STAGES OF TRAINING GYMNASTS, A COMPREHENSIVE MANUAL FOR THE DEVELOPMENT OF ELITE ATHLETES

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Anotoration. Gymnastics is a demanding sport that requires the combination of strength, flexibility, coordination, and mental attention. The development of elite gymnasts involves a structured learning approach that goes through different stages, each designed to be based on the previous one. This article shows the main stages of

gymnast training, from the main stages to elite competitions, highlighting important areas of focus and goals at each stage.

At this stage, the main attention is paid to familiarizing young children with the basic forms of movement and physical activity.

Keywords: Gymnastics, balance, technique

Introduction. To strengthen the love for gymnastics, attention is paid to fun and entertainment.Basic skills such as running, jumping, rolling, and maintaining balance are taught through game training. These skills will form the basis for more complex gymnastic movements.

Activities that enhance coordination, balance, and spatial awareness are crucial. Simple exercises and games help develop these basic tool skills.Children begin to learn basic gymnastics skills on various equipment, including floor exercises, beams, bars, and supports. Emphasis is placed on correct technique and form.

Introduction to basic strength and fitness exercises to prepare the body for more advanced skills. This includes stretching routines and body weight training.

Encourage positive attitudes and build self-confidence through successful skills acquisition and supportive coaching.

Gymnasts focus on improving basic skills and learning more complex movements. The main focus is on improving form and technique.

Increasing attention to strength and conditioning exercises to improve overall physical fitness. This includes nuclear strengthening exercises, plummetry exercises, and resistance exercises.Introduce the development of rules for competitions. Gymnasts learn to combine skills in sequence and perform them accurately and confidently.

Gymnasts begin to learn advanced skills and combinations.

Gymnasts hone their high-level skills and develop unique routines that demonstrate their strengths. Constant practice and professional mentorship are very important.

Complex conditioning programs are adapted to the individual needs of the gymnast and are aimed at maximizing strength, strength, flexibility, and endurance. Intensive preparations are underway for high-level competitions, including events at the republican and international levels. Pay attention to consistency, execution, and mental stability.

Constant attention to injury prevention through proper equipment, air conditioning, and recovery strategies. Timely and effective management of injuries is extremely important for career longevity.

Develop a training regimen that balances intensity with recovery to avoid tension and overtraining. Emphasize the importance of rest and recovery.

Planning transitions, transitioning to a high level of competition or preparing for life after gymnastics. This includes education, career planning, and maintaining physical fitness.

Conclusion. The training of gymnasts is a progressive and multifaceted process, developing at different stages. Each stage, based on the previous one, focuses on the development of skills, physical training, and mental preparation. By adhering to a structured training approach and providing appropriate support at each stage, coaches can nurture well-rounded, elite gymnasts who can achieve excellence in their sports. The path from early childhood to elite competitions is difficult, but very useful, developing not only sports courage, but also personal growth and endurance.

The acute need for the development of a healthy lifestyle culture among students requires taking into account the existing theoretical approaches in higher educational institutions, the development of pedagogical tools and innovative educational opportunities, the attitude of young people to the processes of maintaining and improving their health, their health, interest, and activity.

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