

Fundamentals of Swimming Teaching Techniques

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Abstract. *This article describes the tools and methods of teaching children to swim, as well as the method of learning to swim at home.*

Keywords: *Swimming, washing hands, breathing in water and opening eyes, learning to swim at home, pool, exhalation time, holding breath in water.*

Physical fitness and "Healthy lifestyle" determine human health, body strength, beauty, and functional state of the body. The Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev "On measures to further improve the management system in the field of culture and sports" is aimed at further improving the management system in the field of physical education and sports, encouraging the desire to lead a healthy lifestyle. Also, organization of large-scale work on the popularization of sports and physical education, improvement of the continuous system of selection, training and skill improvement of physical education and health, talented and talented athletes, introduction of modern technologies in the process of sports training and formation of high-quality sports stock. such tasks and directions of activity were defined.

Unlike other sports, swimming can be practiced from childhood to old age. Both men and women can swim. It is known that swimming is a form of physical education. Its benefit in physically training the body and making the organism more healthy is incomparable. Because when a child and an adult swim in water, not just a few, but all the muscle systems are activated, therefore, the human body develops proportionally as a whole. It is not for nothing that the joints of a child who has been regularly engaged in swimming are mobile, strong, move in a uniform manner, and the tendons and muscles are well developed. In particular, the movement of the human body horizontally is somewhat different from the movements it performs while standing. Swimming is also a source of body exercise. Of course, it should be started after water treatments. Because water, due to its physical properties, i.e. high heat conductivity, high heat capacity, and mechanical effect on the skin, can make an organism unaccustomed to water windy. Water procedures, in particular, their types, should be performed regularly, every day, under certain conditions, depending on the age and health of the child. Water treatments include water baths, showers, wiping the body with a wet towel, pouring water on the head, and wrapping in a wet sheet. When you wipe your body with a wet towel, water has a soothing effect on it

They swim in the water: this is not a natural environment for a person to live in. Therefore, problems arise in all methods of swimming.

If you want to be safe and win, there are some basic rules that you need to remember or reverse.

Just like you can't run without learning to walk, it's the same in water.

The main thing is to learn to breathe correctly, then to control your body in the water, to lie down, to stretch, to stand up, to glide, to slide, to move with the help of your feet, and finally, you will learn different swimming techniques, starting with breaststroke. you will meet.

Breathe in water and open your eyes.

You can't breathe in water like you can in air. That is why it is necessary to learn to breathe properly. We breathe automatically and involuntarily in the air environment that has become normal for us. Breathing in air is the active phase and exhaling is the slow phase. In water, on the other hand, exhalation is an active phase, and inhalation is a slow phase.

Attention!

1. Exhalation is an active phase, followed by a slow phase.
2. To learn to breathe well, you need to know how to blow.
3. When breathing in water, only the mouth is involved.
4. Eyes should be open.

Exhalation is through the mouth (bubbles are released), and a few bubbles may be released through the nose, where there is still high-pressure air left to prevent water from entering the cavity.

After exhaling, if all the water has gone out, breathing is only through the mouth.

1. Learning at home.

Basic underwater breathing exercises can be done at home to learn how to hold yourself on the water, or how to swim like a hindu (sideways) or dog, and you can also learn to open your eyes underwater.

- If children have not had unpleasant situations before, it will be like a game for them.
- For adults who are afraid to open their eyes from water or in water, it is better to spend this necessary step away from prying eyes.

In any case, there are benefits to training at home.

If breathing and eye-opening exercises are carried out strictly and under control, it will be easy to perform these actions directly in the water pool.

A. In the washing machine

For initial training, a face wash is preferable because only the face is in the water.

1. Before putting your head in the water, you should practice breathing under water.
2. Inhale only through the mouth and perform the exhalation exercise only with your chin in the water.
3. Reverse this exercise, where you lower your head in the water to exhale, and keep your head in the water to inhale.
4. Increase the time of exhalation, complete the exhalation phase before raising your head to inhale more and more.
5. Practice opening your eyes while holding your breath in the water. Show the children the number of fingers they have to see under the water, which forces them to open their eyes.
6. If the exercises are always performed with open eyes, it is necessary to switch to head turning exercises so that only the mouth is visible from the water. The side half of the face and one eye remain in the water.



