



FUNDAMENTALS OF SELECTION IN FIGURE SKATING

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ABSTRACT: - The presented article provides scientific and practical recommendations necessary for the selection of athletes in figure skating. three stages of selection are characterized and a method of selection for admission to a sports school in figure skating is proposed.

KEYWORDS: Figure skating, selection, appearance, physique musical ear tests of Romberg and Yarotsky.

INTRODUCTION

Sports selection is important for many sports. The effectiveness of the training of highly qualified athletes and the growth of results in sports, first of all, depend on the quality of the organization and methods of the training process, the level of technical equipment, the timely and effective rehabilitation of athletes, on the mass character of sports and the correct organization of sports selection. The quality of sports selection and orientation is largely due to the talent of the coach-teacher, his experience and intuition. Sports selection is based on an assessment of the capabilities of a particular person, on the basis of which

the choice of the most suitable sports activity for him is made.

Figure skating is an incredibly beautiful sport that almost everyone who has ever seen figure skaters dream of doing. However, desire alone is not enough, because in order to perform the most complex elements on ice just as easily and gracefully, you need to go through a serious selection, which is based on certain criteria. After all, only selection involves the selection from a certain group of such athletes who best meet the requirements of this sport and can achieve high sporting achievements in the future.

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The purpose of the study: to characterize the selection in figure skating.

Methods and organization of the study: To solve the tasks set for the study, the following methods were applied: analysis of scientific and methodological literature and documentation of the curricula of sports schools in figure skating; pedagogical supervision.

RESULTS OF THE STUDY AND THEIR DISCUSSION

Analyzing the scientific and methodological literature on the topic, it was noted that the selection of children and adolescents for figure skating can be divided into 3 stages: primary, current and final. The main objectives of the primary stage are to attract the greatest possible number of gifted children and adolescents to sports activities, their preview and organization of initial sports training. Children of 7-8 years old who have received certain training (1-2 years) in paid groups are accepted to the sports school for figure skating, based on certain criteria: the absence of diseases and physical disabilities that interfere with mastering the basics of figure skating techniques; desire to practice; diligence; body proportionality; flexibility in the joints; jumping ability (from the left and right legs); the ability to reproduce rhythms set by a sound stimulus; ear for music; attention, perseverance in overcoming difficulties in mastering new movements.

When selecting, one should take into account the attitude of parents to sports activities, the proximity of the place of residence to the sports base, the child's progress in a comprehensive school, and the desire of the child to go in for figure skating.

The selection methodology for admission to a figure skating sports school includes determining the state of health, assessing the

characteristics of the physique, character traits, the ability to skate, as well as the results of fulfilling control standards for physical and special technical training and musicality. The assessment of appearance includes the development of muscles, characteristics of the skeleton, fat deposition. The posture, the shape of the back, the length of the torso, legs, the shape and fullness of the legs, the length and thickness of the hips, and the transverse dimensions of the body are evaluated. Attention is drawn to the presence or absence of flat feet. Anthropometric measurements characterizing the level of physical development of young athletes are carried out by a doctor. Height, weight, thickness of the fat fold, chest circumference, its excursion, spirometry and dynamometry of the hand are measured, a subsequent calculation of one or another index is carried out. Physique assessment is a complex morphological test that determines the structural features of the body, its shape and proportions. Features of the body structure significantly affect the sports and technical results. The magnitude of this influence is different in individual types of figure skating. Knowledge of the features of the physique allows you to correctly assess the inclinations during the initial admission to a sports school.

As shown by pedagogical observation and a questionnaire survey of figure skating coaches, more than half of the children do not choose this sport, this is the choice of parents, who often simply persuade children to go to training. And the determination of the state of health is reduced to the execution of a medical certificate issued by a polyclinic at the place of residence, which does not carry the necessary medical information.

Control tests "off the ice" consist of an assessment of speed, strength, speed-strength qualities, flexibility and agility. Flexibility, or mobility in the joints, is easy to check with the

simplest exercises, such as: torso forward, backward, swinging the legs, eversion of the feet, etc. However, the selection should take into account the fitness of the child. If he has never practiced them, then, naturally, the amplitude of his movements will be less than that of those who have been engaged, but after 2-3 weeks of classes this will not happen. The ability to jump, especially when pushing off with the right and left legs separately, is a very important quality. It can be tested by giving the task to push as high as possible with a small run-up or with one step.

When selecting young skaters, it is recommended to use a set of the following tests: a pistol for 20 s, a long jump and a height from a place (or a five jump), a run of 30 m from a high start, a rise to a squat position and a rise of the body from a prone position for 20 s, polydynamometry (from 8 years old), speed of 3-5 revolutions around the vertical axis, symmetrical jumps on two legs, accuracy of rotation by 540 and 900 °, Romberg or Yarotsky test, "advance in the footsteps", abduction of the leg to the side, leaning forward (or bridge), running 400 and 1500 m (from 9 years old). Carrying out the selection, our coaches conduct tests for flexibility and speed, take samples of Romberg and Yarotsky.

The ability to reproduce a different rhythm of movements is checked by setting different rhythms by sound. It is proposed to tap out the rhythm, walking to the music with a changing rhythm and tempo. One of the most important selection criteria should be considered attentiveness and the ability to persistently master the technique of skating. Children who progress best in figure skating are lively and balanced, showing the ability for explosive exercises that require an instant reaction, a quick change in speed and rhythm of movements. At the same time, stability of attention, perseverance to prolonged physical and nervous stress is important.

One-time viewing of children and on this basis the decision about their abilities can be deeply erroneous. Therefore, a selection system should be recommended that includes a whole cycle of classes over several months or one to two years. It is better if the decision is made after a year of study in preparatory groups.

Summing up, figure skating in Uzbekistan is now turning into fun for wealthy parents, a huge layer of talented and promising children are cut off from this sport, who cannot afford, for various reasons, to engage in figure skating. Unfortunately, at the moment, in order to fill the groups, we are forced to engage in the recruitment of children, and not the selection.

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