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Acrobatic training of junior athletes in gymnastics

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Abstract

Artistic gymnastics is a sport considered at the limit of physical and psychological abilities of those who practise it, through exercises and the difficulty of their component elements, combinations, as well as for its rigor and elegance of movements. In a relatively short time the difficulty of exercises has increased immeasurably, the quality of performance and training loads has also increased. Gymnastics techniques have changed beyond all measure. We have created a huge structural variety of movements which along with a great variety of technical actions and contrasting motor regimes has no analogy in contemporary sport. At the same time, the principal criteria of gymnastics have remained traditional since its formation as a sport. The value of sports in gymnastics is given by the technical skill, the number and difficulty of the items presented in sports competition. Sports skills and technical value of the results depend on a fair, rational, challenging and original aspects.

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Keywords: artistic gymnastics, acrobatics, technical preparation;

1. Introduction

This is the difficulty of exercises, their composition and quality of execution. The object of evaluation is what the gymnast does and how he or she does it. Gymnastics belongs to a group of sports with a stable kinematic structure of complicated coordination actions performed in relatively constant conditions, (Vieru, N., 1997) without direct contact with the opponents. By contrast with other sports, the self-regulating actions are relatively simple. They are bending-straightening movements mainly in the shoulders and hips, since in many exercises the arms and legs are prescribed as being straight. But these relatively simple governing movements must be very precise and carefully coordinated in time and space.

Purpose: The purpose of the research is that of improving the technical training in gymnastics at the age of 8-10 years.

Hypothesis
We believe that if we use the criterion of technical acrobatic exercises which provide an optimal relationship between strength, mobility and flexibility to little gymnasts (8 - 10 years), the technical preparation will improve and will contribute substantially to acquiring the most effective elements of acrobatics.
2. Methods of investigation

The method of measurements and testing (somatic, physiological, motrics); the technical tests have been used in our work.

Place, conditions for the research, result

The research was conducted in the gymnastics sports club CSS No. 2, Bucharest, 4th category for "little gymnasts" (8 - 10 years) at the beginning of the second phase of selection. 2011. The dynamic evolution of the performance was achieved in the initial testing and final experimental group (table 1,2)

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Table 3  Test of significance

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<tr>
<th></th>
<th>Control test</th>
<th>Walkover forward</th>
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<th>Handspring leg together and split legs</th>
<th>Sloc - flac legs together</th>
<th>Salto forward tucked</th>
<th>Round off FLIC-FLAC link 2-3 backwards</th>
<th>Rondad flc flac salto tucked backward</th>
<th>Rondad flc flac salto backward stretched</th>
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3. Discussion

Table 3 shows the significant differences obtained during the experiment. The indicators show that all results are much better than in the initial testing, which confirms the superiority of acrobatic technique proposed in the training program.

4. Conclusions

The technical training in artistic gymnastics is closely related to other exercise factors and is considered a difficult process that requires the coach’s knowledge of solid specialty data for the organization of the effective training needed to increase the performance capacity.

Following the experimental study, the conclusions were the following:

Improving the level of the technical beginner gymnasts can be achieved by ensuring optimal relationship between the general physical preparation and the technical training.

The results of the experiment confirm the formulated hypothesis through the significance of progress registered for all the test indicators.
Ensuring an optimal relation between the general physical training and the technical training by choosing the most efficient exercises, improves the technical knowledge of the beginner gymnast female players and their exercise during official competitions.

References