

METHODICAL AND PSYCHO- PEDAGOGICAL ASPECTS OF LEARNING GREAT DIFFICULTY ELEMENTS IN ARTISTIC GYMNASTICS

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Abstract: *Mental training aims to achieve, along with other means of sport training and of psycho-educational actions, the mental capacity to allow the sportsman productive activities during workouts and better results in competitions. To educate moral volitional qualities of gymnasts, it is indicated as the trainer to know their particularities in order to prevent possible obstacles in the development of these qualities.*

Key words: *physical, technical, training, complexity, performance.*

1. Introduction

In recent decades trainers level of scientific and methodological has increased. They understood that the means of physical, technical, tactical and theoretical training influences the psychic, even achieve physical training if used oriented on its goals, realistic but specifically formulated [1].

Mental training aims to achieve, along with other means of sports training and of psycho-educational actions, the mental capacity to allow the sportsman productive activities during workouts and better results in competitions [3]. This training should ensure the development of those mental qualities that are required of and determine the efficiency of sports activities.

To educate moral-volitional qualities of

gymnasts, it is indicated as the trainer to know their particularities in order to prevent possible obstacles in the development of these qualities.

It is important for gymnasts to know how to perform the exercises in all conditions. To this end they will be asked during every workout before execution begins to replicate basic ideomotoric coordinates needed to execute the exercises correctly.

The gymnast should not be discouraged because of errors or failures [7]. After evaluate ourselves and analyzing mistakes he will be asked to perform the exercise correctly and only after succeeding he can move to new training tasks [2]. The way the tasks were accomplished has to be highlighted in various forms of appreciation, stimulation or illustration.

The main manifestations of the lack of courage and determination are: inability to

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make quick decisions or execute appropriate actions, to overcome real or imaginary danger and different negative emotional states during the execution of elements of great difficulty both during training and competition [9].

2. Aim of the study.

This work aims to achieve an optimal alternative to learning and perfecting a superior element of difficulty. Through experiment and results, it is a reference point skilled concerned.

The quality particularly now reached the Romanian gymnastics shows that without scientific training, specialized and consistent, approached creatively, current performance improvement is not possible [10].

3. Comparative analyses

To educate courage and determination we can use the following methods: belief, self-belief, self-esteem and the regarding the need and importance of performing the task which depends on the success in achieving sports mastery; execution of tasks or difficult exercises with minimal assistance; carrying out executions after a short warm up or without warm up; conducting training in other gyms on other apparatus [2].

To overcome fear and restraint for some elements, the coach must use insurance and help processes, cleverly select preparatory exercises, use insurance lanyards, thick foam mattresses, and small apparatus. Also in this respect it is important that the first executions of risky elements to be successful.

It is also necessary to conduct as much trainings as possible in conditions as close to contests, verification with granting marks.

Sometimes during training is recommended to create more difficult conditions than the competition ones by

changing the apparatus' height, changing their usual place, deliberately delaying the gymnast's execution or by contrary, calling him out unexpectedly, changing the order of the apparatus, increasing or lowering special warm up time.

Items of great difficulty in artistic gymnastics meet a number of factors besides the physical aspects. Many experts believe that the foundations acquire a large element underlying difficulty besides the physical, and numerous psychic issues [4]. Also many specialists in world gymnastics skills considered as the main issue, after physical factor for the realization of structures driving us with a high degree of difficulty [9].

4. Importance of gymnastics coach in training.

The coach must train the gymnasts to neglect some unpleasant aspects of the competition and to focus their attention on important elements [10]

To this end he will claim that by exertion of will to forget the previous execution, failed, distract them by replacing one task with another and at the end to return to failed task.

To educate courage and determination the coach must always encourage gymnasts' initiative, their desire to learn new difficult items, to execute them without help and assurance, take care that their wishes do not exceed their potential [6].

It is important to take into account the fact that young people are unable to stifle certain moods, desires, habits, stage fright before the contest, to fight with indifference or apathy which sometimes appears before executing difficult exercise, or due to an unexpectedly good behavior of the opponent. They cannot always cope with an unsatisfactory assessment; must fight the fatigue, the different pain sensations [5].

