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Kuz Y.S. <https://orcid.org/0000-0003-3182-6473>
Saprun S.T. <https://orcid.org/0000-0003-4129-4271>
Ladyka P.I. <https://orcid.org/0000-0003-1721-7196>

METHODS OF IMPROVING THE COORDINATION SKILLS OF SWIMMERS OF DIFFERENT DISTANCES

Ternopil Volodymyr Hnatiuk National Pedagogical University

Annotation. *The article examines the method of improving the coordination abilities of swimmers and their implementation in the process of competitive activity, which involves ensuring the correspondence between the level of development of physical qualities and the perfection of sports technique.*

Key words: *swimmers, coordination abilities, dexterity, technique, means, techniques.*

A high level of dexterity development allows a swimmer to quickly master new motor skills, rationally use strength, speed, endurance, flexibility in movements, provide the necessary variability of movements in accordance with the conditions that arise in specific training and competition situations activity. Given this, an important role is played by the technique of improving the coordination abilities of swimmers of various distances, which determines *the relevance* of this topic.

Dexterity is the ability to quickly master new movements and to rebuild motor activity in accordance with the requirements of changing circumstances [1]. At the core of dexterity are coordination abilities, such as a person's ability to solve motor tasks quickly, accurately, expediently and economically, that is, in the most perfect way.

In swimming, V.M. Platonov [2] singles out two types of coordination abilities that largely determine the level of skill of swimmers:

- the ability to assess and regulate dynamic and spatio-temporal parameters of movements, which are reflected in the perfect manifestation of such specialized sensations as the sense of effort, time, pace, rhythm, water, etc. Differentiation of these and other specific sensations is important for swimming, because the water environment greatly limits the possibilities of auditory and visual analyzers;

- the ability to freely relax muscles. Thanks to this ability, positive prerequisites are created for synchronizing the activity of muscles (synergists, antagonists) during training and competitive exercises.

In addition to these coordination abilities, V.M. Platonov [2] also highlights:

- the ability to objectively perceive personal movements, form their images in the mind and plan specific ways of performing set motor tasks;

- the ability to memorize and, if necessary, quickly reproduce various movements, which significantly increases the ability to solve training and competitive motor tasks;

- high indicators of muscle-tactile sensitivity, which is very important for orientation in the water environment and the occurrence of specific sensations.

Improvement of coordination abilities consists of:

- to develop the ability to master coordination complex exercises;

- on the education of the ability to rebuild motor activity in accordance with the circumstances;

- to increase the accuracy of perception of one's movements in space and time [3] .

The main way of improvement of coordination abilities is the mastery of new various motor skills, and this leads to an increase in their manifestations, which positively affects the functional capabilities of the motor analyzer.

To improve coordination abilities, as well as to quickly and purposefully rebuild motor activity, exercises related to quick response to changes in circumstances are used [3]. Sports games (water polo), skiing, elements of mountain skiing and water skiing sports, gymnastic and acrobatic exercises, etc. can be used for swimming.

But, according to V.M. Platonov [2], the above exercises are only a basis for the manifestation of coordination abilities when performing special preparatory exercises. Their implementation and further improvement in specific conditions of swimming requires targeted work with the use of special means and methods, the arsenal of which is very limited in the aquatic environment. Improvement of coordination abilities in swimming is achieved by:

- introduction of unusual starting provisions;
- variability of dynamic, temporal and spatial characteristics of movements;
- creation of unexpected situations due to changes in the place of classes and the conditions of their holding;
- using special training devices and special equipment to expand the range of variability of motor skills.

The change of loads aimed at the development of dexterity goes by increasing the coordination complexity of the exercises performed and consisting of: accuracy of movements, mutual coordination, suddenness of changes in circumstances [4]. Exercises aimed at improving coordination abilities are quickly tiring, and their performance in this state is ineffective. Therefore, when performing them, the rest intervals should be sufficient for full recovery and provide clarity of muscle sensations. From this it follows that the most effective method of improving coordination abilities is a repeated training method [4].

