BASIC AND SPECIALIZED TRAINING OF GYMNASTS AT A STAGE OF INITIAL SPORTS SPECIALIZATION AS THE FACTOR OF THE FUTURE TECHNICAL SKILL.
Shlyakhtov Vyacheslav¹, Semyonov Denis¹, Medvedeva Elena
(Federal State Educational Establishment of Higher Professional Education Velikiye Luky State Academy of Physical Education and Sport¹, Russia)

The base of the higher sports skill is laid up in groups of initial training. However growing complexity of exercises of the gymnastic allround, dictated by rules of competitions, quite often leads to “whip gymnasts into shape” on complex elements without a previous formation of a proper technical base. In this respect, an actual problem is to develop methodical materials for the sports schools based on scientific and, including, experimental data. The purpose of our research was to develop a technology of training of gymnasts of the initial stage of sports specialization on the basis of base and specialized training. 30 gymnasts of 9-11 years old participated in experiment. Results of their testing on physical preparation were ranged and to each of them the serial number has been appropriated. Examinees with odd numbers have made control group (15), and with even – experimental (15).

The analysis of the level's testing physical (a complex of 11 tests of Yu.Gaverdovski, 2005, and V.Zagrevski, 1999) and base technical (a complex from V.Solodjannikov’s 7 tests, 2001) training of gymnasts has allowed to define the purpose, specific tasks and scope of the first stage of technology of training of experimental group. At this stage the problem of creation of the firm base of gymnasts’ physical and basic specialized levels, as factor of their future sports skill was solved. The ratio of specialized technical and physical preparation was 60% to 40%. As a result of the preliminary experiment the level of base readiness of gymnasts of control group has increased on the average for 0,7 points (16 %), while in the experimental group – on 2 points (40 %). Achievement of the given level has allowed to pass to the decision of the primary goal – mastering by main gymnastic exercises (the second stage).

Basic principles of the technological training approach were laid as the foundation of training to specialized exercises: programming of a ultimate goal; controllability of process on the basis of a feedback; minimization of means and their individualization. The analysis of biomechanical parameters of performance of specialized gymnastic exercises of a stage of initial sports specialization was carried out by means of the program complex StarTrace, developed A.Voronov (Moscow).

The basic criteria of a teaching efficiency were: the period of time of development by pupils of exercises and quality of its execution in competitive conditions. Statistical data processing according to results of performance of competitive main exercises showed a statistically valid difference (p<0,05), between the gymnasts of the experimental and the control group. Distinctions between experimental and control groups in main exercises have on the average made 0.8 points.

The essence of experiment was reduced to development of technology of stage-by-stage mastering of base and main gymnastic exercises called to raise a level of technical readiness of gymnasts of experimental group.

Keywords: Testing, Gymnastics, Sports Training