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ORGANIZATION OF RHYTHMIC GYMNASTICS TRAINING AND TECHNICAL-TACTICAL PREPARATION

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Abstract: This article provides a scientific analysis of the theoretical and practical foundations of organizing rhythmic gymnastics training and of developing athletes' technical and tactical preparation. Within the framework of the study, the activities of the Bukhara Regional Specialized Sports School for Gymnastics were examined, and the effectiveness of the training process was assessed on the basis of the pedagogical work of 21 coaches. The results showed that, although the athletes' technical preparation is developed to a relatively high level, there is a need to improve their tactical preparation. In the course of the study, the scientific and methodological foundations for organizing technical and tactical preparation in an integrated manner were developed, and practical recommendations were provided.

Keywords: rhythmic gymnastics, training process, technical preparation, tactical preparation, coaching, sports pedagogy, coordination abilities, sports training, training methodology, individual approach, sports school, integration, competitive activity

INTRODUCTION

Rhythmic gymnastics holds particular scientific and practical significance in the modern sports system as a discipline that combines a high level of coordinative complexity, aesthetic expressiveness and technical perfection. This sport requires of the athlete not only a high level of physical fitness but also the comprehensive development of multi-component qualities such as precision of movement, rhythmic harmony, spatial perception and psychological stability. For this reason, the organization of rhythmic gymnastics training should be regarded not as an ordinary educational and training activity but as a complex pedagogical system.

At present, the modernization of the sports training system, the introduction of innovative pedagogical technologies and the high demands placed on sports results make the scientifically grounded organization of rhythmic gymnastics training an increasingly pressing issue. In particular, harmonizing technical and tactical preparation, optimally planning training loads and organizing the preparation process with regard to athletes' individual characteristics are among the most important areas of contemporary sports pedagogy.

Rhythmic gymnastics training is distinguished by its multi-stage and systematic structure. It integrates such components as general and special physical preparation, mastering of technical elements, development of tactical thinking, preparation for competitive activity and ensuring psychological stability. At the same time, the effectiveness of this process largely depends on the professional competence of coaches, their methodological approaches and the extent to which training is organized on a scientific basis.

Modern scientific research shows that achieving high sports results in rhythmic gymnastics is determined primarily by the level of technical preparation, since the quality of each exercise, the precision of elements and compositional harmony directly affect the athlete's final score. At

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the same time, tactical preparation — that is, correctly constructing the routine, defining the competition strategy and ensuring psychological stability — is an important condition for the effective demonstration of technical skill. Consequently, the need to develop technical and tactical preparation in an interrelated manner requires a scientifically grounded approach.

In the Republic of Uzbekistan, the development of physical education and sport is regarded as one of the priority areas of state policy, and specialized sports schools have been widely established across various sports. In particular, at the Bukhara Regional Specialized Sports School for Gymnastics, the system for training young rhythmic gymnasts is organized on a scientific and methodological basis, and this institution is recognized as an advanced model of the regional sports training system.

Within the framework of this study, the activities of this sports school were analyzed in depth, with particular attention paid to the professional and pedagogical work of its coaches. Specifically, the practical work of 21 coaches was systematically studied, and their methodological approaches to organizing training, teaching technical elements and developing tactical preparation were scientifically analyzed.

In this process, the best practices of highly qualified specialists — Honored Coaches of Uzbekistan and experienced trainers — were of particular importance. In particular, the methodological approaches developed by Khokhlova Rima Daboshievna, her high level of professional experience and her systematic work aimed at developing athletes' individual capabilities emerge as an important factor in the effective organization of rhythmic gymnastics training.

Likewise, the methodology of highest-category coach Kupatadze Ekaterina Nadarovna, aimed at the step-by-step development of technical preparation, as well as the innovative approaches she uses in teaching complex elements, are of particular scientific interest. In her practical work, the harmony of technical perfection and aesthetic expressiveness is regarded as a priority.

In addition, the training system based on an individual approach applied by first-category coach Shadieva Ferangiz Ravshanovna makes it possible to optimize the preparation process by taking into account the functional and psychological characteristics of young athletes. This serves as an important methodological basis for improving the effectiveness of technical and tactical preparation.

