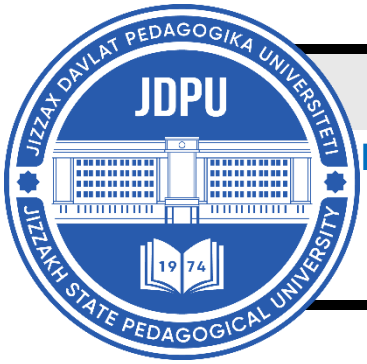
DOI: https://doi.org/10.37547/mesmj-V6-I1-24 Pages: 185-192

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

TEACHING THE INITIAL MOVEMENT TECHNIQUE OF ROWERS IN SLALOM AT THE INITIAL TRAINING STAGE

Faxriddin Madaminov
Candidate of Science
Uzbekistan State University of Physical Education and Sport
Chirchik, Uzbekistan
E-mail: faxriddin9606@gmail.com

ABOUT ARTICLE

Key words: Rowing in slalom, initial training stage, special training, physical development, boat control in water, movement technique activities.

Received: 21.01.25
Accepted: 23.01.25
Published: 25.01.25

Abstract: This article discusses the methods for teaching the initial movement technique of rowers in slalom during the initial training stage. The process is carried out through the effective organization of exercises aimed at adapting athletes to water conditions and slalom environments, taking into account their individual development characteristics.

Relevance

In our country, significant reforms are being consistently implemented in the field of physical education and sports, especially in the development of water sports. In particular, the Decree of the President of the Republic of Uzbekistan "On Measures for the Development of Water Sports" (PQ-382, November 4, 2024) holds great importance. This decree aims to systematically address tasks such as increasing the popularity of water sports, promoting a healthy lifestyle among the youth, and advancing the level of professional training of athletes.

Slalom kayaking is a high-skill activity aimed at developing physical fitness and technical mastery. Especially during the initial training stage, teaching athletes the correct movement techniques not only enhances technical skills but also plays a crucial role in laying the foundation for future successes. Today, the application of innovative methods in physical education and sports, the development of modern training technologies, and the

consideration of the individual developmental characteristics of young athletes are recognized as urgent issues.

Objective of the Research

The goal of the study is to develop the ability to control a boat in water and enhance special training levels through teaching initial movement techniques to kayakers at the initial training stage.

Research Tasks:

- Improve the training mechanism aimed at athletes' adaptation to water environments and slalom conditions, and their learning of special technical elements.
- Identify the characteristics of individual preparation and technical improvement of kayakers in slalom.
- Develop a training program for the initial training stage of slalom kayaking.
- Teaching athletes the technical execution of specific exercises and developing their overall physical fitness during the initial training stage is of significant importance. When discussing the methodology of teaching slalom kayaking, it refers to the rational distribution and sequence of tools and methods used in training athletes to perform specific movements effectively.
- Slalom kayaking is one of the types of kayaking in which athletes navigate through designated gates while moving along a swift water current [7]. It is important to note that the rational method of performing movements is unique to each athlete. Even the most skilled athletes can make errors in basic movements and elements of slalom kayaking. Various factors, such as anthropometric data, the aquatic environment, and others, influence this. During special water training sessions, as well as during competitions when passing through the course, athletes are required to demonstrate their movement abilities and technical-tactical skills.
- As a result, the task of technical preparation in the initial training stage is to ensure adaptation to the conditions of sports activities and form the essential skills and techniques that constitute the real components of an athlete’s technical and tactical readiness.
- The development of motor skills and abilities provides a necessary foundation for further improvement of rational movements and movement analysis. At the same time, it is crucial that children focus on mastering the fundamentals of exercise techniques from the very beginning, rather than individual details related to age-specific characteristics [4].

In the first year of training for slalom kayakers, athletes should master the following sequence of techniques and elements: basic paddling, pulling, backward paddling, steering,

and reverse pulling [2]. They will learn slalom techniques and elements simultaneously with other types of paddling techniques and elements. Exercises for the Eskimo roll are conducted either after the main session or as a separate exercise.

During the technical preparation process, slalom kayakers go through two stages: familiarization and improvement.

The familiarization phase is focused on acquiring initial knowledge of the slalom paddling technique [5]. At the start, the kayakers need to demonstrate and explain the meaning and conditions of paddling or applying a particular element. Before performing the first paddling, kayakers should be taught how to select and hold the paddle, as well as how to twist the paddle (right, left). The next phase involves activities such as transporting the slalom kayak to the training area, placing it in the water, getting in and out of the kayak, and returning the kayak to storage.

During the familiarization phase, a general understanding of the movements is formed, and preparation aimed at mastering the paddling motion or technique takes place. In the first phase of training, up to three lessons are planned for each slalom paddling technique or element. Special attention is given to acquiring knowledge and skills in correctly performing paddling movements and elements, as well as developing a sense of control in kayak handling.

