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ORGANIZATION OF RHYTHMIC GYMNASTICS TRAINING SESSIONS AND TECHNICAL-TACTICAL PREPARATION

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Abstract: This article analyzes the issues of improving the technical-tactical preparation of gymnasts in the process of organizing rhythmic gymnastics training sessions. The study examined the effectiveness of planning training sessions, teaching technical elements, and applying them in integration with tactical tasks. Based on pedagogical observation, control exercises, and comparative methods, it was established that organizing training sessions with the help of improved technologies increases gymnasts' movement accuracy, the stability of their combinations, and their level of adaptation to competitive activity. The results obtained provide a scientific rationale for the need to develop technical and tactical preparation as a single pedagogical process when organizing rhythmic gymnastics training sessions.
Keywords: rhythmic gymnastics, organization of training sessions, technical preparation, tactical preparation, technical-tactical preparation, training technologies, sports preparation

INTRODUCTION

Scientific research conducted on rhythmic gymnastics in recent years shows the need to introduce innovative technologies alongside traditional approaches in organizing training sessions. In particular, step-by-step technical instruction, a differentiated approach, video analysis, modeling, and technologies for mastering exercise elements on the basis of competitive combinations are recognized as important factors in increasing the effectiveness of technical-tactical preparation. These scientific conclusions are also consistent with the regulatory and legal documents aimed at developing sport in the Republic of Uzbekistan.

In particular, Decree No. PF-5924 of the President of the Republic of Uzbekistan dated January 24, 2020, "On Measures for the Further Development of Physical Education and Sport," defines as priority tasks the organization of athletes' preparation on a scientific basis, the introduction of modern training technologies, and the high-quality training of the sports reserve. This document particularly emphasizes the need to take into account athletes' individual capabilities, psychofunctional state, and the characteristics of competitive activity when planning training sessions.

Furthermore, Resolution No. 157 of the Cabinet of Ministers of the Republic of Uzbekistan dated March 23, 2021, sets out the tasks of strengthening scientific and methodological support in the system of training highly qualified athletes, widely introducing innovative technologies into the training process, and improving technical-tactical preparation across sports. Based on the requirements of this resolution, it is relevant to develop technical and tactical preparation in rhythmic gymnastics training not separately, but as an integrated pedagogical process.

When the age, sports qualification, and physical and psychofunctional state of gymnasts are not taken into account in organizing the training process, a decline in the effectiveness of technical-

tactical preparation is observed. Therefore, organizing training sessions on the basis of an individualized and staged approach, in line with the requirements set out in presidential and government documents, is regarded as a methodologically sound direction. According to the scientific literature, linking technical elements directly to tactical tasks during the learning process develops gymnasts' ability to consciously control their movements and increases their level of adaptation to competitive activity, which fully meets the requirements for achieving high sports results defined in state policy.

The issue of organizing rhythmic gymnastics training sessions is important not only for improving sports results, but also for ensuring the comprehensive development of the athlete's personality. In the course of technical-tactical preparation, qualities such as aesthetic perception, musical hearing, movement culture, and creative thinking are formed. This requires that pedagogical, biomechanical, and psychological factors be considered together when developing training technologies.

The issue of organizing rhythmic gymnastics training sessions acquires scientific significance not only in terms of improving sports results, but also in terms of ensuring the comprehensive development of the athlete's personality. In particular, I.A. Viner (2010) emphasizes that the preparation process in rhythmic gymnastics cannot be limited to technical skill alone; qualities such as aesthetic perception, a sense of musical rhythm, harmony of movements, and creative expression must be systematically developed during training. In her research, T.S. Lisitskaya (1982) provided scientific evidence that the development of movement culture and coordination abilities during technical-tactical preparation directly affects the athlete's overall level of preparedness.

