

**IMPROVING THE FLEXIBILITY OF YOUNG GYMNASTS AT THE BEGINNING  
INDOOR STAGE**

*Sayfiyev Hikmatullo Xayrullayevich*  
Asia International University  
Email: [hikmatullosaefiyev@gmail.com](mailto:hikmatullosaefiyev@gmail.com)

**Abstract :** This research sports in gymnastics elementary preparation in the phase young in gymnasts flexibility quality develop and improvement to the issues dedicated to. In the study flexibility sports in gymnastics place, its to age typical development features and training in the process scientific based methodical from approaches of use importance illuminating given. Scientific and methodological literature analysis, pedagogical observation, testing and experience methods based on young gymnasts flexibility level studied. Research during working issued and to practice current done improved methodology flexibility indicators noticeable at the level to increase service what did determined. Obtained results elementary in stages training process effective organization technical elements to master relief and young athletes health protection to do point from the point of view important practical importance has.

**Key words :** sports gymnastics, young gymnasts, beginner preparation stage, flexibility, physical adjective, exercise Methodology, stretching exercises, sports preparation.

**ENTRANCE**

Modern sports gymnastics high technician complexity, big movement amplitude and complicated coordination to the structure has was actions complex with This is described. sports in the type sports of the results efficiency, first of all, of gymnasts physical preparation level, especially flexibility of quality development to the level directly is related. Flexibility sports in gymnastics leader physical from adjectives one is, exercises technician in terms of correct, aesthetic in terms of perfect and maximum in amplitude to do provides Scientific research this shows that sports in gymnastics elementary preparation stage ( usually 6–8 years old) range ( flexibility ) quality develop for the most comfortable, that is, " sensitive" is considered " period ". Exactly this young during of the joints anatomical-physiological mobility high muscle and share of the apparatus elasticity effective develops ( Deineko & Belenkaya, 2021)

This because of flexibility exactly elementary in stages scientific based methodologies using formation next preparation in stages high sports to the results of achievement important factor is considered.

Elementary in phase young gymnasts with take to go training in the process flexibility develop issue only physical preparation with limited not, maybe technician actions mastery, injuries prevent to take and athlete's far term development provide with closely is related. In studies record flexibility, as expected level enough not been young in gymnasts complicated elements mastery slows down, movements coordination will break and muscle-joint in the system excess tension cases to the surface comes ( Sergiev & Levski, 2019)

This with together, scientific in literature young gymnasts flexibility in development being used traditional exercises complex every always also to age suitable, safe and high effective not being is emphasized. The last in years take visited research flexibility in development playful stretching, combined exercises and step by step loading principles based methodologies high to efficiency has that showing ( Deineko meat al., 2022) Primary in stages flexibility improvement process in planning children's biological development characteristics, individual morphofunctional indicators and sports gymnastics to oneself typical requirements into account

to take necessary. Long term sports readiness to the concept according to, exactly this in stages physical adjectives mandatory accelerated in a way not, maybe systematic, consistent and healthy to develop directed methodical approach priority to be must ( Temürçi) meat al., 2020)

From the above come exit, start in stages young gymnasts flexibility to improve aimed at methodology scientific justification, available training system analysis to do and his/her efficiency increase current scientific and practical problem as manifestation is happening.

Research Purpose : This of the research purpose start 'in preparation in the phase young in gymnasts flexibility quality to develop directed training process content and methodology scientific justification and his/her efficiency experience way with from determining consists of. Research in the process young athletes to age typical morphofunctional opportunities into account received without flexibility improvement optimal pedagogical conditions to determine separately attention ( Deineko & Belenkaya, 2021 ).

Research tasks

Research from the purpose come out, following tasks marked:

1. Sports in gymnastics flexibility of quality importance and him/her to develop related scientific and methodological literature analysis to do ( Sands meat al., 2015).

2. Elementary preparation in the phase young gymnasts flexibility level determination and him/her assessment criteria justification ( Sergiev & Levski, 2019).

3. Age gymnasts flexibility to develop aimed at exercises complex and methodical approaches working exit

4. Offer done methodology training to the process current to be as a result flexibility in the indicators changes experiment way with determination ( Deineko meat al., 2022).

