

## **DEVELOPING BALANCE AND AGILITY FOR FEMALE STUDENTS USING A GYMNASTIC BALL**

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### **Abstract**

Female students were given a brief introduction to teaching and improving exercises performed with a gymnastic ball with the help of music.

**Keywords:** Gymnastics, special, youth, hall, girls, artistic, movement, sport, music.

### **Introduction**

Nowadays, the effective use of modern pedagogical technologies and musical exercises in physical education classes is becoming increasingly important. Especially for female students, exercises performed with a gymnastic ball based on music serve not only physical development, but also the formation of aesthetic taste, a sense of rhythm and elegance of movements.

Exercises performed with the help of music increase the interest of participants, help to perform movements accurately and rhythmically, and increase the effectiveness of training.

Rhythmic gymnastics has also been developing rapidly in Uzbekistan in recent years. Special circles, sports schools and gyms for girls of preschool and school age are operating. Uzbek gymnasts have been taking pride of place in Asian and world championships. In particular, talented girls who have won the Zulfiya Prize are making rhythmic gymnastics even more popular. Rhythmic gymnastics should be started at the age of five or six. Sometimes mothers decide to send their daughters to the section even at the age of three, but there is no need to rush. Firstly, you deprive the baby of childhood, and secondly, at the age of three, the child often does not understand what the coach wants from him. Often, girls, coming to the rhythmic gymnastics section, dream of beautiful exercises with

ribbons and other sports equipment. However, they begin to master them only after a year or two of training. Often, all sports equipment is presented in the section, which is good news, because their cost is quite high. So, if your baby soon changes his mind about going in for this sport, you will not regret the financial investments, because they are minimal. The gymnastics program is very balanced and effective. Only a few exercises can be focused on the entire muscle group. For example, gravity affects the muscles of the hips and buttocks, lifting the legs off the floor is supported by the muscles of the lower back. Thanks to rhythmic gymnastics exercises, endurance develops, muscle tone increases, and metabolism accelerates. It is recommended to alternate exercises so that the metabolism remains normal. In gymnastics, it is necessary to take into account the sequence of exercises, their units, number and method of execution. For a better perception of the exercise, you can use music, which has a positive effect on the mood of a person, which is important during the exercises. In addition, music helps to maintain rhythm. Before starting, do not forget to do a little warm-up (warm-up) to prepare the muscles. After the "warm-up" of the main muscle groups - the main exercises. Each exercise should be performed at least 5 times with a 3-minute breath. Over time, the number of exercises can be increased. It is unlikely that a girl will be scared of a large hall and a crowd, which will make her cry and want to go home as soon as possible. If the child is five or older, it is another matter. The baby will strictly follow all the instructions of his teacher, She quickly masters the basic elements of gymnastics, and also makes new friends. At the same time, there is no need to wait long, because as the child grows up, his flexibility decreases, and it becomes much more difficult for him to master the elements of gymnastics. But, at the same time, you can send your daughter to the section at a later age, without worrying about the sports results. In this case, the benefits for the child's health will be obvious. The selection criteria for the rhythmic gymnastics section are no less strict. Much, if not all, in this matter depends on the goal. If parents want to see their baby in big sports, slender and tall girls with excellent memory and high coordination of movements have the best chance of success. Do not think that we were mistaken in mentioning good memory as a requirement for selection. Gymnasts must memorize a large number of gymnastic movements. If a girl is prone to overweight and does not control her body well, coaches are unlikely to be interested in her. If your child's athletic performance is not important to you, then there are no restrictions. Often, parents

are convinced that rhythmic gymnastics classes will help improve the baby's condition, get rid of excess weight, and also increase femininity. Often, girls who fully meet the competition requirements cannot achieve good results due to their inflexibility and inflexibility. Experienced coaches can determine the child's capabilities in just a few weeks of training. Often, a sports career in rhythmic gymnastics ends at the age of 17. However, athletes can continue training, but in another capacity. Be prepared for the fact that before starting classes in sports clubs, you will have to buy special clothes. Sports shoes and a leotard for rhythmic gymnastics are the minimum requirements. The simplest models are suitable for training, since beautiful swimsuits are used only at competitions.

