

METHODOLOGY FOR DEVELOPING THE ROLE OF EQUILIBRIUM AND COORDINATION ABILITIES OF ACADEMIC ROWERS AT THE PRIMARY PREPARATION STAGE

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Annotation: This article analyzes the importance of developing balance and coordination skills, methodological approaches, and practical exercises in the initial training stage of academic rowers. In academic rowing, balance is an important factor in increasing the effectiveness of movements and maintaining a stable boat position. Furthermore, coordination abilities ensure the athlete's coordination of movements and contribute to improving their technical skills. The article presents key exercises and methodological recommendations aimed at developing these abilities.

Keywords: Academic rowing, balance, coordination, initial training, dynamic balance, static balance, coordination ability, sports methodology.

Introduction

Rowing is a sport that requires a high level of physical fitness, technical skills, and psychomotor abilities. For a successful outcome, an athlete requires not only strength and endurance, but also well-developed balance and coordination. Developing these abilities, especially at the initial stage of training, is crucial for an athlete's success in their subsequent career.

The importance of balance in academic rowing. Balance is one of the main motor skills in academic rowing, necessary for the rower to maintain the correct position in the boat and move effectively. Insufficient development of balance leads to errors in the athlete's movements, causing the boat to deviate from its course and operating inefficiently.

Balance is divided into two types:

Static balance: The ability to control body weight while standing still.

Dynamic equilibrium: The ability to maintain balance in the process of movement.

Balance in academic rowing is one of the important factors in an athlete's effective movement, saving effort, and achieving high results in competitions. Since this sport is based on dynamic movements performed in water, the rower must learn to maintain a stable position on the water.

The main functions of balance are:

1. Ensuring water stability. The rower must be able to observe their position in the boat. If the

balance is disrupted, the boat may turn incorrectly or overturn. This negatively affects the effectiveness of the activity.

2. Saving effort. Maintaining proper balance helps reduce excessive effort during rowing. Incorrect balance leads to excessive body movements and quick fatigue.

3. Improving movement coordination. In academic rowing, it is important to move in harmony with the oars. If balance is well-developed, the athlete moves the oar evenly and correctly.

4. Increasing speed and technical superiority. A properly balanced rower performs their rowing movements with minimal additional movements. This increases their speed and strengthens their competitiveness.

Ways to develop balance:

- Regularly performing exercises in a boat and re-learning movements in the water.

Performing special exercises for developing balance on the ground (for example, using various balance exercises step by step).

Work on strong muscles and stabilizers, especially strengthening the core muscles and leg muscles.

In conclusion, dynamic balance is especially important for academic rowers, as rowing requires a combination of movement and balance. Developing balance for academic rowers not only improves their technique but also enables them to move efficiently, save energy, and achieve high results.

Coordination ability and its role. Coordination is the ability to coordinate various muscle groups and perform movements precisely and harmoniously. In rowing, coordination helps the athlete lower the oar correctly into the water, move the boat smoothly, and conserve energy.

The main types of coordination skills are:

Eye and hand coordination: Helps to hold the oar correctly and put it into the water.

Body and arm coordination: Coordinating body and arm movements.

Speed and reactivity: Quick adaptation to external conditions.

Methodology for developing balance and coordination. Academic rowing is a sport that requires a high level of technical skill and physical fitness, in which coordination skills play an important role. The athlete's movements should be coordinated and balanced. This is a key factor in mastering the right technique, applying effective effort, and achieving maximum results.

The role of physical balance and coordination in sports

What is coordination ability? This is the ability to control body movements, react quickly and accurately, maintain balance, and coordinate movements. In academic rowing, this ability is essential for synchronous rowing, maintaining stability in the boat, and navigating perfectly in the water.

The importance of coordination ability:

1. Ensuring the unity of actions. Academic rowers must move simultaneously while maintaining balance in the water. The coordination of these movements requires proper

coordination.

2. Improvement of technology. During the rowing process, each movement must be precise and harmonious. If coordination is insufficient, technical errors can occur, negatively impacting the results.

3. Act quickly and effectively. Accuracy of movements is crucial for increasing speed on the oar. Exerting maximum effort with minimal effort depends on coordination.

