, it is important that children, starting from the beginning of training, focus not only on the individual details related to their age characteristics but also on mastering the basics of integrated exercise techniques [4].

In the first year of training for rowing athletes, they must master the following sequence of techniques and elements in slalom rowing: forward rowing, pulling, backward

rowing, steering, and rear pulling [2]. The slope and foundation are learned simultaneously with other rowing techniques and elements. Exercises on Eskimo turns are carried out either after the main part of the training or through a separate session.

In the process of technical preparation, slalom rowers go through two stages: familiarization and improvement.

The **Familiarization Stage** focuses on acquiring fundamental knowledge of slalom rowing techniques [5]. Initially, slalom rowers must be shown and explained the meaning and conditions of rowing or applying each technique. Before beginning their first rowing stroke, athletes must be trained in selecting and holding the paddle, as well as turning the paddle (right, left). The next stage involves the process of transporting the slalom boat to the training site, launching it into the water, getting in and out of the boat, and also storing the boat properly.

During the familiarization stage, athletes develop a general understanding of movements, and preparation for mastering specific rowing techniques or elements takes place. In the first stage of training, up to three practice sessions are planned for each slalom rowing stroke or element. Special attention is given to mastering the knowledge and skills necessary to perform rowing strokes and elements correctly, as well as developing a sense for special boat control.

The **Improvement Stage** focuses on further developing the rowers' technical skills. During this stage, athletes improve their rowing techniques while stationary, in motion, individually, in complex combinations, and also learn to pass through gates effectively. Rowers must master their ability to control the boat, maintain rhythm, and adjust their movement speed. Slalom rowing is practiced both with and without gates, and on both training and competition tracks. The improvement of rowing strokes and elements is carried out in simplified and standard conditions.

The time spent refining each stroke or element depends on the technical complexity, the individual's learning ability, and physical preparedness. The total number of repetitions per training session ranges from 20 to 40 or more. During this stage, athletes further develop their special sensory awareness, including their ability to feel the paddle, support, water, and boat. A detailed understanding of the movement principles is formed, as well as the coordination of elements, dynamic and kinematic features, and rhythmic structure. Additionally, alignment with the individual characteristics of athletes is ensured [3].

The **Improvement Stage** focuses on mastering rowing techniques at the level of motor skills and achieving their automatization, which is accomplished through the creation of

dynamic stereotypes [6]. This is achieved through the repeated execution of exercises over time. The skill should ensure the stability of slalom technique, where the established movement is not rigid but highly adaptable, able to adjust quickly and efficiently with increasing levels of training. It also "adapts" to the athlete's condition and functional capabilities during specific points of the competition course.

During the training process, variability should be introduced into the slalom rowing techniques. Rowers continue performing strokes independently, combining them with other movements, passing through gates, covering the entire course, and executing various combinations. Training takes place in different conditions, on various channels and rivers. This stage encompasses the entire duration of the initial preparation phase and also includes subsequent stages. It places high demands on the intensity of exercises and the technical complexity of the tasks. The focus of this phase is on stabilizing skill and improving the adaptability of movements according to individual characteristics, varying conditions, and ensuring the maximum manifestation of qualities related to the movements' functionality.

Training in slalom rowing techniques should begin with the first basic mesocycle. If training on boats is not possible, exercises using rubber bands and paddles, as well as preparatory and imitation drills, are introduced. These exercises are performed twice during the microcycle when there is no water training (during the preparation period) or once when training on boats is available. During the competition period, preparatory and imitation exercises are used to focus on improving technique, addressing mistakes, and enhancing performance.

In **April**, the first task involves performing the **pulling stroke** to move away from and return to the shore. Each exercise should be repeated 20 to 40 times for both directions. Then, slalom rowers will master the **reversing stroke** (which allows the boat to move in the opposite direction) and the **steering stroke**. These are technically not complicated strokes but are considered the most effective for controlling the boat. Each stroke will be repeated individually, both on the right and left sides, 20 to 40 times. Afterward, they will combine the strokes: reversing-stroke — steering-stroke, steering-stroke — reversing-stroke, with 10 to 20 repetitions. In the next phase, the strokes and combinations will be performed while in motion, with the boat being moved in both directions (right and left), repeated 8 to 10 times. Once these are mastered, the focus will shift to teaching **correct rowing technique**.

During the first **macrocycle**, the training will involve **correct rowing** for distances of 2-4 km or approximately 20-40 minutes. The rowing will be performed in the **moderate to**

high power zones. In this process, rowers will also learn to control the **"tilt"** (the ability to turn the boat).

In **May**, slalom rowers will learn **crossing**, **riding the current**, and **entering the water channel**. They will also participate in the first competitions without gates. During the second **mesocycle** of training for slalom rowing, passing through proper gates will be introduced. Athletes will perform their first **descent in rapid water** and will learn the **back rowing stroke**, **support techniques**, and the **"Eskimo roll"** (a maneuver to right the boat). During this cycle, competitions on a simplified course with gates will be planned. From this point onward, **rowing without paddles** will also be included in the training.