In the improvement phase, slalom kayakers further develop their technical skills, mastering the paddling technique in both simple and complex combinations, as well as learning to effectively navigate through gates. They need to acquire the ability to control the kayak, master rhythm, and adjust their movement speed. The paddling exercises are performed both without gates, with gates, and during training and competition routes. The improvement of paddling movements and elements is carried out under simplified and standard conditions. The time spent improving each paddling movement and element depends on technical complexity, individual learning ability, and physical preparation. The total number of repetitions in each training session ranges from 20 to 40 or more. During this phase, the kayaker's special sensations are enhanced, including their ability to feel the paddle, the base, the water, the kayak, and other factors.

This phase aims to form a deep understanding of the laws of movement, improve the coordination structure of movement elements, and refine dynamic and kinematic characteristics. Additionally, the rhythmic structure is developed and adjusted to the individual characteristics of the athletes [3].

The foundation of the improvement phase lies in mastering paddling movements at the level of motor skills and automating them through the creation of a dynamic stereotype [6]. This is achieved through repeated practice. The technique should ensure the stability of the slalom skills, which are not strictly fixed movements but rather flexible, capable of adapting quickly and effectively as training intensity increases, and capable of adjusting to the kayaker's condition and functional capabilities at any specific moment during a competition.

The training process must introduce variability into the slalom paddling technique. Kayakers continue to perform movements independently and in combination with other movements, navigating gates, covering the entire course, and performing different combinations. Training sessions are held in various conditions, such as different channels and rivers. This phase encompasses the entire time of the initial preparation period and continues into the subsequent stages. It demands high intensity and technical complexity in exercises.

The improvement phase focuses on stabilizing skills and enhancing the adaptability of movements according to the individual characteristics of the athletes and varying conditions. This includes maximizing the manifestation of qualities such as movement flexibility and reaction in various circumstances.

Training in slalom paddling techniques should begin with the first basic mesocycle. If practicing in kayaks is not possible, preparatory and imitation exercises using rubber bands and paddles are incorporated into the lessons. These exercises are performed twice during the microcycle when no water sessions are available (during the preparation period) or once when kayak training sessions are available. During competition periods, preparatory and imitation exercises are used to further refine technique and address errors.

In April, the first task involves practicing the reverse paddling technique to move away from the shore and return. In each session, athletes should repeat the movement 20 to 40 times in both directions. After that, kayakers will master the return paddling (which allows the kayak to move in the opposite direction) and steering paddling techniques. These are not technically complex paddling techniques but are considered highly effective for kayak control. Each paddling technique should be repeated 20 to 40 times in both directions—individually, in place, and for both the right and left sides. Once mastered, these techniques are combined: return paddling followed by steering paddling, and vice versa, repeated 10 to 20 times.

In the next stage, the paddling techniques and combinations are practiced in motion, where the kayak is moved to the right and left, with 8 to 10 repetitions. After mastering these,

kayakers will begin learning the "correct" paddling technique. During the first macrocycle, the volume of the "correct" paddling technique will be 2 to 4 km or approximately 20 to 40 minutes per session. The "correct" paddling is performed in moderate to high force zones. During this phase, kayakers will also learn to control the kayak's "trim" (tilting the kayak to steer it) as part of the first mesocycle.

In May, kayakers will focus on traversing, ascending currents, and entering the water eddies. They will participate in the first competitions without gates. During the second mesocycle of training in slalom paddling, the technique of passing through correct gates will be introduced. Athletes will practice descending fast-moving water currents for the first time, learning backward paddling, base techniques, and "Eskimo rolls" (a technique to roll the kayak back upright when capsized). During this mesocycle, competitions with simplified courses featuring correct gates will be planned. From this point onward, swimming exercises without paddles will also be incorporated.

In June, during this mesocycle, the "snake trail" method will be learned. In each session, the number of repetitions of the "snake trail" movements will be 30 to 40 times on both sides. Subsequently, the technique will be used in combinations with steering and strengthening methods. Slalom kayakers will learn how to pass through classic opposite gates. During the summer period, the number of training sessions will increase to five. The first competition mesocycle will involve a two-week training camp and participation in competitions in fast-moving water currents. Special development exercises will be incorporated into this mesocycle. The number of repetitions of paddling exercises and individual elements will be reduced to 5-10 times per session, which mainly depends on the athletes' individual levels and the dynamic nature of the training process.

In this mesocycle, athletes will continue practicing ascending currents, entering water eddies, traversing, descending along the river or canal, and performing other tasks. The complexity of the proposed tasks will depend on the individual characteristics of the athletes. In simplified conditions, easier tracks will be used for beginners, while more complex and challenging tracks will be used for experienced athletes. This process helps athletes learn how to navigate the course effectively.

For July, this mesocycle focuses on expanding movement skills and improving special endurance. The second training camp will be included in this mesocycle, and its duration will match the first camp. In the first microcycle, athletes will work on individual gates in both forward and reverse directions. They will practice gate sequences under both simplified and standard conditions, factoring in time. This task can be part of any training session, and the

complexity of the tasks is determined by the number of obstacles in the water, intensity, volume, and rest intervals.