4. Increasing reflexes and reaction rate. When moving in the water, external conditions (waves, wind, opponents) can change. An athlete must quickly adapt and respond to these changes. If coordination is well-developed, effective adaptation to such conditions becomes easier.

5. Acting in a group. In team rowing, each athlete must coordinate their movements with those of their teammates. This requires proper coordination.

Methods of developing balance in cadet rowers

Methods of developing coordination skills.

Special exercises: Performing dynamic and static exercises to develop balance on land and in water.

Strong muscles: Strengthening the core and stabilizer muscles. Reflex and reaction speed: Exercises that require quick movements, for example, games that develop reaction with a racket or ball.

Group synchronous activities: Conducting group exercises and developing synchronous activities.

Coordination ability is one of the most important physical qualities for academic rowers, and its development contributes to improving technical effectiveness, ensuring coordination of movements, and achieving high results in competitions. Developing this ability through special exercises contributes to improving athletes' overall skills.

Balance development exercises Special exercises play a crucial role in developing balance in academic rowing. Increasing balance contributes to improving an athlete's technical skills, ensuring the consistency of movements, and the effective use of strength in the process. Below are the main exercises recommended for developing balance.

Ground balance exercises contribute to strengthening the athlete's overall balance and core.

Standing on one leg - stand on one leg for 30-60 seconds, then move on to the other leg. To make it more difficult, you can do it with your eyes closed. This exercise strengthens the leg and central muscles.

Balance Board: Standing on balance, you can hold your body in balance and imitate rowing movements. This exercise helps correct incorrect movements in the water.

Plank and dynamic plank exercises strengthen the muscles of the central part of the body (core), which are important for balance, and if performed with raised arms or legs, the effectiveness of the exercise increases.

Water balance exercises are used to prepare rowers for boat movements and to improve

balance.

- balancing while standing in a boat, climbing onto a boat and standing upright without touching the ground with your hands are performed. The athlete must monitor their center of gravity and maintain it consistently.

Rowing with only feet, rowing with only feet without using arms, this exercise develops balance and coordinated muscle movement.

Exercises such as controlling the sideways movement, moving the body to one side during rowing, and restoring balance are performed. This enhances the ability to maintain balance in the boat.

Dynamic and reactive balance exercises help the athlete adapt to rapid movements and maintain balance.

When jumping and maintaining balance on a trampoline, an athlete should maintain balance when jumping from a height and landing on the ground. This develops muscles and reflexes.

- Exercises for quickly changing course, quickly changing course during running, and restoring balance help to control rapid movements in the water.

Balance exercises are important for academic rowers, as they are necessary for improving their technical skills, maintaining stability in the boat, and achieving high results in competitions. By systematically performing exercises, athletes enhance their balance and improve their performance.

Coordination development exercises Developing coordination in academic rowing is crucial for improving an athlete's technical skills, enhancing coordination of movements, and ensuring stability in the boat. Special exercises aimed at improving coordination not only facilitate the rowing process but also increase reaction speed and coordinate team actions.

Methods and tools used in the training process

Ground coordination exercises:

Running along curved lines (agile running), moving quickly and accurately along various lines and cones - this exercise also develops the cardiovascular system and improves coordination.

Moving with eyes closed, the athlete performs simple balance and coordination exercises with eyes closed, which strengthens the connection between the brain and muscles.

Jumping with a jumper is an ideal exercise for increasing synchronous leg movement, helping to coordinate arm and leg movements.

Coordination exercises in water:

Rowing with one hand, when an athlete rows with only one hand, develops balance and limb coordination.

Performing the asymmetrical movement of oars, performing one oar quickly and the other slowly, teaches coordination and better control of these movements.

Rowing on a boat at different speeds, maintaining the boat constantly by changing the

speed, and developing coordination.

Dynamic and team coordination exercises:

Team synchronized rowing and team synchronized movement exercises are performed. These exercises enhance overall rhythm and coordination.

Turning the boat and fast reaction exercises allow the athlete to increase speed and turn the boat in a short time, which improves reaction speed and movement control.