7. Turn your head to the other side, first you need to learn to breathe from both sides.
8. Then practice turning the head alternately, first inhaling and exhaling on the right side, then on the left side, and so on several times. In order to thoroughly master the exercises, it is necessary to increase the time of the phase of exhalation and breath retention, in which the eyes should not be closed.

B. In the bathroom

As soon as you get good at pelvic floor exercises, doing the same exercises while lying in the tub will feel much more natural and more like the exercises you should be doing in the pool.



All these exercises should be done without shame and confidence by people of any age, especially those who have had an unpleasant experience in the water.

It is a game for children and a good activity for adults.

V. In the pool

The sequence of exercises is the same in the pool. Separated from the swimming pool, there are shallow learning pools where you can repeat the exercises you have learned at home. Do the same exercises you did in the sink before, kneeling, then lying down in the bath.

Then go to the part of the pool with the stairs, or if there is no pool to explore, you should start directly from this step. Do the exercises you learned at this stage once more. First, stand on the bottom of the pool, then lean against the side wall and lie down with or without a waist pack.

Thus, an important step will be taken in the reliable direction of simultaneous exhalation and eye opening. The main fears and worries are behind. Now you are free of obstacles and gather strength to reach other peaks without worry.

Brass method for learners

Leg movements in breaststroke swimming.

The movement of the legs is "scissors" and it is not difficult to learn it. It will be easy to move with it, if there is a swim board that makes swimming easier. It is possible to move to hand movements only after mastering the technique well and after many exercises. It is necessary to sit on the edge of the pool and start learning and refining the movements. Then they can be seen and controlled; in some circumstances, it can be done in water.

1. On land

The exercise is performed while sitting, the legs are joined together, the body leans on the hands and slightly bent back. The whole exercise consists of three parts, which are connected with each other by increasing the speed of execution.

In the initial position, a pause is established, in which the legs are extended together to take advantage of the glide performed by the "scissors".



a) Heels should be pulled to the hips. Feet apart, knees bent.



b) legs are stretched, knees are straightened, toes and heels look to both sides. The toes are turned and facing both sides.

c) legs are pushed and toes are stretched.

To get used to this exercise, you need to repeat it many times. Pay attention to the toes. If you learn to do it without problems, without problems, with good rhythm, keeping the feet together, you can get into the water.

2. In the water

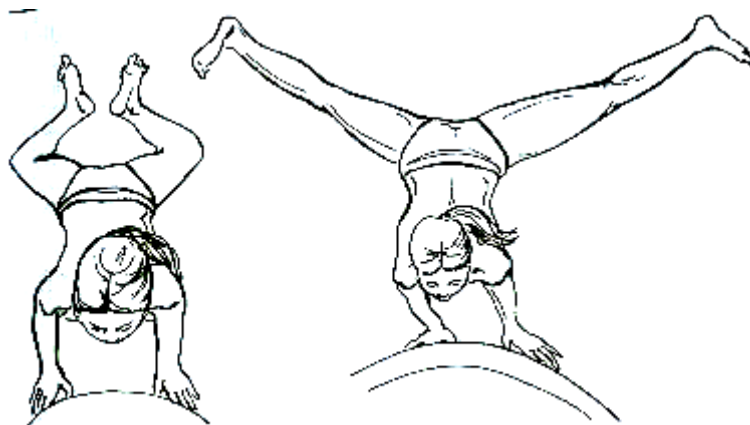
The continuation of the exercises is carried out in three stages: the first two should be carried out in front of the pool wall, and the third should be carried out with a swimming board. You can also use a padded swim belt if it's convenient for you.