5. Research results based on elementary in phase gymnasts with worker coaches for practical recommendations working exit

This research sports in gymnastics start drinking preparation in the phase young gymnasts flexibility to improve aimed at to be, then pedagogy, sports theory and sports exercises methodology in the fields applicable each other related scientific - research methods from the complex used. Research methods systematic approach based on selected, their every one research purpose and tasks complete done to increase service The research initial in the phase **scientific - methodological literature analysis to do and generalization method** This was used. method in artistic gymnastics with the help of flexibility of quality theoretical the basics, it development to age typical features, initial preparation to the stage to be placed requirements and modern methodical approaches deep studied. Foreign and local of scientists scientific research analysis this showed that flexibility is important in gymnastics leader physical from adjectives one is, its enough at the level development complicated technician elements successful mastery for important condition is (Sands et al., 2015).

Next in stages **pedagogical observation** from **the method** used. This method training in the process young gymnasts flexibility exercises to perform technique, range of motion, exercises adaptation speed and general physical status determination opportunity gave. Pedagogical observations through in training to the surface coming typical errors, excess tension cases and individual differences identified and methodology improvement for necessary information This method young athletes with at work health keeper approach in providing important importance profession ( Temürçi et al., 2020).

In the study young gymnasts flexibility level determination for the purpose **pedagogical testing method** wide used. Testing in the process of artistic gymnastics flexibility assessment for scientific based and in practice approved test exercises selected. This tests joints mobility, spine step flexibility and bottom and upper body parts elasticity level to determine service Test

results start and final indicators comparison through flexibility development dynamics determination opportunity gave ( Sergiev & Levski, 2019).

The research main in the phase **pedagogical** from **the experimental method** used. Experience in the process young gymnasts control and experience to groups separated, experiment in the group flexibility to develop aimed at improved methodology training to the process current This was done. methodology young athletes young and physical development features into account received without working was released. Control group and traditional based on the training program engaged in. Experience in the end both group results compared, offer done methodology efficiency scientific in terms of was evaluated ( Deineko et al., 2022).

Received of the results reliability provide for the purpose **mathematical-statistical analysis methods** Statistical again work flexibility in the indicators of changes quantitative and quality in terms of to be evaluated opportunity created and research conclusions scientific based on provided.

In general in the research used methods complex elementary in phase young gymnasts flexibility improvement process in all aspects study, methodology efficiency determination and practical recommendations working exit opportunity gave.

This research results in artistic gymnastics start preparation in the phase young gymnasts with take to go training process in improvement important practical importance profession Research during working issued and experience way with from the test held flexibility develop methodology young athletes young and morphofunctional features into account received without structured It is used in sports schools, specialized gymnastics sections and children's and youth sports schools to practice effective current to grow opportunity gives.

Research results start in phase in gymnasts flexibility quality systematic and safe to develop service so complicated technician elements mastery process noticeable at the level Scientific in sources As mentioned, flexibility level enough to be gymnastics exercises maximum in amplitude, technical in terms of right and aesthetic in terms of perfect to perform opportunity creates (Sands et al., 2015)

In this respect in research offer done methodology training efficiency increase with together with sports results stable growth to provide service does.

This of the research practical importance from that consists of working issued exercises complex and methodical recommendations young in gymnasts muscles elasticity and joints mobility normative to develop directed to be injured the risk to reduce help gives. Scientific research flexibility wrong or too much outside loading with develop in the musculoskeletal system negative to the consequences take arrival possible shows, that because of health-promoting and step by step approach practical in terms of important is ( Deineko et al., 2022)

Research results coaches for methodical manual as service to do possible. In particular, the training in planning flexibility of exercises size, sequence and loading level right distribution opportunity This gives training process scientific based on increase, age individual capabilities of gymnasts in consideration received without effective preparation provides ( Sergiev & Levski, 2019)

Also, research results physical upbringing and sports - oriented supreme education "Sports gymnastics ", "Sports training " in institutions theory and methodology ", " Yosh athletes "preparation " subjects in teaching as educational and methodological material usage possible. Research conclusions and recommendations young athletes far term preparation concept within flexibility quality develop according to scientific and practical knowledge enriches ( Temürçi et al., 2020)

In general in this case, of the research practical importance in gymnastics start in phase young gymnasts readiness improvement, training process efficiency increase and healthy and high qualified athletes to form service to do with is determined.

