

ORGANIZATION OF RHYTHMIC GYMNASTICS TRAINING AND TECHNICAL-TACTICAL PREPARATION

Muradova Eleonora Baxodirovna

First-year Master's student of Bukhara International University

Email: elya1987muradova@gmail.com

Annotation

This article analyzes the issues of improving the technical and tactical training of gymnasts in the process of organizing rhythmic gymnastics training sessions. The study examines the effectiveness of training planning, teaching technical elements, and applying them in integration with tactical tasks. Based on pedagogical observation, control exercises, and comparative methods, it was determined that organizing training sessions using improved technologies increases gymnasts' movement accuracy, stability of combinations, and their level of adaptation to competitive activities. The obtained results scientifically substantiate the necessity of developing technical and tactical training as a unified pedagogical process when organizing rhythmic gymnastics training sessions.

Keywords

rhythmic gymnastics, organization of training sessions, technical training, tactical training, technical-tactical training, training technologies, sports training.

INTRODUCTION

Recent research in rhythmic gymnastics highlights the necessity of incorporating innovative technologies alongside traditional approaches when organizing training sessions. In particular, step-by-step technical instruction, differentiated approaches, video analysis, modeling, and mastering exercise elements based on competitive combinations are recognized as important factors for improving technical-tactical training effectiveness. These scientific conclusions are also consistent with regulatory and legal documents aimed at the development of sports in the Republic of Uzbekistan.

For instance, the Decree of the President of the Republic of Uzbekistan dated January 24, 2020, No. PF-5924, "On Measures for the Further Development of Physical Culture and Sports," emphasizes the importance of scientifically organizing athletes' training processes, implementing modern training technologies, and preparing a high-quality sports reserve. The document specifically notes that the planning of sports training should take into account athletes' individual capabilities, psychofunctional states, and the characteristics of their competitive activities.

Additionally, the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated March 23, 2021, No. 157, defines tasks for strengthening scientific and methodological support in the system of training highly qualified athletes, broadly implementing innovative technologies in the training process, and improving technical-tactical preparation in various sports. Based on these requirements, it is essential in rhythmic gymnastics to develop technical and tactical training not as separate components, but as an integrated pedagogical process.

If the age, sports skill level, physical condition, and psychofunctional state of gymnasts are not taken into account when organizing training sessions, the effectiveness of technical-tactical preparation decreases. Therefore, based on the requirements outlined in presidential and governmental documents, organizing training sessions with an individualized and phased

approach is considered a methodologically grounded strategy. Scientific sources emphasize that linking technical elements directly with tactical tasks during the learning process develops conscious movement control skills in gymnasts and increases their adaptability to competitive activities, fully aligning with state policy requirements for achieving high sports results.

The organization of rhythmic gymnastics training is significant not only for improving sports performance but also for ensuring the comprehensive development of the athlete. During technical-tactical preparation, qualities such as aesthetic perception, musical ear, movement culture, and creative thinking are formed. This necessitates considering pedagogical, biomechanical, and psychological factors together when designing training technologies.

The scientific importance of organizing rhythmic gymnastics training also lies in fostering the overall development of the athlete. I.A. Viner (2010) notes that preparation in rhythmic gymnastics cannot be limited solely to technical mastery; qualities such as aesthetic perception, musical rhythm awareness, movement harmony, and creative expression must be systematically developed in the training process. T.S. Lisitskaya (1982) demonstrated that the development of movement culture and coordination abilities during technical-tactical training directly influences the overall level of athlete preparedness.

The effectiveness of technical-tactical preparation is closely linked to the development of training technologies that account simultaneously for pedagogical, biomechanical, and psychological factors. V.N. Platonov (2015) and L.P. Matveev (2008) in the theory of sports training emphasize that the biomechanical correctness of technical movements and psychological stability are complementary factors, and their integration determines the effectiveness of competitive performance.

Thus, analyzing the organization of rhythmic gymnastics training and improving technical-tactical preparation scientifically, systematizing existing methodological approaches, and identifying effective training technologies represent an urgent scientific task. This article aims to highlight scientific-methodological foundations and practical solutions that support the development of technical and tactical preparation within the training process. The issues of organizing rhythmic gymnastics training and developing gymnasts' technical-tactical skills have been treated as a separate scientific field in sports pedagogy and sports theory since the second half of the twentieth century. L.A. Karpenko (2003) emphasizes in her research that planning training loads, step-by-step instruction of technical elements, and adapting them to competitive activities play a leading role. While this approach focuses on systematically developing technical preparation, tactical components have often been considered secondary.

Literature Review

International studies emphasize that gymnasts' sports results are directly linked to the quality of technical element execution and their compositional-tactical coherence. The *Code of Points* approved by the International Gymnastics Federation (FIG, 2022) defines technical difficulty, element sequence, logical placement within the composition, and tactical solutions as the main evaluation criteria. Accordingly, foreign researchers such as A. Lebedev (2016) and O. Shabalina (2020) have scientifically substantiated the necessity of developing technical and tactical preparation in an integrated manner during training sessions.

Research conducted by scientists in Russian and European sports schools highlights the principle of step-by-step instruction as a leading methodological approach in rhythmic gymnastics. For example, Nazarenko (2011) demonstrated that initially mastering technical elements in simplified conditions and then integrating them into competitive combinations with tactical tasks strengthens technical stability.