The fact that the effectiveness of technical-tactical preparation is inseparably linked to developing training technologies that take pedagogical, biomechanical, and psychological factors into account together has been substantiated in the theory of sports training by V.N. Platonov (2015) and L.P. Matveev (2008). These authors stress that the biomechanical correctness of technical actions and psychological stability are complementary factors, and that their harmony determines the effectiveness of competitive activity. In this regard, the scientific analysis of issues related to organizing rhythmic gymnastics training and improving technical-tactical preparation, the systematization of existing methodological approaches, and the identification of effective technologies are considered a pressing scientific task. The aim of this article is to describe the scientific-methodological foundations and practical solutions that serve to develop technical and tactical preparation in the process of organizing training sessions. The issues of organizing rhythmic gymnastics training and developing gymnasts' technical-tactical preparation have taken shape as a distinct scientific field in sports pedagogy and sports theory since the second half of the 20th century. In the research of L.A. Karpenko (2003), the planning of training loads, the step-by-step teaching of technical elements, and their adaptation to competitive activity occupy a leading place. Although this approach is aimed at the systematic development of technical preparation, tactical components have often been treated as secondary.

International studies emphasize that the sports results of rhythmic gymnasts depend directly on the quality of execution of technical elements and their compositional-tactical coherence. The Code of Points (FIG, 2022) approved by the International Gymnastics Federation defines technical difficulty, the sequence of elements, their logical placement within the composition, and tactical solutions as the main components of the evaluation criteria. For this reason, foreign researchers such as A. Lebedev (2016) and O. Shabalina (2020) have scientifically substantiated the need to develop technical and tactical preparation in an integrated manner during the training process. Studies conducted by scholars of Russian and European sports schools point to the principle of

step-by-step instruction as the leading methodological basis for organizing rhythmic gymnastics training. In particular, Nazarenko (2011) provided scientific evidence that mastering technical elements first under simplified conditions, and then consolidating them within competitive combinations in connection with tactical tasks, increases technical stability.

Some studies critically analyze the insufficient attention paid to tactical preparation in the training process. In particular, Batalova and Zhigailova (2018) note that the failure of technically well-prepared gymnasts to achieve expected results in competitions is often associated with inadequately organized tactical planning and modeling of competitive activity. On this basis, they propose using a system of exercises that approximates competitive conditions when organizing training sessions. In the scientific and methodological literature published in Uzbekistan and the CIS countries, the organization of rhythmic gymnastics training has mainly been covered from the standpoint of physical and technical preparation. Although these sources describe in detail the planning of training loads, the construction of weekly and monthly preparation cycles, and the methodology of teaching technical elements, the integration of technical and tactical preparation has not been sufficiently systematized.

Recent studies have paid particular attention to the introduction of modern pedagogical technologies into rhythmic gymnastics training. Although Shabalina (2020) has demonstrated the effectiveness of video analysis and biomechanical analysis technologies in identifying and correcting technical errors, the use of these technologies in close connection with tactical preparation has not yet been fully substantiated scientifically.

The analyzed literature shows that existing approaches to organizing rhythmic gymnastics training are often oriented toward individual components, and that technologies aimed at the comprehensive development of technical and tactical preparation have not been sufficiently developed. This situation creates the need for in-depth scientific research in this area and for the development of effective technologies for organizing training sessions.

Research methodology: This study was conducted to determine the effectiveness of methodological approaches aimed at improving gymnasts' technical-tactical preparation in the process of organizing rhythmic gymnastics training sessions. The research methodology was based on the principles of sports pedagogy, the theory of sports training, and the analysis of competitive activity.

A systems approach was adopted as the main methodological principle of the study. This approach made it possible to consider rhythmic gymnastics training as a complex pedagogical system. The structure of the training process was analyzed in terms of the interrelationship between technical preparation, tactical preparation, the planning of training loads, and the stages of competition preparation.