### CONCLUSION

Take visited research results in artistic gymnastics start preparation stage young in gymnasts flexibility quality formation and improvement for the most important and responsible period that again one there is confirmed. Research in the process learned scientific and methodological sources and experiment works this showed that flexibility is important in gymnastics leader physical from adjectives one is, its enough at the level development technician elements right, free and aesthetic in terms of perfect of execution main condition is (Sands et al., 2015)

Research results this showed that the initial in stages flexibility develop process scientific based on age suitable and step by step organization when done high to efficiency achieve possible. Experience during used improved methodology young gymnasts joints mobility, muscles elasticity and the amplitude of the movement to increase positive impact This is training in the process complicated technician elements to master to ease, general physical preparation level to increase service did ( Deineko & Belenkaya, 2021).

Also, research during It is determined that flexibility in development traditional exercises with one in line playful and combined from exercises use young gymnasts to practice was interest increasing their psychophysiological to the state positive impact This approach shows training process health-promoting direction increase, increase tension and injury the risk reduces ( Deineko et al., 2022).

Research results far long-term sports training concept point important from the point of view of importance profession Because exactly start in stages flexibility right and normative development next in stages strength, speed and coordination adjectives effective formation for solid foundation creates ( Temürçi et al., 2020).

Conclusion as in other words, start in stages young gymnasts flexibility to improve aimed at scientific based methodology training to the process current in artistic gymnastics to high sports results achieve, healthy and all- round developed athletes preparation and training process efficiency to increase service does. Obtained results this in the direction take to go next scientific research for theoretical and practical basis become service to do possible.

### REFERENCES

1. Sands, W. A., McNeal, J. R., Penitente, G., Murray, S., Nassar, L., Jemni, M., Mizuguchi, S., & Stone, M. (2015). *Stretching the spines of gymnasts: A review*. **Sports Medicine**, 46, 315–327.  
[https://consensus.app/papers/stretching-the-spines-of-gymnasts-a-review-sands-mcneal/0659a7353112563bbdc0b32c5e6fe938/?utm\\_source=chatgpt](https://consensus.app/papers/stretching-the-spines-of-gymnasts-a-review-sands-mcneal/0659a7353112563bbdc0b32c5e6fe938/?utm_source=chatgpt)
2. Deineko, A., & Belenkaya, I. (2021). *Improving the development of flexibility of gymnasts 8–9 years old using the “stretching” program*. **Scientific Journal of National Pedagogical Dragomanov University**, Series 15.  
[https://consensus.app/papers/improving-the-development-of-flexibility-of-gymnasts-89-deineko-belenkaya/e6346239d5be5b739e06b7907e8b5dcf/?utm\\_source=chatgpt](https://consensus.app/papers/improving-the-development-of-flexibility-of-gymnasts-89-deineko-belenkaya/e6346239d5be5b739e06b7907e8b5dcf/?utm_source=chatgpt)
3. Deineko, A., Prusik, K., Krasova, I., Batieieva, N., & Marchenkov, M. (2022). *Game stretching as a modern means of developing the flexibility of 5–6-year-old female gymnasts*. **Slobozhanskyi Scientific and Sports Bulletin**.

- [https://consensus.app/papers/game-stretching-as-a-modern-means-of-developing-the-deineko-prusik/caa15f3e20655cdfb46b72cd627068ca/?utm\\_source=chatgpt](https://consensus.app/papers/game-stretching-as-a-modern-means-of-developing-the-deineko-prusik/caa15f3e20655cdfb46b72cd627068ca/?utm_source=chatgpt)
4. Sergiev, G., & Levski, V. (2019). *Improvement of the system for the assessment of flexibility of 10–12-year-old male artistic gymnasts*. **Journal of Applied Sports Sciences**.  
[https://consensus.app/papers/improvement-of-the-system-for-the-assessment-of-sergiev-levski/85750ef49f0d543884060100da4a70a0/?utm\\_source=chatgpt](https://consensus.app/papers/improvement-of-the-system-for-the-assessment-of-sergiev-levski/85750ef49f0d543884060100da4a70a0/?utm_source=chatgpt)
  5. Temürçi, İ., Bayraktar, I., & Nalbant, Ö. (2020). *The early specialization-requiring sport of gymnastics and long-term athlete development programs*. **The Online Journal of Recreation and Sport**, 9(4).  
[https://consensus.app/papers/the-early-specializationrequiring-sport-of-gymnastics-temurci-bayraktar/37abd002916d55a6aaef657deacbddf8/?utm\\_source=chatgpt](https://consensus.app/papers/the-early-specializationrequiring-sport-of-gymnastics-temurci-bayraktar/37abd002916d55a6aaef657deacbddf8/?utm_source=chatgpt)