

## MOVEMENT SKILLS OF YOUNG GYMNASTS AND THE LAWS OF ITS FORMATION

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**Abstract:** the laws of the formation and improvement of movement skills are manifested in every situation of movement training and education. The duration of its formation, improvement and extinction is very different, and theoretical information is given that it depends on the action ability of the practitioner, especially on the specific characteristics of the skill.

**Key words:** movement skill, skill transfer, phases of skill formation, uneven skill formation

After our country gained independence, great attention was paid to the development of physical culture and sports. Spiritual and educational values, national customs and traditions were restored, especially many activities related to physical education and sports were implemented. Decree No. 5924 of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to improve and popularize physical education and sports" can be cited as a clear proof of this. Nowadays, the sport of gymnastics, which is equally interesting for everyone, is becoming popular among the population. In general education schools, club training of this sport is one of the main sports clubs of the school. However, there are some shortcomings in the formation of the movement skills of the trainees, so there is a need to reconsider the formation of the movement skills of young gymnasts. We tried to solve this problem in our small study in secondary school sports clubs.

Let's first consider the laws of development of movement skills. Action skill is the quality of performance, the state of performing an action in such a way that the performer's attention is directed to the result of the exercise (activity) or the conditions of execution, with relative attention to other actions included in it.

Physiological mechanism of skill. Academicians IM Sechenov and IPPavlov revealed the physiological mechanism of the formation of movement skills of free movements through scientific research. For the first time, they practically proved that the control of the act of movement, activity of movement, performance with muscles

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is the result of "temporal relations", based on them, conditioned reflexes of the first order, higher order, manipulative reflexes, etc.

The process of formation of movement skills of gymnasts is conditionally divided into three physiological phases (periods) (we are talking about the physiological phases that are directly related to the return of movement activity).

1 - phase conditional reflex connections are characterized by a wide irradiation of the central nervous system - the excitation process. From the outside, it is represented by the creation of the appearance (image) of the movement activity, and it is performed by adding actions that are not clear and, often, unnecessary for the movement being mastered.

Phase 2 is distinguished by the fact that the excess of excitation is limited to the development of the braking process, and is observed with the achievement of accuracy in time and space of nerve activity. This can be achieved by performing movement activities more correctly, by eliminating excessive movements. However, it is observed that the exchange of positions in the process of excitation and braking is still not sufficiently improved, excessive tension in the movements, excessive tension of the muscles.

Phase 3 is characterized by the completion of the formation of a dynamic stereotype (habit). This allows actions to be performed at a relatively advanced level. The qualification will have all the above-mentioned signs.

There are four types of uneven formation of skills:

1. Formation of skills with "negative speed". At the primary stage of education, the mastery of motor activity takes place much faster, and then the improvement of its quality is relatively slow. The formation of skills in this direction is characteristic for mastering the technique of movement activity (how to easily perform movement with little effort).

Gymnasts easily mastered the basics of movement activities, because very simple and easy movements are included in the school's physical education program, and mastering its details takes a relatively long time.

If the cause of skill retention is correctly identified, it can be overcome and its retention can be reduced. The first reason for the occurrence of such a situation is time, and the second reason is the means and methods of teaching, and if necessary, it is advisable to change them drastically.

The interaction and transfer of skills are of several types: positive and negative transfer of skills.

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The interrelationship of skills is such that the previously formed skill helps in the formation of the next, new one. In particular, the skill of throwing a tennis ball makes it easier to master the skill of throwing a grenade. Newly formed skills build on those previously formed through life experience and training. In turn, they form a new qualification element that is relatively similar in terms of the structure of the previously formed ones.

Negative skill migration. Previously formed competence creates difficulties in the process of formation of a new one. This causes a delay in the educational process, and delays the development of physical qualities. For example, the process of preparing a sprinter from a diver or a gymnast or a tennis player from a wrestler is an example of this. Classification of physical exercises is useful for working out physical training programs, planning the training process, studying and considering the description of the mutual influence of skills when choosing a guiding exercise system.

If the gymnasts confidently demonstrate the skill of jumping from a height in the gym, in the jumping sector, but cannot use this skill (natural obstacles) in real-practical conditions, such movement skill is not vital-necessary.

The ability to perform the movement in the highest order means the ability to perform the mastered, learned movements with minimal effort and maximum saving of the expended energy. Performance skills formed at this level are created at the expense of a relatively high level of special knowledge. In fact, it is appropriate that the ultimate goal of education and training is to form the ability to perform actions in a high order.

The formation of the ability to perform in a higher order demonstrates the practical importance of physical education and is a reserve for improving sports skills.

Depending on the classification of requirements for movement skills, the higher order of performance is divided into three types - learned, mastered, and able to perform effectively in parallel or in different sequences in accordance with the requirements of the environment.

Taking into account the rules of qualification formation above, we determined the 1st group of gymnastics club participants of the 39th school of Namangan city as the experimental group and the 2nd group as the control group. During the development of movement skills in the experimental group, we witnessed an increase in the accuracy of actions. We tried to present the results in the diagram below.

**Conclusion.** In conclusion, it can be said that the trainer or teacher should pay enough attention to the transfer of skills, i.e. positive or negative transfer, and to choose

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exercises accordingly. It is important to correctly organize the phases of the qualification and to be able to choose the right exercises.

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