

INFLUENCING FACTORS FOR SELECTING EFFECTIVENESS OF TALENTED SWIMMERS ON SWIMMING SPORTS

Matnazarov Khayrulla Yuldashovich
Uzbek State University of Physical Culture and Sports
Tashkent, UZBEKISTAN

ABSTRACT

The article has explained the experience of leading coaches in the country in their selection of swimming methods and specialties, and explains the importance of qualifying factors in the targeted training process. The influencing factors of the selection were described, and the main and secondary factors were highlighted. Significance levels for influencing factors of selection were studied. The data obtained is of great importance as the selection criteria in swimming sports.

Keywords: Selecting, selecting criterias, exercises for selecting, selecting factors, age factors, factor of appearance, tests.

INTRODUCTION

The importance of the research: it is well known that coaching skills arise not only in the training of a good athlete, but also in finding talented athletes [3,4,5].

According to many experts [Gotova VL, Davydov VY, Avdienko VB, Platonov VN] insufficiency of scientifically grounded developments in selection of training and training groups in swimming sports to study and introduce advanced coaching practice plays an important role in the swimmer's training system

The purpose of the research is to identify the factors that determine the selecting effectiveness of the selection of talented swimmers for training groups by leading coaches.

The object of the research: to learn the opinion of leading swimming coaches about factors affecting their effectiveness in qualifying for a swimming training specialization in swimming.

METHODOLOGY

The methodology of the research: survey questionnaire, interviews, pedagogical observation, analyzing of trainers' and athletes' diary, statistical analysis.

The organization of the research: 72 qualified trainers who work at the several areas of the Republic have participated in the questionnaire.

RESULTS

Selection in sports is a long-term process which is based on a set of indicators that requires an objective assessment of the individual abilities of the trainees. Because the predictable result of the sport may not always be justified.

According to the answers that were given by the coaches, 95% of the coaches in the initial stages of the selection process focus on the age of the trainers. Of these, 13% believe that children should be admitted 5–6 years, 43% are 7–8 years, 34% are 9–10 years and 10% are over 10 years (Figure 1).

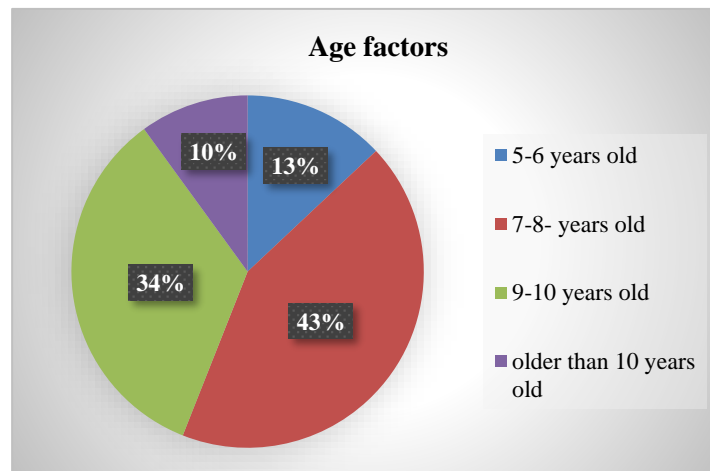


Figure 1. Optimal age for swimming lessons

Opinions of the experts in the questionnaire are presented in the literature and leading experts in the field Bulgakova NJ, Gotova VL, Davydov VY, Avdienko VB, Platonov VN agreed with her. Most coaches, 91% visually rate their appearance. 64% of coaches evaluate water exercises and 46% of coaches evaluate on-site exercises.

The coaches mentioned that a number of other factors that should be taken into account in the selection process. These include close proximity to residence and pool (67%), general appearance and face color (72%), characteristic of a child's health and body composition (68%), and parent's (68%) sports.

