



APPLICATIONS OF STRETCHING EXERCISES TO DEVELOP THE FLEXIBILITY OF YOUNG HOCKEY PLAYERS AT THE INITIAL TRAINING STAGE

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ABSTRACT: - The presented article deals with the development of flexibility of young hockey players at the stage of initial training. The proposed stretching exercises for developing the flexibility of hockey players have shown their effectiveness and can be used in training hockey players.

KEYWORDS: Hockey, young hockey players, flexibility, amplitude, stretching.

INTRODUCTION

The effectiveness of the training of young hockey players, and especially its technical component, is largely related to flexibility (mobility in the joints, elasticity of muscles and ligaments, as well as the state of the central nervous system, which affects muscle tone). Flexibility is characterized by the degree of mobility of the musculoskeletal system, as well as the ability to perform movements with the greatest amplitude. It is important for all players and especially goalkeepers. The lack of work on improving flexibility leads to injuries,

a decrease in motor functions and coordination of movements, which has a negative impact on the technicality of the athlete's game. For example, a hockey player with good flexibility can easily beat an opponent when making a dribble by pushing the puck away from him with a stick without losing personal control over the puck. The flexibility of a hockey player lies in his ability to perform different movements with a large amplitude and is determined by the total mobility of the joints.

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The purpose of the study: to experimentally substantiate the effectiveness of the use of Stretching exercises for the development of flexibility in young hockey players at the stage of initial training.

Methods and organization of the study. The study was conducted on the basis of the multifunctional sports and entertainment complex "Humo Arena" in Tashkent. The experiment involved 20 hockey players 8-10 years old. To solve the tasks set for the study, the following set of methods was defined and applied: analysis of scientific and methodological literature, pedagogical observations, pedagogical experiment, methods of mathematical statistics.

The first stage was held from September 2020 - October 2020. At this stage, the analysis and generalization of data from literary sources was carried out. The second stage (November 2020 - May 2021) included a comparative pedagogical experiment. To solve the tasks set, 2 groups of hockey players 8-10 years old were studied. Of these, 10 people made up the control group, 10 - the experimental group. The third stage (June 2021) involved performing statistical processing of the obtained data of the pedagogical experiment, their interpretation and presentation of the research results.

In the control group, training sessions were conducted according to the standard program of the RSHVSM. In the experimental group, classes were supplemented with sets of stretching exercises. A set of exercises was used in off-ice training, in the preparatory part of the lesson in the form of a warm-up and the final part of the training session. The complex included dynamic stretching (this is stretching in motion, for example, energetic swings of the arms and legs with a large amplitude) and static exercises for all muscle groups of the

hockey player. Stretching exercises of various directions were used, which were combined in the following ratios: 50% - active exercises, 30% - passive, 20% - static. The pace of movements, the number of repetitions, the time of holding in static positions were used in accordance with the recommendations of specialists.

Results of the study and their discussion. To determine the initial level of development of flexibility, before the start of the experiment and after the pedagogical experiment, testing was carried out. Were assessed: mobility of the spinal column, mobility in the shoulder joint, mobility in the hip joint, mobility in the knee and ankle joints.

The results of the study showed that before the start of the experiment, the groups were homogeneous, the indicators of the experimental and control groups were statistically significant. Comparing the results of two groups of hockey players revealed that the results correspond to a low level of development of flexibility.

Comparison of the average flexibility indices of the control group after the experiment indicates that after the experiment, significantly significant differences were found only in two indicators - "bridge" and "twisting straight arms back" ($p < 0.05$). In other indicators, a positive dynamic of growth of indicators at the end of the experiment is visible, compared with the results before the experiment. This means that the generally accepted method, which was used in the control group, is not effective enough.

In the experimental group, after the experiment, significantly significant differences were revealed in all indicators of flexibility: twisting of straight arms back, "bridge", bending forward from a standing

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position, longitudinal split, abduction and adduction of the foot.

According to the results of the experiment, both groups improved their results at the end of the experiment and the level of flexibility of hockey players in the experimental group was significantly higher than in the control group, and this was the result of the use of stretching exercises in the training process. From the results of the pedagogical experiment, it follows that the proposed methodology allows us to achieve a higher increase in flexibility. Thus, the above data indicate the effectiveness of the use of stretching exercises for the development of flexibility in hockey players 8-10 years old.

Analysis of scientific and methodological literature showed that flexibility is one of the important qualities of hockey players. The results of intergroup differences revealed the effectiveness of the improved technique, the results of the test exercises of the experimental group surpassed the results of the control group in all indicators of flexibility with the determination of significant differences, which proves the effectiveness of the use of stretching exercises in young hockey players at the stage of initial training. Based on this, it is possible to recommend sets of stretching exercises to hockey coaches for use in the educational and training process.

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