Fighting to remedy these deficiencies, the coach must understand that in parallel with the development of firmness and self-control, gymnasts increase their capacity to direct consciously their thoughts and actions in difficult moments of great responsibility.

To educate firmness and self-control is good that sometimes the coach should help with some delay, thus preparing the gymnast for an independent execution.

It is good practice that the tasks set by the coach to be considered by the gymnasts as own duties, which are reflected in specific workout plans. The coach must consider the positives and negatives of each gymnast in terms of physical, technical, special motor, mental training and indicate ways of improvement [8].

Given the importance that psychological preparation has in achieving very difficult task, it is required to be planned in the weekly cycle, same as physical and technical training [5].

Educating the volitional qualities cannot take place at random; the coach needs to know clearly what he wants to get from his students and what methodological procedures to use to achieve this goal [8].

Psychological preparation is of great importance during the competition. It is done every day and in all periods of the annual training cycle.

Some authors associate athletic performance with a high level of self-esteem and personal effectiveness [2].

Experience of the best coaches and sports psychologists, certifies that the process of mental preparation of the athlete is very difficult, long, complex and not without surprises, due to high challenge in sports performance and due to the complexity of the human psyche, athlete's dynamic personality subject to extreme efforts. There are still a few coaches who achieved a complete planning of mental preparation, based on "memory",

"pedagogical sense", considering that they can solve these problems "on the fly" [11].

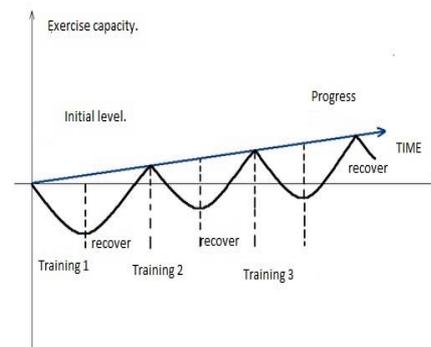


Fig.1. *Progress in training*

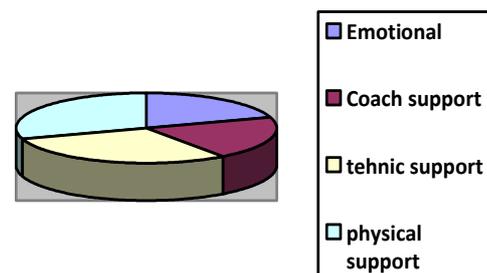


Fig. 2. *Parameters in training*

5. Discussions

The first graph shows how increasing the training. The process of increasing the training level sport must take into account the parameters presented in the chart. Specifically gradate trainings will be based on the level of preparedness of the gymnast. Training should be a continuous process without major interruptions. The training must be closely related to the recovery of the gymnast (Fig. 1). Experts believe very important connection between physical parameters, techniques, emotional and effective support of the coach in training.

Most experts believe physical factors and techniques as essential in preparing gymnastics, but attribute great importance to issues of emotional and character type.

Coach is considered the main pawn in directing gymnastics training. It can be expressed in figures on a scale of 1 to 10: - 3 pts. physical training(30 %), -3 pts. technical training(30%), -2 pts. emotional side(20%), - 2 pts. coach - contribution(20%) (Fig. 2).

6. Conclusions

Each training lesson will observe and record the behavior characteristics gymnasts will be registered at the effects obtained by applying these means and methods. It also will appreciate to what extent attitudes, feelings and behavior changes registered athletes.

We emphasize, however, that educational plans, the effects of actions can be elusive, as changes are sometimes difficult to see at short intervals, which does not mean that the work was unnecessary. Patience, tenacity and consistency remain the major attributes of the coach, which most often has the responsibility to solve this problem.

In the sport of high performance in terms of preparing national teams, this is salutary psychologist who can make their contribution to the composition sheets and psychological profiles, to specifying the objectives and means of achieving mental preparation and the tests and their interpretation.

Continuously assisting them in training athletes, participating in major competitions stipulated in the annual calendar, he will be second on the coach psychologist without thereby to diminish its authority and merits in getting performance preset.

Sports psychologist is part of the multidisciplinary brigade that collects

systematize and interpret the rich and so varied information issued by the sports team or crew in training and competition, helping to guide the preparation towards the fulfillment of the major objectives of the contest.

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