

**ANALYSIS OF GYMNASTS 'TRAINING LOAD 14-16 YEARS OLD**

**10.53885/edinres.2022.36.20.047**

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**Annotatsiya:** Taqdim etilgan maqolada haftalik mikrosikllardagi o'quv yuklamasining hajmi va maqsadli yo'nalishi bo'yicha turli xil optimal variantlarga asoslangan dasturni shakllantirish va ularni raqobatbardosh makrosiklda oqilona taqsimlash muhokama qilinadi.

**Annotation:** The presented article discusses the formation of a program based on various optimal options for the size and target direction of the training load on weekly microcycles and their rational distribution in a competitive macrocycle.

**Аннотация:** В представленной статье рассматривается формирование программы на основе различных оптимальных вариантов величины и целевого направления тренировочной нагрузки на недельных микроциклах и их рациональное распределение в соревновательном макроцикле.

**Kalit so'zlar:** gimnastika, o'quv yuklamasi, jismoniy tarbiya, jismoniy yuklama, rivojlantiruvchi mashqlar, sport mashg'uloti.

**Keywords:** gymnastics, training load, physical education, physical load, developmental exercises, sport training.

**Ключевые слова:** гимнастика, тренировочная нагрузка, физическое воспитание, физическая нагрузка, развивающие упражнения, спортивная тренировка.

Numerous scientific materials have been collected on the full range of research on teaching and learning process management issues in various sport. The theoretical foundations of the system of long-term training of young athletes, in particular, the methods of training, analysis of techniques, the development of special movement qualities were formed. Means and forms of control over the size and direction of the training and competition load, the condition of the functional systems of the athlete's body, etc.

The training period we considered consisted of two phases: pre-race (6-14 microcycles) and competitive (15-26 microcycles) and solved the tasks of increasing the working capacity of gymnasts and developing special endurance. This was achieved by increasing the volume and intensity of the load, repeating the combinations and elements of the highest difficulty [1,2].

In Phase 1, the structure of the EG weekly microcycles assumed only a combination of elements on days 1, 3, and 5 in all types of all-around, and on days 2 and 6 (Tuesday and Saturday), combinations and combinations were performed. The final part of the main lesson was handed over to the SFP (15-25 min.). In the first half of the additional (evening) sessions, new high-difficulty elements were explored in 2 types of all-around. The second half of the session focused on improving motor skills (35-45 min.). Thursday – SFP [3].

In the 1st stage before the competition, the specific features of the distribution of the training load of EG young gymnasts and its subsequent correction were as follows:

- From the 1st microcycle, gymnasts began to perform integral combinations in all types of all-around;
- the load volume increases by an average of 50% compared to last year's testamentary mesocyclic data and reached a maximum in the middle of the phase;
- the increase in intensity lags slightly behind the increase in volume and reaches a maximum only by the end of Phase 1;
- By the end of the phase, the total volume of exercise decreased by 81.5%.

The dynamics of the load parameters in the EG fluctuate in the waves and reach a maximum at 8 weeks in the CG and remain at that level until the end of Phase 1.

According to time data, the load capacity is 2.5% higher for CG gymnasts ( $R > 0.05$ ), but at the same time they are significantly higher than EG in terms of combinations (61%), the number of elements ( $R \leq 0.01$ ) kam. the highest difficulty (35%), SFP exercise (60%), and work intensity in the approach elements (hand / approach).

In the second, competitive phase, EG gymnasts increase the number of combinations performed by the total volume of the remaining load by 54%, with the highest difficulty elements by 34%. and SFP exercise by 7.5%. The intensity of work increased (by 22.5% on the electric approach), reaching a competitive level by the end of the phase [5].

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By the end of Phase 2, the number of sessions assigned to work on combinations will increase to 5 per week (40-50 per microcycle). The number of elements of the highest difficulty was 6-8% of the total load at each stage.

A comparative analysis showed that the load parameters were significantly higher than the control data for EG gymnasts in terms of training time in the pre-race and competitive stages of training. The highest levels of differences were recorded in the total number of combinations performed (95%), the highest difficulty elements (51%), SPP exercises (31%), and work intensity (elements for each approach, 25.5%).

To significantly improve performance, specific and functional endurance, prospective gymnasts aged 11–13 years are advised to plan two “super-impact” microcycles (in the final microcycles of the 1st and 2nd competition stages). The planned training load exceeds that used in SDYUSSHOR: 1.5 times the number of elements; in terms of work intensity - 2.5 times and in terms of the number of combinations - 4-5 times. Once the “super-shock” is over, you need to plan and implement the unloading and recovery microcycle:

- The use of a large volume and intensity of training at this age does not adversely affect the functional state of the body of adolescents;

- The obtained results testify to the scientific validity of the use of intensive training regimes at the stage of in-depth specialized training of young gymnasts aged 11-13 years and their pedagogical expediency;

- The effectiveness of the complex program is confirmed by the data of the correlation analysis, which shows a high correlation between the most important indicators of the training load and the results of the main competitions ( $r = 0.701 - 0.8397$ ) [4].

- EG gymnasts not only significantly increased TFP ( $P \leq 0.01$ ), but also successfully participated in all scheduled competitions and showed much higher athletic results than CG gymnasts. In the main competition of the year (Republican Youth Championship), the difference in points in all-around was an average of 5.9 points.

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