STAGES OF TRAINING BALANCE EXERCISES IN SPORTS ACROBATICS

Makhmudova Madina Kadirjon kizi
Sports acrobatics Master of Sports of International Class, Uzbekistan national Pedagogy, University Teacher,
E-mail: madinaqodirjonovna0224@gmail.com

Received: 20.08.2025
Revised: 21.08.2025
Accepted: 22.08.2025
Key words:
acrobatics, balance, handstand, tumbling.

Abstract
The article briefly describes the importance of balance exercises in the training of athletes in sports acrobatics, the stages of their training. Balance exercises are performed in dynamic, static and mixed types, as well as in the subject of balance. The methodology for increasing efficiency is disclosed.

Introduction. Sports acrobatics the most from complex and amazing sports is one. The last in years of sports acrobatics in the world popularity noticeable at the level exceed Sports acrobatics physical of upbringing main from the means This sport is one of the to engage in through human ability to move improvement, as well as its physical development problems further wise and successful solution to do possible. Acrobatic exercises to perform agility, speed, movements coordination and strength such as physical tools to develop and improve opportunity They are different sports. according to special training for successful The article discusses the use of sports acrobatics. from the basis one was balance to the exercises to teach stages seeing We went out.

Balance is the main quality of acrobatic gymnastics, since athletes must be able to maintain balance when performing complex elements. Maintaining balance is also affected by the level of development of physical qualities, body length and weight, functional state of analyzers, place of support, position of hands, height at which the balance is performed, and other similar factors. It shows the effect.

Handstand is the most important balance in sports acrobatics. is one of the elements. It can be an independent element, or a connecting link in combinations. It is impossible to perform many gymnastic exercises without it. In pair group forms, exercises related to maintaining the final position when performing static standing positions, pyramids, supports, and speed elements prevail. Therefore, the performance skills of the partners are directly related to the technical training of the acrobat above.

The main part of the acrobatic work is maintaining balance on supports in various conditions. The greatest difficulty for a high acrobat is mastering balance

exercises on the hands. Technically correct execution of standing poses is characterized by the accuracy of accepting a given position and the strength of fixing it for a period of at least 3 seconds. The ability to maintain balance is acquired very slowly and only through repeated standing poses.

At the same time, the individual training of a high acrobat should include one of the parts of special movements training - "standing". "Standing" training is a part of technical training and is a multi-stage process of teaching structural group exercises of standing using various training tools.

Insufficient mastery of the upper partner's handstand **at the initial stage of preparation not only prolongs the duration of training this element in pairs, but also has consequences for the technique of mastering complex and extremely complex exercises of the program and the growth of the athlete's skills.**

For a standing equilibrist, the development of muscle sensation is of great importance. With their help, the equilibrist, standing on his head and hands, feels the verticality of the position of the legs, the straightness of the knees. The correct execution of exercises, the stability of balance and the appearance of the performer from the outside depend on this control. In sports acrobatics, the balance function is more developed than in athletes of other disciplines (sports and rhythmic gymnastics, figure skating, acrobatics, etc.). Three areas of balance (stability) are distinguished:

- body position recovery area;
- body position storage area;
- the body's optimal stability zone.

So, the smaller the base area, the more difficult it is to maintain balance. At the same time, opening the legs too wide when balancing on the hands makes the exercise more difficult, despite the large base area. This process is associated with the distribution of force directed at holding the weight

Each action in the training process is divided into three stages :

1. Initial learning stage.
2. In-depth learning stage.
3. Strengthening and improving.

The main factors determining the practical readiness of participants to perform actions are:

- the state of physical qualities;
- movement experience;
- personal and psychological factors.

In this case, the formation of motor skills can occur through the following:

- with negative acceleration, initially the movement is mastered quickly, and then the qualitative growth of skills slows down;

- with positive acceleration, the growth rate of skill formation is initially not very high, but then it increases;
- with delays in the development of skills, in which it is impossible to form long-term skills.

The positive progression of skills is widely used in the process of teaching acrobatic exercises.

Children who quickly master simple exercises are considered more promising in terms of movement.

The most suitable age for developing various motor skills is the younger school age. Motor skills formed at this age are retained for a long time.

The main difficulty in mastering handstand exercises is evident in sports that require complex coordination movements. The main points arising from the methodology of teaching handstands are identified:

1. Create advance preparation for teaching.
2. Perform conditioning exercises
3. Perform stand-ups with assistance (with support)
4. Independently perform handstands

A much simplified diagram of the handstand exercise:

1. Increase the duration of standing by 4 - 6 seconds.
2. Perform standing poses with eyes closed.
3. Perform standing poses after twists, jumps, and acrobatic exercises.

As athletic skills improve, the role of simulators and other training equipment in the training process should increase. This is due to the specialization of the training process at the stage of higher athletic skills.

When using technical equipment during training, the following features must be taken into account:

1. It is necessary to have constant information about the parameters of external influences and the structure of movements while working on the simulator. A young athlete should know the characteristics to which he should strive.

2. At the initial stage of preparation, it is advisable to perform speed-strength exercises of a global nature on simulators, while in later stages it will be necessary to pay more attention to exercises of a specific local nature.

Conclusion: In conclusion, it should be said that applying the stage of training balance exercises from simple to complex and the correct use of training aids will help to easily and quickly learn any exercise being studied. Any element learned is reinforced through repetition.

REFERENCES

1. Eshtayev AK Acrobatics lesson: Textbook. - T.: 2004. -120 p.

2. Makhmudova, M. K. K. (2023). Osobennosti fizicheskoy podgotovki girl 10-11 years old, interested in sportive gymnastics. *Oriental renaissance: Innovative, educational, natural and social sciences*, *3* (10), 486-491

3. Makhmudova, M.K. (2023). Basic methodological principles of teaching gymnastics to schoolchildren. *Mugallim*, *1* (2), 406-412.

4. Makhmudova, MQ (2024) Psychological training in sports acrobatics. Ethiopian international journal of multidisciplinary research. 798-802

5. M.K. MAHMUDOVA (2024) IMPROVING THE TECHNICAL TRAINING OF GIRLS IN SPORTS ACROBATICS. Science - sports 50-54