Some studies critically note that tactical preparation is often insufficiently addressed during training. Specifically, Batalova and Jigajlova (2018) indicate that technically well-

prepared gymnasts may fail to achieve expected competition results due to inadequate tactical planning and insufficient modeling of competitive activities. Based on this, they recommend using exercises during training that simulate competitive conditions.

In Uzbekistan and other CIS countries, scholarly and methodological literature on rhythmic gymnastics training primarily focuses on physical and technical preparation. These sources provide detailed guidelines on planning training loads, weekly and monthly training cycles, and methods for teaching technical elements; however, the integration of technical and tactical preparation is insufficiently systematized.

Recent studies have paid special attention to the application of modern pedagogical technologies in rhythmic gymnastics training. Video analysis and biomechanical technologies have proven effective in detecting and correcting technical errors (Shabalina, 2020), yet their use in close integration with tactical preparation has not been fully scientifically substantiated.

The reviewed literature indicates that existing approaches to organizing rhythmic gymnastics training often focus on separate components. There is a lack of developed technologies aimed at the comprehensive development of technical and tactical preparation. This gap highlights the need for in-depth scientific research and the development of effective training technologies for organizing rhythmic gymnastics sessions.

Research Methodology:

This study was conducted to determine the effectiveness of methodological approaches aimed at improving the technical-tactical training of gymnasts during rhythmic gymnastics sessions. The research methodology was based on the principles of sports pedagogy, the theory of sports training, and the analysis of competitive activity.

A systematic approach was adopted as the main methodological principle. This approach allowed rhythmic gymnastics sessions to be considered as a complex pedagogical system. The structure of the training process was analyzed in terms of technical training, tactical training, planning of training loads, and preparation for competitions, as well as the interconnection between these components.

A combination of theoretical and empirical methods was used in the study. In the theoretical phase, scientific literature on sports pedagogy, rhythmic gymnastics methodology, and technical-tactical training was systematically analyzed. This analysis helped to identify the existing approaches to organizing training sessions, their advantages and limitations, and provided the conceptual basis for the study.

Empirical research was conducted with athletes practicing rhythmic gymnastics. Pedagogical observation was employed to study the training process. During observations, the quality of execution of technical elements, their sequence within combinations, and the manifestation of tactical solutions in training and control exercises were recorded. Observation results were systematized based on pre-established criteria.

Control exercises and tests were used to assess the level of technical-tactical training. These exercises were aimed at evaluating gymnasts' technical accuracy, movement stability, speed of performing combinations, and tactical adaptability. The test results served as a basis for determining the effectiveness of methodological changes in the organization of training sessions.

The comparative method played an important role in the study. Results from traditional and improved methodological approaches were compared, allowing for the identification of positive changes in technical-tactical training. Empirical data were analyzed using mathematical and statistical methods, including mean values, percentage indicators, and dynamics of change. Statistical analysis provided an objective assessment of the impact of training organization technologies on technical-tactical preparation.

The study revealed that the interrelated development of technical and tactical training significantly affects the effectiveness of training sessions. Results showed that when training is limited to the separate teaching of technical elements, gymnasts' ability to perform consistently in competitions is reduced. Conversely, integrating technical elements with tactical tasks in the training process significantly improves movement accuracy and the quality of performing combinations.

Pedagogical observations indicated that gradually increasing the complexity of combinations reduces technical errors. In particular, pre-planning the sequence of movements for apparatus elements and synchronizing them with musical rhythm enhanced technical stability. This confirms the direct connection between technical training and tactical thinking.

Control exercises and test results demonstrated that organizing training sessions using improved technologies increased the speed and accuracy of performing combinations. Analysis of average indicators showed a steady improvement in the quality of executing technical elements throughout the training, confirming the proper planning of training loads and balanced development of technical-tactical training.

Comparative results showed that in traditional training systems, the organic link between technical and tactical training was insufficiently ensured. In contrast, in sessions using improved training technologies, gymnasts demonstrated higher levels of conscious movement control and greater adaptability in competitive conditions. This highlights the methodological importance of modeling competitive activity in organizing training.

Overall, the study demonstrated that applying technologies aimed at improving technical-tactical training as an integrated pedagogical process, combined with step-by-step instruction and individualized approaches, significantly enhances the effectiveness of rhythmic gymnastics sessions. This approach strengthens the scientific basis of the training process and facilitates achieving high performance in competitions.

Conclusion:

The results of this study scientifically substantiated the necessity of developing technical-tactical training in rhythmic gymnastics as a single, interconnected pedagogical system. Analyses showed that integrating technical elements with tactical tasks in training sessions significantly improves gymnasts' movement accuracy, the stability of combinations, and their adaptability to competitive performance.

The study also revealed that advanced training technologies reduce technical errors, develop conscious control over movement sequences, and allow gymnasts to fully realize their individual capabilities. This confirms the methodological importance of step-by-step instruction and individualized approaches in developing technical-tactical training.

Findings indicated that planning training sessions should include modeling competitive activity, approximating conditions for performing combinations to real competitive environments, and applying modern pedagogical technologies. This approach ensures stable development of technical-tactical skills and consistent improvement in sports performance.

In conclusion, implementing scientifically grounded technologies aimed at improving technical-tactical training in rhythmic gymnastics is a crucial condition for effectively preparing gymnasts for competitive activity. These findings also provide a methodological foundation for future research in this area.

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