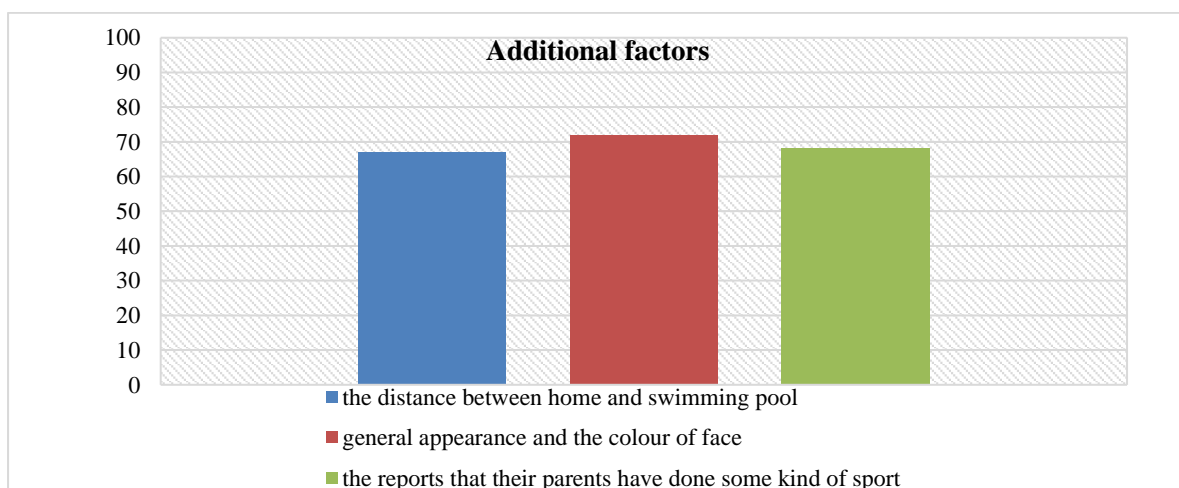


Figure 2. Additional factors of affecting the selection

A number of coaches prefer to select children who are smart, have good eyes and have good academic performance in high school.

More than 30% of coaches prefer to use respiratory and cardiovascular functions using the Shtange probe (respiratory tract determination), while 36% prefer coaching by assessing flexibility. According to 31.4% of coaches, the most effective exercise for identifying children's

abilities is swimming in the water without foot movement and swimming with a board using only feet (Figure 3).

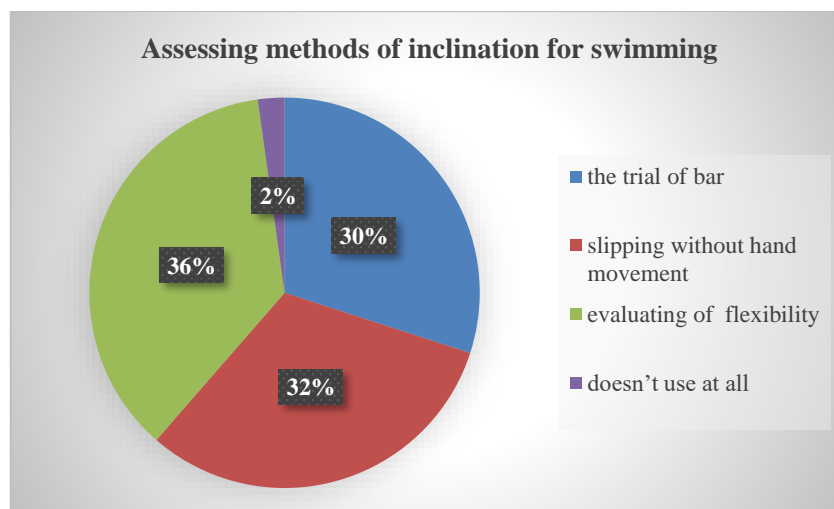


Figure 3. Assessing of inclinating for swimming by exercise.

The main criteria for admission to the training groups. All coaches believe that the health of the first person, then labor (99%), ability (99%), desire and continuity of swimming (98%), swimming skills (98%), school learning (78%) .

Thus, the results of the trainers' responses revealed that swim and hydrodynamic balance of the body were important in the initial selection. This is explained by the fact that these parameters have a significant impact on the transmission of selected swimming techniques.

Table 2 below presents two of the simplest tests commonly used by coaches (evaluating fluidity and body hydrostatic balance). Based on this exercise, coaches quickly and reliably determine the fitness of the athlete.

Table 2: Assessment of the inherent swimming behavior in the water environment

The degree of inclination	Fluidity. Trial: Taking a deep breath, raising hand on the right way and holding the body vertically	Hydrostatic balance of the body Trial: maintaining a balanced position of the body while lying on the back with a deep breath
Excellent	The elbow joint is at the water level	Hands are all over the body; feet are close to the water line
Good	Half of the wrists are below the water level	Hands thrown to the side; feet are close to the water line
Medium	The hands are below the water level	Hands behind head; feet are close to the water line
Bad	Finger tips are below the water level	Hands behind head; feet move slowly down to medium depth
Too bad	The swimmer has fallen to the bottom	Hands behind head; The feet are lowered to water salt, and the body changes its position until it is almost vertical

The following descriptions which have given by qualified coaches are raised of practical interest: boys are more confident than girls, absorb more water, and learn more about sports swimming, but girls are more disciplined than boys, girls are better trained, more focused, hard-working, easy to work with. quiet; boys overestimate their strength, girls are underestimated and often have a fear of water; girls need to be more attractive, but they are easy to work with because they are more attentive, organized and quick to explain the coach; boys are more demanding, they need to be “tough” with girls, and girls need more fun and attention.

CONCLUSIONS

Carried out research shows that leading coaches in the country consider it appropriate to start swimming at the age of 7-8. The fact that the new recruiters meet the first selection criteria is not a good reason to conclude that they will achieve good results in the future.

Because, some participants may find that the level of physical development and functional condition after initial training may not be relevant to their biological age.

Therefore, trainers need to keep track of the dynamics of the trainees' results, as well as their constant monitoring of their selection.

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