

SELECTING CRITERIAS OF TALENTED PRESCHOOL CHILDREN FOR THE FORMING OF SPORTS RESERVE IN SWIMMING

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ABSTRACT

This article has explained the selection of preschool children for swimming sports, with the prospect of correcting the sports reserve in swimming, which will further contribute to achieving high results in the sports arena.

Keywords: Primary selection, swimming, perceptivity, preschool ages children

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The problem of selecting talented children for swimming began to be considered when the results of swimmers at the Olympics games that they had reached their peak values. The functionality of the body of swimmers has exhausted all possible resources, and it is necessary to find new ways to achieve record achievements.

As you know, children begin to engage in swimming at the primary school age of 6-7. In this regard, some scientists began to consider primary selection in swimming, as a means of solving the problem of increasing results in swimming. But the polluted ecology of the modern world has led to a significant deterioration in the health status of children, which has developed a tendency for early swimming. Parents began to bring their children to the swimming section much earlier at the age of 5. Practitioners saw this as another advantage for training elite class swimmers. After all, a child who started swimming in preschool age has an advantage over his peers who started swimming in primary school age [2,4].

After analyzing the foregoing, we can confidently say that the issue of selecting preschool children for swimming sports has been relevant.

The purpose of research: timely identification of talented children for swimming sports.

The objectives of the research: The main objective of the initial selection of preschool children is to determine the morphofunctional, physical and genetically determined predisposition to sports improvement during the long-term preparation process.

The results of the research and their discussion: One of the most important principles of primary selection is focusing on physical qualities and abilities that determine the achievement of high results, optimal for a particular age, and not on signs that are temporary, passing in nature [1].

Thus, the effectiveness of the first stage of long-term selection of promising swimmers implies orientation to stable, that is, little changed during the course of age development and insignificantly influenced by training signs [5].

These include morphological features:

- quite reliably, it is possible to predict body length of no small importance for swimmers based on the growth indicators of parents using the following formulas:

	The formula of Dr. J. Hocker from the Mayo Clinic	The formula of G. Gorbunova	The formula of V. Karkusa
Girls	(mother's height + father's height): 2 - 6.4	(mother's height + father's height - 12.5): 2 ± 8	(mother's height + father's height * 0.923): 2
Boys	(mother's height + father's height): 2 + 6.4	(mother's height + father's height + 12.5): 2 ± 8	(mother's height * 1.08 + father's height): 2

- an important role for swimmers has been inherited on the basic morphological features such as:

Morphological features	Degree of influence
Body Length, Upper and Lower Limbs	High
The length of the body, shoulder, forearm	High
Shoulder width and Pelvis Width	Significant
Circumference of the neck, shoulder, forearm, thigh	Average
Body weight	Significant

- it is advisable to evaluate aerobic and anaerobic capabilities, at least by determining the vital capacity of the lungs (VC) and indicating the duration of breath holding indicating hypoxia resistance (Stange test). Since these indicators have been 70-80% due to genetics.

- an important aspect of primary selection is the assessment of physical qualities and acting abilities, on the one hand, profile for swimming, and on the other, largely genetically are determined. Such an assessment should be carried out using simple and accessible tests during a mass examination.

For instance: speed abilities are determined by the result of running 30, endurance - by the result of running 300 or 600 meters, flexibility - by the depth of inclination forward and by the distance between the hands when performing a "twist" with two hands; coordination abilities - according to the difference in the height of jumping upwards with the push of two legs with or without clapping hands and the result of the shuttle run test, etc.

- fundamentally importance of the initial sectioning swimmers is also a specific assessment in relation to swimming motor talent, which is not compensated for by the "feeling of water" [3]. A talented child is characterized by natural and soft movements in the water, good streamlining, balance and buoyancy of the body. As additional guidelines, it is recommended that the slip length from the side of the pool and the immersion depth in water. When performing the last test, the swimmer, with a full breath, with his hands raised up, is gradually immersed in the water at the pool side.

Excellent buoyancy is characterized by immersion, in which the elbow joints at its end point are at the level of the water surface. Satisfactory - diving, in which the hands protrude above the water and very poor - such that the swimmer is completely lowered to the bottom of the pool.

Having analyzed the above as criteria for the selection of preschool children in swimming, the following indicators are recommended:

1. Buoyancy - an expert assessment of the coaching board has been carried out.
2. The level of development of physical qualities and acting abilities of children.
3. Morphotype - evaluated jointly by trainers and a doctor. The main indicators are: body length, hand length and foot length. Moreover, in childhood, the length of the foot is more important than the length of the body.
4. Heredity - a survey is conducted.

CONCLUSIONS

The specifics of swimming have been determined the beginning of classes earlier. According to the creates some difficulties for assessing the prospects of young swimmers, as processes of biological growth and development have not completed yet.

Thus, in the early selection of children for swimming, it is necessary to rely only on those data that are most predictable and least changeable in the process of biological growth and development.

In the training process, talented children need to be trained in a different program and separately from other children.

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