The relevance of the topic lies in the fact that the issues of organizing rhythmic gymnastics training and improving technical and tactical preparation have not yet been studied comprehensively enough. In particular, developing an effective preparation system by generalizing the experience of regional sports schools, scientifically analyzing coaches' work and their advanced methodological approaches is one of the important scientific problems of contemporary sports pedagogy.

The aim of this study is to analyze in depth the theoretical and methodological foundations of organizing rhythmic gymnastics training, to scientifically substantiate the interrelationship between technical and tactical preparation, and to identify effective ways of improving them using the example of coaches' work.

The results of the study make it possible to develop practical recommendations for the effective organization of rhythmic gymnastics training, the scientifically grounded improvement of coaching and the enhancement of young athletes' technical and tactical preparation. In this respect, this article makes an important scientific contribution to the development of physical education and sports pedagogy.

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Literature review: The organization of the training process and the development of technical and tactical preparation in rhythmic gymnastics are among the scientific areas widely studied within sports pedagogy, sports theory and coaching. Research in this area has focused primarily on the theoretical foundations of sports training, the biomechanical characteristics of motor activity, the development of coordination abilities and the identification of stages in mastering technical elements.

In the scientific literature, the rhythmic gymnastics training system is described as a multi-component process. In particular, in the theory of sports training developed by L.P. Matveev, the training process is viewed as a system developing in stages, and the interrelationship of general and special preparation and of technical and tactical components is substantiated. V.P. Filin and other scholars developed methods for teaching technical elements with regard to athletes' age characteristics.

Contemporary scientific views in rhythmic gymnastics emphasize that technical preparation occupies a leading position, since results in this sport are determined mainly by the difficulty, precision and execution quality of the elements performed. At the same time, the effectiveness of technical preparation develops in dependence on the athlete's functional indicators, such as coordination abilities, flexibility, balance and speed.

Tactical preparation in rhythmic gymnastics has its own specific features and is expressed mainly in creating the routine composition, adapting to music, correctly sequencing elements and choosing the optimal strategy under competition conditions. In scientific research, tactical preparation is often considered in integration with technical preparation, since each technical element performs a particular tactical task.

The rules and methodological recommendations developed by international sports organizations, in particular the International Gymnastics Federation, serve as an important regulatory basis for organizing rhythmic gymnastics training. These documents clearly define the criteria for evaluating exercises, the difficulty levels of elements and execution quality, which makes it possible to organize coaching on a scientific basis.

At the same time, an analysis of existing scientific sources shows that, although general theoretical approaches to organizing rhythmic gymnastics training and developing technical and tactical preparation have been sufficiently elaborated, the in-depth analysis of the experience of regional sports schools — in particular, of the actual technical and tactical indicators formed during practical training — has not been adequately covered.

From this perspective, studying the training process conducted at the Bukhara Regional Specialized Sports School for Gymnastics and the technical and tactical condition of its athletes is of particular scientific importance.

Practical observations show that the technical preparation of gymnasts training at this sports school is developed to a relatively high level: they have achieved sufficient precision and stability in performing the basic elements — leaps, rotations, balances and combinations with apparatus. In particular, the system of step-by-step teaching and repetition of elements in the training process serves as an important factor in increasing technical precision.

At the same time, the analyses also revealed certain problematic aspects. In particular, some athletes show a lack of stability in performing complex elements, disruption of rhythmic harmony in executing combinations, and difficulties in choosing the tactically optimal option in the routine composition. This indicates that technical and tactical preparation are not sufficiently integrated.

From the standpoint of tactical preparation, although attention is paid to harmonizing musical expressiveness and the sequence of elements when composing athletes' routines, it was

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found that in some cases the issues of choosing the right competition strategy and maintaining psychological stability are not sufficiently developed.

An analysis of the coaches' work shows that training is focused mainly on technical preparation, while elements of tactical preparation are applied mostly at the final stages. This does not fully correspond to modern scientific approaches, since the parallel development of technical and tactical preparation is an important condition for achieving high sports results.

Thus, the results of the literature review and practical observations indicate the need to develop technical and tactical preparation in an integrated manner when organizing rhythmic gymnastics training. In particular, scientifically generalizing and improving methodological approaches developed on the basis of the experience of regional sports schools is one of the important tasks of contemporary sports pedagogy.