It should also be remembered that in training, especially for qualified swimmers, separate classes for improving coordination skills are not planned, but sets of exercises of this orientation should organically fit into the programs of most trainings and morning exercises.

To improve specialized sensations in swimmers, researchers offer a series of training tasks. So, to improve *the sense of time* can be used:

- swimming segments of competitive distances in interval mode with the task of showing the result as close as possible to the planned one. You can plan to overcome sections with a speed of 95-70%;
- swimming competitive distances according to the schedule with the task of covering the distance evenly or with increasing speed from segment to segment;
- swimming of segments or distances with an arbitrary change in speed with strict control and comparison of subjective feelings with actual data [248].

To promote the development of *a sense of pace*, it is suggested:

- swimming distances of different lengths with a rhythmic pace ensuring its constancy on any section of swimming;
- swimming the segments of the distance with a speed of movements that exceeds the average competitive speed. It is necessary to determine when overcoming the competitive distance the average pace of movements, and then 2, 4, 6 movements above or below it;
- swimming 3-4 segments with an increased pace, but with the same result [2].

To improve *the feeling of effort* that develops during muscle activity, it is suggested:

- exercises on block devices and simulators, with a barbell and other weights, performed with complex (visual, motor) or only motor control. The main task is precise control of muscle effort when changing weights;
- imitation of working movements on various strength simulators with the task of changing efforts within 50 to 100% of the maximum;
- exercises on strength simulators with dosed resistance. The coach changes the resistance, and the swimmer determines its value.

When improving a swimmer's ability to *voluntarily relax muscles*, the following methods should be used:

- to form in athletes the need for muscle relaxation (quick transition from tension to relaxation);
- diversify the exercise technique as much as possible. In a wide range, vary the intensity of work with its sharp changes and duration;
- perform exercises with an emphasis on maximum muscle relaxation at different functional states of the body;
- focus on relaxing the muscles of the face during exercises, which reduces their overall tone [1] .

Therefore, the technique of improving the coordination abilities of swimmers with their subsequent implementation in the process of competitive activity ensures the correspondence between the level of development of physical qualities and the perfection of sports technique.

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Ohnystyi AV <https://orcid.org/0000-0002-4748-1900>
Ohnysta K.M. <https://orcid.org/0000-0001-8636-6027>
Mordasov O.O.

STUDY OF THE DEPENDENCE OF THE MASTERY OF TECHNICAL TECHNIQUES OF YOUNG BADMINTON PLAYERS ON THEIR PHYSICAL DEVELOPMENT

*Volodymyr Gnatyuk National Pedagogical University,
Ternopil, Ukraine*

Annotation. The publication reveals the peculiarities of teaching by the method BWF Shuttle Time and the influence of physical development on the technique of mastering the exercises of a badminton player.

Keywords: physical development, badminton, training.

The healthy lifestyle of the future generation is one of the most urgent problems of our time. Every country expects a future from its generation, which will be healthy, able to work, protect the Motherland and live in accordance with the requirements of society. And this means that the main attention should be directed to children, teenagers, young people, that is, to the age when a person begins to make a choice on his own, what is available and more interesting to him, therefore, physical education and sports should be accessible and interesting to everyone.

Physical activity is an integral type of human activity, absolutely necessary for maintaining and strengthening health. One of the characteristic features of the modern way of life, which has a progressive tendency, is the reduction of motor activity (hypokinesia) and muscle work (hypodynamic) in combination with neuropsychological stress [4].

Badminton is a very common sport. Millions of people of all ages - from children to the elderly - play it on all continents of the world. The wide popularity of the game is explained by the simplicity of its rules, as well as the fact that only two (four) people can participate in it and, moreover, of any age and gender [2].

Badminton is a very democratic sport. It can be done at any age. Moreover, what is very important, you can start training, for example, at 20, 30 or even 40 years old. Of course, serious