A. Leaning on the wall of the pool, lying on his back

1. Shoulders should be placed on the wall, hands should be separated and grab the edge of the pool.
2. Raise your feet above the water.
3. Control the actions and perform them.
4. Pay attention that in the first two steps, the tips of the toes are directed towards you, and in the third step, they are stretched.
5. Work on the rhythm of movement, feel these movements and their results, which are different in nature, and also stop between processes.
6. Quickly roll onto your stomach.

B. Leaning against the wall of the pool, lying on his stomach

1. Lie on the water, in this position you need to push yourself against the wall and leave your chin in the water. Do not touch the bottom of the pool to determine the lying position. In this case, the other hand should remain above the water. If it is easy to stand in this position, "scissors" are performed in different planes: one knee is above the water, and the other is under deep water. This error is difficult to fix later.



2. Perform the exercise, paying attention to the toes and the rhythm. Remember the pause time, when the legs are extended over the water.

3. Without doing this exercise for a long time, switch to the exercise with the swimming board.

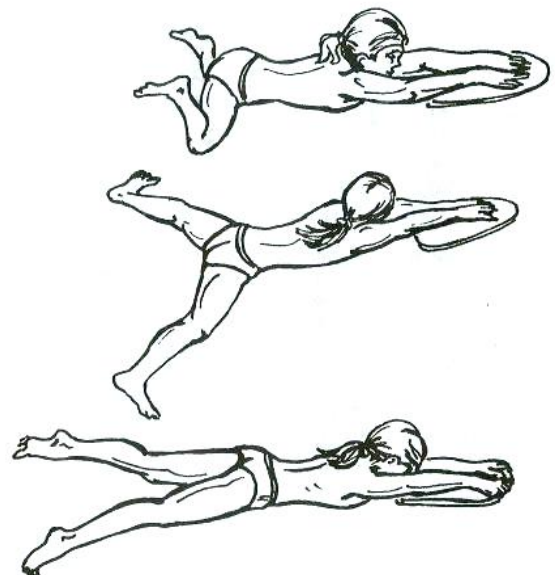
V. With a swimming board:

As soon as you start the plank exercise, switch to proper breathing.

1. Hands on the board

a) it is advisable to swim a few meters in the pool under the supervision of your friends in order to perform the movement and push correctly.

b) repeating 10-15 stretches in the water to restore strength will allow you to bring this movement to an



automatic state;

c) in this way, you are working on your level of physical fitness and good exercise;

g) develop rhythm, tact and result;

d) a set stop between each "scissor" movement has a positive effect on its result, and you take full advantage of the speed-dependent sliding caused by "scissor" movements;

e) take a single breath underwater with each movement of the legs.

2. The board is held only with the fingers

Breathing is easier if you hold the board in the middle or only with your fingers. Head movements are important, and you'll notice their importance later.

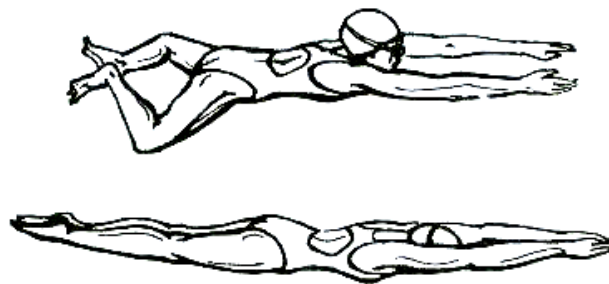
a) in the first phase of the movement, lower the chin to the water and bend the head to breathe through the mouth.

b) immerse the head in water while spreading the legs.

c) hold the breath taken at the end of the second part of the exercise and for the whole part of the end, let the head be in the water and the eyes open.

g) when returning to the water, bend the head and in order to fully exhale, start breathing slowly from the beginning to the end of the slide, and then breathe deeper and deeper.

3. With arms stretched forward, swimming is performed without a board, and instead of a board, hands lie gently on the water.



A plan of preparatory exercises for leg movements in the brass method.

1. Start by crossing the pond if possible.

2. Repeat each exercise across and across the pool with a 30-second break.

3. After the exercise is done well, now there will be 2 attempts in width and length, with a break of 30 seconds between them. Rest for 30 seconds and start again. But now it is done in 5-6 attempts along the length of the pool.