Coordination-developing exercises are crucial for academic rowers. Through these exercises, coordination of movements increases, a quick reaction is formed, and stability in the boat is ensured. Regular training allows athletes to achieve maximum results.

Methodological recommendations for the training process. For the training process for academic rowers to be effective, it is necessary to organize it based on the correct methodology. Training should be aimed at improving the athlete's physical and technical preparedness, developing balance and coordination, and eliminating errors and shortcomings in the process. Below are methodological recommendations for academic rowers.

Planning exercises Each exercise should be organized based on a gradually increasingly complex principle. The exercise should consist of three parts:

Introductory part (10-15 minutes) - warm-up and light exercises for preparing the cardiovascular and muscular systems.

The main part (40-60 minutes) involves performing technical, physical, and coordination exercises.

The final part (10-15 minutes) consists of recovery exercises, stretching, and relaxation movements.

Duration and repetition of exercises:

At the initial preparatory stage, it is recommended to conduct training 3-4 times a week.

It is advisable for experienced athletes to train 5-6 times a week.

The training session can last from 1 to 2 hours.

Conclusions and recommendations

Methodological recommendations for the development of balance:

15-20 minutes of training should be allocated to specific exercises aimed at developing balance.

It is necessary to maintain balance while standing in a boat, row with one hand, and perform other technical exercises.

Steps, balance sheets, and static exercises can be used to improve balance on the ground.

For an athlete to control their weight and feel stable in the water, it is important to perform exercises that strengthen the central part of the body (core).

Methodological recommendations for the development of coordination:

Synchronous exercises aimed at coordinating hand and foot movements should be performed.

A metronome or musical rhythm can be used to perform movements in rhythm.

For team rowers, rowing exercises should be a priority.

Simulation exercises aimed at making decisions in various situations are performed to increase reaction speed.

Recommendations for physical fitness:

It is necessary to perform strength exercises to develop the central body (core) and leg muscles.

Cardio exercises (running, cycling, swimming) are recommended for the development of the cardiovascular system.

Special attention should also be paid to stretching and recovery exercises.

Technical recommendations:

- In the process of rowing, there should be a specific technical goal. For example, "putting the oar into the water at a right angle" or "acting without applying sharp force".

During the lesson, errors and shortcomings can be recorded on video and then analyzed.

To improve their technique, an athlete should perform movements in a mirror or under the supervision of a coach.

Psychological preparedness and motivation:

It is recommended to perform meditation and relaxation exercises to focus athletes and reduce stress.

Simulation exercises should be conducted during the competition preparation process.

It is recommended to conduct training sessions to create an atmosphere of trust and unity among athletes in teamwork.

Assessment and analysis of the training process:

After each exercise, the results should be analyzed, and shortcomings should be identified.

It is important to keep a training diary and monitor the achievements of each athlete.

The dynamics of an athlete's development are monitored through technical analysis and tests.

Proper planning, a methodological approach, and individual analysis are crucial for increasing the effectiveness of training in academic rowing. Exercises should be aimed at the harmonious development of balance, coordination, and physical fitness. At the same time, the athletes' psychological state and motivation must be at a high level. High results can be achieved through planned and systematic training.

In academic rowing, balance and coordination play a crucial role in an athlete's effective and consistent movement. Their development is one of the main goals of the training process and contributes to ensuring coordination of movements on the boat, improving technical skills, and

improving results.

To develop balance, it is necessary to use static and dynamic exercises, as well as complex movements performed in water and on land. This strengthens the athlete's ability to control their center of gravity and ensures stability in the boat. The development of coordination, however, affects the coordination and speed of movements. At the same time, it is important to pay attention to team synchronous movements, reflex-accelerating exercises, and technical details.

Proper organization of exercises based on methodological recommendations, paying special attention to physical fitness, and analyzing the effectiveness of exercises contribute to the successful completion of the process. At the same time, the athlete's psychological state also plays a significant role in the development process.

Thus, through the systematic development of balance and coordination in rowing, a methodological approach, and systematic training, it is possible to improve athletes' results and prepare them for competitions at a high level.

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