In **June**, during this mesocycle, the **"snake trail"** technique will be learned. Each exercise will involve repeating the movements of the snake trail 30-40 times on both sides. Subsequently, these movements will be combined with the **turning**, **steering**, and **power strokes** to perform more complex combinations. Slalom rowers will also learn how to pass through **classic opposite gates**. During the summer period, the number of training sessions will increase to 5 per week. The first competition mesocycle involves a two-week training camp and participation in competitions with rapid water currents. Special developmental exercises will be added during this phase. The number of repetitions for rowing and other elements at a set location will decrease to 5-10 times per training session, depending on the athlete's individual level and the dynamic nature of the teaching process. In this mesocycle, athletes will continue to practice **exiting the current**, **entering the water channel**, **crossing**, **descending the river**, and **moving along the channel**. The complexity of these tasks will depend on the individual characteristics of the athletes. In simplified conditions, easier courses will be used for beginner athletes, while more complex and challenging courses will be used under standard conditions. This process helps athletes learn how to navigate a course more efficiently.

The mesocycle planned for **July** is focused on **expanding movement skills** and **improving specific endurance**. This mesocycle includes a second training camp, with a duration equivalent to the first one. During the first microcycle, athletes will work on individual gates in both **forward** and **reverse directions**, practicing gate sequences in both simplified and standard conditions while considering time constraints. This task can be part of any exercise and will depend on factors such as the number of **water obstacles**, intensity, volume, and rest intervals.

In the following microcycles, the content of the exercises will focus on learning the **slalom rowing technique** at water obstacles. These exercises will include navigating

through **waves**, **currents**, **whirlpools**, and **intersecting currents**. Each type of water obstacle will have its own microcycle. In the following microcycles, the skills learned will be incorporated into the tasks. In the first microcycle, athletes will learn to pass through **waves** with both the **bow** and the **side** of the boat. The next phase will focus on learning the technique to **move along the wave**, including maneuvering from right to left and vice versa. Entering the wave will be performed from the **side**.

In the **second microcycle**, athletes will learn how to navigate through **rapid water currents** using the **bow** and **side** of the boat. They will also practice passing through **complex water sections**. In the **third microcycle**, athletes will focus on **passing through swirling currents**, entering the **whirlpool** from the side, working within the swirling current, and exiting it. The **fourth microcycle** will teach athletes how to pass through areas where **currents intersect**, using the **bow** of the boat, working between the currents, and exiting this area. The main focus will be on the **boat's position**, the **rowing stroke**, and **body movement**.

To assess the level of mastering the techniques used at **water obstacles**, **control tests** will be implemented. Based on the athlete's performance in these tests, the training period may be **shortened** or **extended**.

In **August**, during this preparatory mesocycle, the focus will shift to further developing rowing techniques and enhancing the **athlete's functional capacity**. The primary goal during this phase will be to address mistakes in rowing techniques and technical elements. Additional time will be allocated to analyze the **gate-passing technique** and the overall analysis of the course. Video material will be used to review and assess the athletes' performance. The expected **competition conditions** will be modeled through the **training schedule** and various **slalom courses**. The course plan may change over the course of one or two microcycles.

September marks the concluding mesocycle of the competition period. During this phase, training will be focused on refining **gate-passing techniques** and shaping the **athletes' tactics**. After the competitions, the remainder of the mesocycle will be dedicated to improving the **"correct" rowing technique**, practicing in different classes, performing **no-paddle drills**, and working on descending along the canal. In addition, individual mistakes will be addressed and corrected.

In **October**, during the transition mesocycle, the focus will shift away from **rowing technique training**. Instead, slalom kayakers will work on **individual tasks** and

incorporate national and movement games into their training sessions. The training sessions will be conducted as **active rest** periods.

This training program follows a **step-by-step approach** to preparing kayakers in the **initial preparation phase**. Each month, specific tasks are outlined to improve the athletes' basic technical skills, enhance their endurance, and help them adapt to **slalom conditions**. The training schedule is clearly expressed through a **table**, which helps ensure consistent development of the athletes' **initial technique**, **general fitness**, and **specialized training**.

One of the exercises used to assess the kayakers' **specialized preparation** in slalom is the **Eskimo roll**. This maneuver stands out because it requires more **coordination** compared to other slalom techniques and elements. The Eskimo roll is a challenging skill that helps develop the kayaker's ability to recover and maintain control of the boat in difficult situations, making it a crucial component of the athletes' training.

1-table

The dynamics of special preparation of slalom kayakers (performing the Eskimo roll – average group indicator)

Groups	**The stage of the research**	**The end of the research**	**Variation (V, %)**	**t**
Experiment group	0±0	0,7 ± 0,1	23,5	4,5
Control group	0±0	0,5 ± 0,1	27,8	3,0

According to the analysis results, the degree of variation for the control group at the end of the experiment was 27.8%, indicating a significant dispersion of results within this group. In contrast, the variation in the experimental group was 23.5%, confirming that the performance of the athletes in this group was more stable. Additionally, the t-student coefficient was significantly higher in the experimental group compared to the control group, which indicates the effectiveness of the method used in the experimental group and demonstrates that it yielded a noticeable positive result in enhancing the level of special preparation.

Conclusion:

It is crucial to teach the fundamental technical skills of initial movement activities, develop movement coordination, and ensure the improvement of special preparation levels for slalom kayakers during the initial preparation phase. A methodology focused on athletes adapting to water environments and slalom conditions, as well as learning the technical and tactical elements of slalom, must be developed. To enhance the effectiveness of teaching kayaking techniques during the initial preparation phase, it is essential to focus on specific exercise techniques and general physical training. Identifying the individual characteristics

of athletes' preparation and technical improvement, as well as selecting optimal methods when designing training programs, is of great importance.

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