



ACTIVE FORMS OF REST FOR INCREASING THE WORKABILITY OF GYMNASTS

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Annotation: The article discusses the results of the analysis of the results obtained, that an increase in the quality of the performed exercise, an increase in muscle strength and a change in the autonomic functions of the body are observed to a greater extent in studies with an active form of rest, then in studies with massage in the interval between attempts, and least of all in experiments with a passive form. Recreation.

Keywords: working capacity, rest, exercises, gymnastics.

Introduction. Recently, the results of international competitions in gymnastics are characterized by a small gap in indicators between the results of the winners of the competitions and other participants taking prizes. The results of the former exceed those of the latter by tenths, and often only by hundredths and even thousandths of points. This indicates that the sportsmanship of the gymnasts has reached the highest level. The subsequent increase in the skill of gymnasts is possible with the improvement of the training system. Improvement of this system is possible by increasing the working capacity of gymnasts by creating optimal conditions [1, 2].

It is known from the physiology of sports [3] that when exercising on gymnastic equipment, the optimal intervals between attempts are 2-3 minutes.

Observations and timing carried out by us in training and competitions have shown that the intervals between approaches to apparatus when performing exercises of the compulsory program reach 5-8 minutes, and of the free program - 6-9 minutes [4, 5].

In competition, the interval between the warm-up and the performance of the assessment exercise is on average 9-14 minutes. Consequently, there is a discrepancy between theoretical data and practice. In practice, optimal conditions are violated to maintain the optimal level of gymnasts' performance in competitive conditions [6, 7].

The existing duration of the interval cannot be changed, because it is determined by the number of gymnasts in the department (team). Therefore, you can change the nature of the rest in the interval between sets. As is known, during passive sitting, a significant drop in the body temperature of gymnasts occurs, which leads to a decrease in the excitability of the central nervous system, a change in muscle tone, and a decrease in mental disposition for the upcoming work [8, 9, 10]. In this regard, some gymnasts perform various gymnastic exercises in the interval between sets. Such rest between approaches to the projectile is called active. However, active recreation is used only in certain types of all-around, and by a small number of those involved. At the same time, gymnasts are guided only by their own subjective feelings, often depending on their mood [11, 12, 13].

In our opinion, by changing the form of rest when performing exercises on gymnastic apparatus, it is possible to improve the results of gymnasts when performing competitive combinations [14].

The theoretical background of our study was the work of I.M. Sechenov "On the question of the influence of nerve irritation on muscle work.

person." Comparing "on the twice-tired hand the results of two effects of simple rest and rest associated with the work of the other hand," Sechenov proved that the working capacity of the tired right hand after working with the left hand grew much more than after passive rest [15, 16].

The reason for the temporary increase in the working capacity of the tired hand of I.M. Sechenov considered the appearance of a strong focus of excitation at another point in the central nervous system. The presence of a disturbance due to negative induction should probably have deepened inhibition in the tired point of the central nervous system; this should undoubtedly contribute to the next increase in its working capacity. With these studies, Sechenov proved that the performance of work by other parts of the body during the rest period of a tired organ is better conditionally for restoring the working capacity of the latter.

Taking this into account, we set ourselves the task of identifying the most rational forms of active recreation for gymnasts, establishing the optimal intensity and duration, as well as the volume and nature of the exercises performed. At the training session, the gymnasts completed the exercises of the corresponding category five times each. Research was carried out on 3 projectiles on different days (beams of different heights, log, beams). Rest intervals between attempts were seven and two minutes.

Three forms of rest between work were studied: passive, active and massage. During passive rest, the subjects sat for the entire interval.

During active rest, the interval was divided into three parts. In the first and third parts of the interval, the subjects were sitting, in the second - middle part they performed gymnastic exercises in combination with walking and pauses. The intensity and size of the exercises depended on the duration of the interval. Exercises were selected for those parts of the body that were relatively little involved in the main work. For example: when performing exercises on bars of different heights in the interval, the main load fell on the muscles of the legs. The last exercise, performed in the interval, was similar in nature to the main exercise, which was performed on the projectile.

The duration of the massage during active rest depended on the length of the interval. With a 7-minute interval, the time between attempts, as well as during active rest, was divided into three parts. The first and third parts (they were the same in duration and together took half the time) the subjects sat, the second half of the time the subjects were massaged. At short intervals, subjects were massaged for the entire interval. Massage was performed on the principle of active relaxation. When performing exercises on uneven bars of different heights, the legs were massaged, and when performing exercises on the balance beam and free exercises, the hands were massaged. The following massage techniques were used: with a two-minute interval - intensive stroking, kneading, pushing; with a longer interval - intensive stroking, kneading and squeezing.

An indicator of the benefits of a particular system of rest was an increase in working capacity. Objectively, this was determined by comparing the scores for the competitive exercise, dynamometry (cystic and estate) and skin temperature. If the last assessment in the experiment, the dynamometry indicators and the skin temperature of the subjects before the last attempt were higher than the values obtained before the first attempt, then we considered that the form of rest used in the interval of this experiment for repeated work had a positive effect. If, on the contrary, the last results in the experiment according to the indicated indicators were less than the results obtained before the first attempt, then it was considered that the rest had a negative effect.

Conclusion. The analysis of the obtained results shows that various forms of rest used in the seven-minute interval between approaches to the apparatus had a different effect on the performance of the gymnasts. An analysis of the results obtained showed that an increase in the quality of the performed exercise, an increase in muscle strength and a change in the autonomic functions of the body are observed to a greater extent in studies with an active form of rest, then in studies with massage in the interval between attempts, and least of all in experiments with a passive form of rest. No matter how long the interval was, the passive form of relaxation was always less effective than the active and massage. The greatest shifts in indicators were observed at a two-minute interval. The data obtained

can be explained by the fact that the introduction of massage or gymnastic exercises into the interval, creating a focus of increased excitation in other points of the cortex, increases inhibition in the points of the cortex that have just worked hard, and the deepening of inhibition in them contributes to the best restoration of their working capacity over a short period of time.

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