4. In order to summarize the achieved results, it is necessary to repeat the previously learned exercises in training.

5. Once you have enough proficiency and practice, you will quickly find that you need to move on to learning hand gestures.

Attention!

Legwork is an important exercise in maintaining physical condition. It should be constantly repeated and improved in every training session, every month and year, as it is necessary for highly skilled athletes and athletes. Before moving on to working on arm movements, you can work on the legs, instead of relying on the swim board as a play option, just extending the arms forward over the water.

Brass technique for beginners

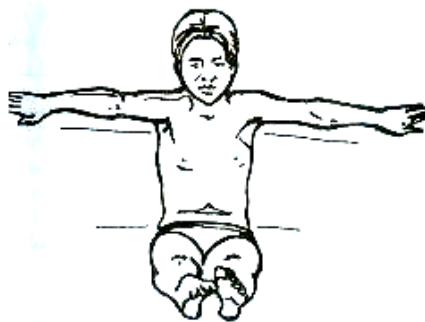
Movement of arms and legs

The movement with the hands serves first of all not to drown too much in the water and to raise the head while breathing. They also serve to bring the legs to the position of the sliding phase by the "scissors" method. This action is less useful for learners.



The movement consists of three parts, the initial position is sitting, arms extended forward, paws together:

1. The hands are extended to the sides in a horizontal plane at the level of the shoulders, and the palms are directed back.



2. Then the arms are folded at the elbows and joined in front of the chest, the palms are turned up and the chin returns to the previous position, while the wrists and shoulders are trained.
3. In the first part of the arm "pulling" phase, the legs are stretched.
4. When the elbows are spread, the hands are straightened and extended forward.

This movement of the hands is performed when the legs are extended, and a forward slide is formed.

The first part of the movement is good swimmers, and the second part is the working position. Be careful not to push too hard out of the water during the last phase of the movement, as it will be in the opposite direction of the slide.

Mastering the compatibility of actions

In order for the swimming technique to be correct, there must be a correlation between the arm and leg movements and the three stages of gliding:

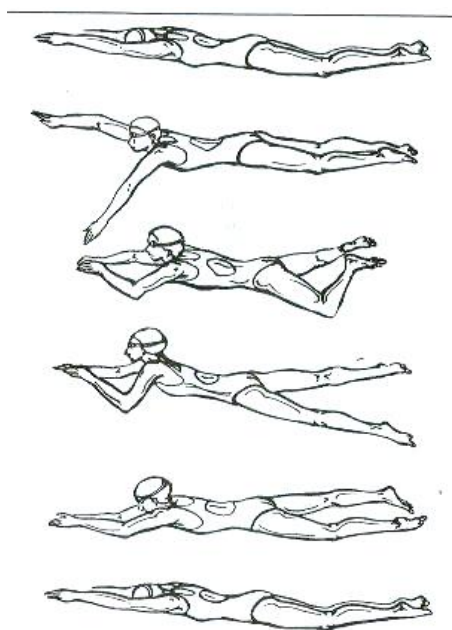
1. At the end of the slide, the arms and legs are straightened, the splashing paws are turned

outwards.

2. In order to move the whole body forward, the hands and paws are separated from each other while lying on the surface of the water.
3. During the last phase of the movement of the arms, the legs come together, in which the arms move inward and rest on the chest.
4. At the last stage of the return of the hands and the first stage of bringing the hands forward, the legs begin to stretch to both sides.
5. At the last stage of bringing the arms forward, the legs are bent and pulled hard, and the first stage of sliding begins, which serves to maintain the speed accumulated due to the movement of the legs.

Attention! Pay attention!

With the help of leg movements, there are no problems in performing hand movements in water. However, consider the following suggestions:



1. start working with hands during leg movements;
2. use the sliding time;
3. do not move at an accelerated pace;
4. spread your hands well;
5. put your hands on your chest;
6. Extend the arms as far as possible for a progressive forward movement.

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