The study employed a combination of theoretical and empirical methods. At the theoretical stage, the scientific literature on sports pedagogy, rhythmic gymnastics methodology, and technical-tactical preparation was systematically analyzed. This analysis served to identify the existing approaches to organizing training sessions, along with their advantages and limitations, and established the conceptual foundations of the study. The empirical research was carried out with the participation of athletes practicing rhythmic gymnastics. The method of pedagogical observation was used to study the training process. During the observations, the quality of execution of technical elements, their sequence within combinations, and the extent to which tactical solutions were manifested in training and control exercises were recorded. The observation results were systematized according to predefined criteria. Control exercises and tests were used to determine the level of technical-tactical preparation. These exercises were aimed at assessing

gymnasts' technical accuracy, movement stability, speed of performing combinations, and tactical flexibility. The test results served as the basis for determining the effectiveness of methodological changes in the organization of training sessions.

The comparative method played an important role in the research methodology. The results of the traditional and improved methodological approaches applied in the training process were compared with each other. This method made it possible to identify the positive changes that occurred in technical-tactical preparation. Mathematical and statistical methods were used to analyze the empirical data obtained. In particular, mean values, percentages, and the dynamics of change were calculated. The statistical analysis made it possible to objectively assess the impact of training organization technologies on technical-tactical preparation. The research methodology was oriented toward studying technical and tactical preparation as a single pedagogical process in organizing rhythmic gymnastics training, and served to ensure the scientific validity and practical significance of the results obtained.

The study found that the interrelated development of technical and tactical preparation in organizing rhythmic gymnastics training has a significant impact on training effectiveness. The results showed that when training is limited to teaching technical elements separately, gymnasts' ability to demonstrate stable results in competitive activity is low. Conversely, when technical elements are incorporated into the training process in integration with tactical tasks, movement accuracy and the quality of performing combinations increase significantly.

According to the results of pedagogical observations, the gradual increase in the complexity of combinations during training led to a reduction in the number of technical errors. In particular, for elements performed with apparatus, planning the sequence of movements in advance and harmonizing them with the musical rhythm increased gymnasts' technical stability. This confirms the direct connection between technical preparation and tactical thinking.

The results of control exercises and tests showed that organizing training sessions on the basis of improved technologies increased the speed and accuracy with which gymnasts performed combinations. Analysis of the mean indicators showed that the quality of execution of technical elements had a steady upward trend over the course of training. This confirms that the training loads were properly planned and that technical-tactical preparation developed in a balanced manner.

The comparative results showed that the traditional training system does not sufficiently ensure the close connection between technical and tactical preparation. In cases where improved training technologies were applied, however, gymnasts showed a higher level of conscious movement control and greater adaptability in competitive conditions. This confirms that modeling competitive activity is an important methodological factor in organizing training sessions. When the results obtained were compared with the conclusions in the scientific literature, it was once again shown that organizing technical and tactical preparation as a single pedagogical process is more effective than developing them separately. The changes identified during the study were found to be directly related to the proper application of the principles of an individual approach and staged instruction in the training process. Overall, the results of the study showed that applying technologies aimed at improving technical-tactical preparation in organizing rhythmic gymnastics training serves to raise gymnasts' level of sports preparedness. This approach strengthens the scientific basis of the training process and makes it possible to achieve high results in competitive activity.

CONCLUSION

The results of this study provide a scientific rationale for the need to develop technical-tactical preparation as a unified, interrelated pedagogical system in the process of organizing rhythmic

gymnastics training sessions. The analyses showed that applying technical elements in integration with tactical tasks during training significantly increases gymnasts' movement accuracy, the stability of their combinations, and their level of adaptation to competitive activity.

The study found that improved technologies for organizing training sessions reduce the number of technical errors, develop the ability to consciously control the sequence of movements, and help gymnasts fully realize their individual potential. This confirms the methodological importance of step-by-step instruction and an individualized approach in developing technical-tactical preparation.

The results obtained demonstrated the need, when planning the training process, to model competitive activity, to bring the conditions for performing combinations closer to a real competitive environment, and to apply modern pedagogical technologies. This approach ensures the sustained development of gymnasts' technical-tactical preparation as well as the consistent growth of sports results.

In conclusion, the introduction of scientifically grounded technologies aimed at improving technical-tactical preparation in organizing rhythmic gymnastics training is an important condition for the high-quality preparation of gymnasts for competitive activity and serves as a methodological basis for further research in this field.

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