In subsequent microcycles, the content of training will focus on learning the technical aspects of slalom paddling in water obstacles. These exercises will involve crossing and working with water obstacles (waves, currents, eddies, and crossing currents). One microcycle will be dedicated to each type of water obstacle. In future microcycles, the skills learned will be integrated into the tasks. In the first microcycle, athletes will learn to pass through waves with the bow and side of the kayak. The next phase will focus on mastering the technique for moving along waves, which involves moving from right to left and vice versa on the wave. Entering the wave will be done from the side.

In the second microcycle, athletes will learn to pass through fast-moving water with the bow and side of the kayak and navigate through complex water sections. The third microcycle will focus on passing through eddies, entering them from the side, working in the eddy, and exiting. The fourth microcycle will involve crossing the confluence of currents with the bow of the kayak, working between the currents, and exiting from these areas. The main focus will be on the kayak's position, the paddles, and the body's movements.

Control tests will be implemented to assess the level of mastery of techniques for working with water obstacles. Based on the kayaker's performance in slalom exercises, the training period may be shortened or extended accordingly.

In August, this preparatory mesocycle will focus on further developing paddling technique and improving the functional capabilities of the body. During this period, attention will be given to correcting mistakes in paddling and technical elements. The technique of passing through gates and a general analysis of the course will be emphasized, with additional time allocated for these tasks and the use of video material for review. The expected competition conditions will be modeled through daily schedules and various slalom courses. The course layout may change across one or two microcycles.

September marks the final mesocycle of the competition period. During this time, training sessions will focus on improving gate-passing techniques and developing tactical skills. After the competitions, athletes will spend the remaining time of the mesocycle enhancing their "correct" paddling technique, practicing in various classes, paddling without paddles, and engaging in descent exercises along the canal. Additionally, individual errors will be corrected during this period.

In the October transition mesocycle, no technical training for paddling will take place. Kayakers will perform individual tasks in slalom, and national and motion games will be

incorporated into the training sessions. These training sessions will be conducted as active rest periods.

This training program provides a step-by-step approach to preparing beginner kayakers. The tasks set for each month are aimed at improving athletes' initial technical skills, increasing endurance, and helping them adapt to slalom conditions. The schedule clearly outlines the training plan, ensuring a consistent progression in the development of athletes' initial technical skills, overall fitness, and special preparation.

One of the exercises used to assess kayakers' special preparation for slalom is the Eskimo roll. This movement is distinguished by requiring more complex coordination than other paddling techniques and elements used in slalom.

The dynamics of the special training of slalom kayakers (performing the Eskimo roll – average group performance).

Table 1

Groups	The beginning of the research.	The ending 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, at the end of the experiment, the degree of variation for the control group was 27.8%, indicating significant dispersion of the indicators in this group. In the experimental group, the variation was 23.5%, confirming that the athletes' performance was more stable. Additionally, the t-student coefficient was significantly higher in the experimental group compared to the control group, indicating the effectiveness of the method used in the experimental group and its significant positive impact on improving the level of special preparation.

Conclusion: Teaching the basic technical skills of initial movement activities to slalom canoeists at the initial training stage, developing their movement coordination, and ensuring the improvement of their special preparation level is crucial. The methodology should focus on athletes' adaptation to the water environment and slalom conditions, as well as learning technical and tactical elements of slalom. To increase the effectiveness of teaching canoeing technique at the initial stage, it is important to develop specific exercises and improve general physical training. Additionally, identifying the characteristics of athletes' individual preparation and technical improvements, as well as selecting optimal methods when designing the training program, is of great importance.

REFERENCES:

1. Decree of the President of the Republic of Uzbekistan PQ-382 dated November 4, 2024, "Measures for the Development of Water Sports."

2. Matnazarov X.Y. // "Theory and Methodology of Canoeing." Textbook, // “O'ZKITOBSAVDONASHRIYOT” Tashkent, 2020. 240 pages.

3. Rakhmanov E., Madaminov F. "Developing Balance Skills in Slalom Canoeing Using Non-traditional Methods and Tools" // Namangan State University Scientific Bulletin. – 2023. – No. 9. – pp. 526-531.

4. Kortkova E.A. "The Principle of Differentiation in Teaching Motor Actions as the Implementation of the Law from General to Specific: A Study Guide for University Students" / E.A. Kortkova, I.I. Suleimanov. - Tyumen: Vector Book, 1999. - 16 pages.

5. B.P. Lyakh, P.Ya. Galperin, L.M. Bogen: "Theory of Stage-by-stage Formation of Knowledge, Skills, and Abilities in the Process of Mastering Motor Actions" / V.I. Lyakh // Physical Culture in Schools. - 2007. - No. 3. - pp. 15-18.

6. N.A. Agadzhanyan, I.G. Vlasova, N.V. Ermakova. "Fundamentals of Human Physiology: Textbook" - 2nd ed. - Moscow: RUDN Publishing, 2003. - 480 pages.

7. Madaminov F.SH., Khojiyev M.R. // "Organizing Training Sessions at the Initial Preparation Stage (Canoeing)." [Educational Manual] T.: "EVRIKA PUBLISHING-HOUSE," 2024, 122 pages.