Research methodology: This scientific study is aimed at identifying the theoretical and practical foundations of organizing rhythmic gymnastics training and improving technical and tactical preparation, and it was conducted on the basis of a comprehensive approach. The research methodology was developed drawing on modern scientific approaches in sports pedagogy, the theory of physical education and coaching.

The object of the study was young gymnasts training at the Bukhara Regional Specialized Sports School for Gymnastics and their preparation process. The subject of the study was the process of organizing rhythmic gymnastics training and the mechanisms for developing athletes' technical and tactical preparation.

In the course of the study, the work of a total of 21 coaches was systematically examined. Their methodological approaches to planning training, distributing loads, teaching technical elements and developing tactical preparation were scientifically analyzed. Studying the coaches' work made it possible to clarify the actual state of the training process, its strengths and weaknesses, and opportunities for improvement.

The following scientific methods were used in the study:

Theoretical methods were used to analyze scientific literature, methodological manuals and regulatory documents on rhythmic gymnastics, and to generalize and systematize existing scientific views. At this stage, the theoretical foundations of technical and tactical preparation were identified.

Empirical methods: pedagogical observation occupied the central place. Training sessions were observed directly, and the quality of athletes' performance of technical elements, the level of execution of combinations and their tactical decision-making skills were analyzed. In addition, the coaches' work, their training methods and the degree of individual approach were assessed.

During pedagogical observation, the following indicators of the athletes were given particular attention:

1. precision and stability of performing technical elements;
2. coordinative harmony of movements;
3. sequence and rhythmic consistency of performing combinations;
4. level of tactical approach in competitive performances.

In addition, the following criteria were used to evaluate the coaches' work:

1. level of training planning;
2. methodology of teaching technical elements;
3. approach to developing tactical preparation;
4. quality of individual work with athletes.

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Experimental work: the existing training system was analyzed, and the possibilities of conducting technical and tactical preparation in an integrated manner were studied. On this basis, methodological approaches aimed at optimizing the training process were developed.

Mathematical and statistical methods were used to process the results obtained and to determine the dynamics of changes in technical and tactical indicators. Statistical analysis made it possible to evaluate changes in the athletes' level of preparation on a scientific basis.

A comprehensive approach was applied throughout the study, with technical and tactical preparation regarded as an inseparably interrelated system. This served as the basis for developing an integrated methodological approach to organizing training.

Thus, the chosen methodology made it possible to analyze in depth the process of organizing rhythmic gymnastics training, to evaluate the coaches' work on a scientific basis and to draw specific scientific conclusions on improving athletes' technical and tactical preparation.

Results and discussion: Within the framework of this study, the training process conducted at the Bukhara Regional Specialized Sports School for Gymnastics, the work of the coaches and the level of the athletes' technical and tactical preparation were comprehensively analyzed. The results obtained made it possible to assess the current state of rhythmic gymnastics training organization and to identify ways to improve it.

The results of the study showed that training at this sports school is organized mainly in the traditional way, that is, with priority given to technical preparation. Most of the training time is devoted to teaching and refining technical elements, which has a positive effect on the development of precision and technical stability in the athletes' performance of elements.

Results of technical preparation

During the observations, the athletes' technical preparation was assessed in the following areas:

First, significant positive results were observed in the performance of the basic movement elements — leaps, rotations and balances. Most athletes have developed sufficient precision and amplitude in performing elements.

Second, it was found that the level of mastery of technically complex combinations in exercises with apparatus (hoop, ball, ribbon, clubs) ranges from average to high. In particular, the use of repetitive exercises and a step-by-step teaching methodology serves as an important factor in increasing technical stability.

At the same time, some athletes were found to lack stability in performing complex elements, with errors observed especially in rotations and balances. This indicates the need to further strengthen the individual approach in the technical preparation process.

State of tactical preparation

According to the results of the study, the level of tactical preparation was found to be less developed than technical preparation. The following shortcomings were observed in the athletes' routine compositions:

a) non-optimal selection of the sequence of elements;

b) insufficient adaptation to music in some cases;

c) insufficient expression of dynamic changes during the routine.

Furthermore, the athletes' psychological stability under competition conditions emerged as an important factor. Some athletes showed an increase in the number of technical errors during performances under the influence of nervousness, which once again confirms the interrelationship between tactical and psychological preparation.