This sport is rich in a variety of exercises in dynamic and static forms, it includes acrobatic jumps, pair exercises, exercises in the "threes" (women) and "fours" (men), as well as exercises for mixed pairs. Physical exercises are especially useful in the transition from sleep to wakefulness, that is, in the morning hours, in addition to direct "muscle activity", they provide a person with energy and emotions, accelerate the restoration of high physical and mental performance. During human sleep, not only muscles, but also, first of all, nervous tissue, rest. The activity of all physiological processes decreases, the need for nutrients and oxygen in tissues decreases. The heart rate and its power decrease, and breathing slows down. Muscle tone also decreases, the circulation of interstitial fluid slows down. All this is a normal physiological phenomenon and is characteristic of a person who is resting. When a person wakes up after 2-3 hours, he feels refreshed, his working capacity is restored, and his motor activity increases. Then, specially organized physical exercises, namely morning Hygienic Physical Education, affect the relatively rapid restoration of a person's working capacity and increase his working capacity. The physiological mechanism of this phenomenon is as follows. During physical exercises, a flow of impulses from muscle, tendon and skin receptors reaches the brain, which increases the excitability of the central nervous system and the strength of excitability in the nerve centers. The cardiovascular and respiratory systems join the active working mode, the flow of interstitial fluid accelerates. It affects the excretion of waste products from the body. Oxygen and nutrients reach the working tissues in sufficient quantities. The mood rises, one's well-being improves, internal relaxation appears, and lightness is felt in the limbs and gait.

Good musical accompaniment is a positive feeling, a good mood of the participants. One should be able to distinguish a clear and easily perceived rhythm of a musical piece from a pleasant melody. In the preparatory part of the training, a relatively calm melody is used. In the main part, as the load increases, a playful and melodious melody is replaced by a relatively calm one. This allows for some rest and light relaxation during the training. For the final part, one piece is enough. It is accompanied by a low melody, calming the nerves of the participants. Currently, a large number of rhythmic gymnastics have appeared for beginners, as well as for well-prepared girls. Therefore, we present a set of hygienic gymnastics exercises for beginners. We recommend the following for those who are just starting to do gymnastics. Training clothes should be comfortable, not constraining movement, and made of the best natural fabric. Usually, these can be gymnastics suits, tights, leggings or gowns, socks. Choose a suit to your taste, because the color of the clothes also affects the mood. In winter, tight, warm tights, leggings, training pants, woolen leggings are worn. In summer, ordinary clothes are worn. You can tie a headband so that the hair does not catch the face and does not catch the eye. If you wear a rubber belt around the waist, it will be easier to control the correct posture. A foam mat or carpet should be laid on the floor to perform the exercise. Set aside a place to practice at home. Sitting immediately before the workout is not recommended. After eating, you need to walk for at least 1.5 hours. Do not forget to monitor the correct execution of the exercises, monitor your posture: the stomach should be pulled in, the back straight, the buttocks should be tense. When performing exercises for the back and waist, always raise one arm up, giving the maximum load to the back muscles. When performing exercises for the abdominal muscles, pay special attention to breathing, pull the stomach in. Perform the movement intensively. You can perform some exercises with light loads and gradually increase the weight of the load. During the training, you can perform running exercises several times to relax and rest the muscles. If you get tired, do not stop. Perform the exercise slowly, but constantly maintain a calm movement, move to the rhythm of the music. Finally, depending on your preparation, move on to a more complex complex, increase the time of the series of exercises on running and jumping. Gymnastics is available not only to experienced physical educators, but also to anyone who seeks to strengthen their health and get rid of a whole load of chronic diseases. Elementary gymnastics complex Everyone should understand that it is

not a walk in the fresh air outside the city, so before embarking on complex exercises, you need to prepare your body weakened by illness and idleness. The proposed complex consists of a simplified system of exercises. By performing these simple exercises, you can not only relax all joints, muscles, tendons, but also “work out” the blood and nervous systems, internal organs. Breathing exercise We live at the bottom of the atmospheric ocean, which is about 100 kilometers deep. Air pressure is about 1 kilogram per 1 square centimeter. We know that it is possible to survive without food for more than 30 days. But we can only live without air for a few minutes. Do not bring yourself to the point of exhaustion. All attention is focused on a faint whistling sound. Heaviness in the head, ringing in the ears, heat in the body, redness of the face, weakness, irritability, depressed mood after exercise - all these are signs of fatigue.

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