Analysis of the coaches' work: The work of the 21 coaches examined during the study showed that most of them use a traditional approach when planning training. The main focus is

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on technical preparation, while the tactical component is developed mostly at the pre-competition stage.

At the same time, the following positive aspects were identified in the work of experienced coaches:

✓ application of the principle of gradualness in teaching technical elements;
✓ consideration of the athletes' individual characteristics;
✓ use of a differentiated approach in teaching complex elements.
✓ However, the following problems were observed in the work of some coaches:
✓ insufficient integration of technical and tactical preparation;
✓ a low level of use of innovative methods in training;
✓ insufficient attention to the athletes' psychological preparation.

Relationship between technical and tactical preparation

The analyses showed that technical and tactical preparation are closely interrelated, and developing them separately reduces effectiveness. Even athletes with a high technical level may achieve poor competition results if they lack sufficient tactical preparation.

Conversely, conducting technical and tactical preparation in an integrated manner significantly improves the quality of athletes' performances. This indicates the need to restructure the training process, that is, to develop the tactical application of technical elements in parallel with teaching them.

Overall results

✓ The results of the study made it possible to formulate the following scientific conclusions:
✓ technical preparation in rhythmic gymnastics training is developed to a relatively high level;
✓ the tactical preparation component is not sufficiently developed;
✓ there is a need to integrate technical and tactical preparation in the coaches' work;
✓ there is a need to modernize the training process and introduce innovative methods.

These results serve as an important methodological basis for improving the system of organizing rhythmic gymnastics training, enhancing athletes' technical and tactical preparation and developing coaching on a scientific basis.

CONCLUSION

Within the framework of this study, the process of organizing rhythmic gymnastics training and developing technical and tactical preparation was comprehensively examined from theoretical and practical perspectives. Important scientific conclusions were drawn on the basis of the activities of the Bukhara Regional Specialized Sports School for Gymnastics, selected as the object of the study, and the experience of its athletes and coaches.

The results of the study showed that the effective organization of rhythmic gymnastics training depends largely on the mutual integration of technical and tactical preparation. Practical observations and analyses revealed that, although the athletes' technical preparation is developed to a relatively high level, their tactical preparation is not sufficiently developed. This substantiated the need to develop these two components in parallel in the training process.

In addition, the analysis of the work of 21 coaches showed that a traditional approach predominates in organizing training. Although the main focus on technical preparation is yielding positive results, the insufficient application of tactical preparation, psychological preparation and innovative methods emerged as a factor limiting training effectiveness.

The important scientific conclusions identified during the study are as follows: when rhythmic gymnastics training is organized on the basis of a systematic approach, athletes' technical indicators improve significantly; in this process, the methodology of step-by-step

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teaching, repetition and consolidation of elements is of great importance. Even athletes with a high level of technical preparation may see their competition results decline if their tactical preparation is insufficient; therefore, technical and tactical preparation must be conducted in an integrated manner. Developing coaches' professional competence, enriching their methodological knowledge and applying modern pedagogical technologies are important factors in increasing training effectiveness. Organizing training with regard to athletes' individual characteristics improves the quality of technical and tactical preparation.

Based on the results obtained, the following scientific and practical recommendations were developed:

First, it is advisable to introduce a system for conducting technical and tactical preparation in parallel in the training process. When teaching each technical element, particular attention should also be paid to its tactical application.

Second, it is necessary to widely introduce innovative pedagogical technologies into training, including video analysis, modeling and interactive methods. This makes it possible to identify athletes' technical errors and correct them promptly.

Third, it is advisable to improve the system of professional development for coaches and to organize scientific-practical seminars and training sessions for them. This will broaden coaches' opportunities to apply modern methodological approaches.

Fourth, particular attention should be paid to athletes' psychological preparation. To perform consistently under competition conditions, psychological preparation should be developed in harmony with technical and tactical preparation.

Fifth, it is recommended to generalize the experience of regional sports schools, in particular the Bukhara Regional Specialized Sports School for Gymnastics, and to apply it in other sports educational institutions.

In conclusion, organizing rhythmic gymnastics training on a scientific basis, developing technical and tactical preparation in an integrated manner and improving coaching are decisive factors in athletes' achievement of high results. The results of this study are of significant importance for developing scientifically grounded methodological approaches in this area and putting them into practice.

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