



METHODOLOGICAL PROCEDURE FOR TEACHING BASIC FLOOR EXERCISES

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- INTRODUCTION

The method or procedure of learning (training) exercises in artistic gymnastics is a long-term process, which contains several phases that a gymnast must go through in order to technically master a certain motor activity (gymnastic exercise). The specificity of learning motor movements is a condition in which the action should be performed automatically, in order to reduce or minimize the risk of unsuccessful performance. Properly learned floor gymnastic exercise requires technically correct movement, which is provided by the FIG Regulations. All floor gymnastic exercises for women can be divided into the following structural groups: 1. Jumps and rebounds, 2. Turns, 3. Exercises in resistance (support), 4. Front flip, and 5. Back flip. The mentioned structural groups contain exercises that are divided according to the weight composition of the performance into weight values, where the easiest value was evaluated with 0.10 points, and the most difficult with 0.90 points (Code of Points, 2017–2020).

Acrobatic elements significantly affect the ability of the body to move in space, which enhances the general coordination motor ability. Also, with very precise and fast work and alternating activation of individual muscles and muscle groups, acrobatics develops all forms of strength, the most significant being the explosive power that is manifested in explosive reflections in both legs and arms. When performing certain acrobatic exercises, the amplitude of movement in individual joints and joint systems is very important, as well as the aesthetic component, which is manifested through the precision of the position of the body and body parts during the performance. Acrobatics is an ability that is reflected through the skills of performing movements, orientation of the whole body and individual body parts in a certain space and time (Živčić Marković, 2010), while one of the most important roles is reflected in the development of motor skills, above all coordination, strength, flexibility, balance and speed.




METHODOLOGY

Some researchers have suggested that the best way to do a new exercise is through a step-by-step approach, which is known in coaching as a progressive approach to learning. The advantages of such an approach in young children are supported by the theory of the motor learning system (Berk, 2004). The steps taken in teaching new motor actions can vary and there does not have to be just one “best way” (George, 1980). The basic stages in the methodological training process that need to be followed, in order for the training process itself to run as successfully as possible, are the following:

1. Choose an adequate method of work for each element depending on its complexity;
2. Assign a basic exercise;
3. Present preparatory exercises, the number of which depends on the complexity of the exercise being learned;
4. Indicate the application of care and assistance.




The basic floor gymnastic exercises that are selected from the Curriculum of primary schools are basic forward movements: a forward roll, a forward straddle roll, and a dive roll (Veličković, Petković, Ilić, 2008; Mekić & Nurković, 1997).

FORWARD ROLL

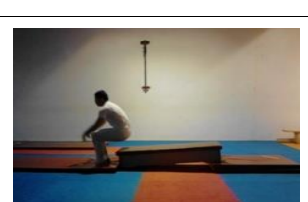
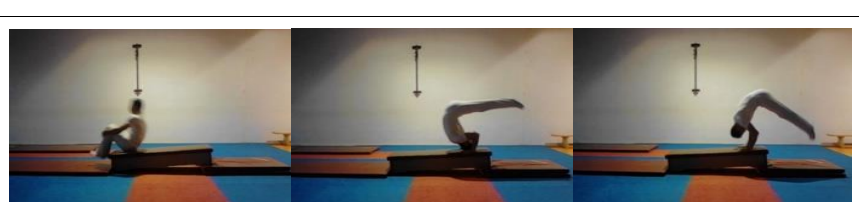
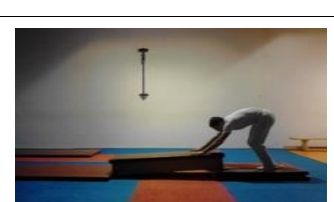
		
<p>The ending is in the squat position so the arms encircle the lower legs</p>	<p>From the squat resistance, place your hands about 30 to 40 cm in front of your feet and shoulder-width apart. The palms are all over the ground, with the fingers pointing forward and slightly inward. By gently stretching the knees and lifting the hips, the weight of the body is transferred from the legs to the arms. The arms twitch slightly, and the head leans towards the chest (the back is rounded with a "gymnastic hump"). With the legs, the student is pushed off the ground and the weight of the body is transferred from the arms, which are still twitching and pointing from the ground, to the nape of the neck and shoulders (the nape is placed slightly in front and between the arms). The rolling is prolonged, and the hands embrace the lower legs. The body is constantly convulsed during rolling</p>	<p>Supine starting position, with the arms in shoulder-width apart</p>

Training method - synthetical

Basic exercise – Dish rock

		
<p>From a squatting position on the ground, the arms encircle the lower legs and push them towards the chest, (the head is tilted forward and the elbows are next to the body)</p>	<p>Lie back slightly until the shoulders and the back of the head touch the ground and return to the squatting position in the same direction. In order to reach the squatting position, it is necessary for the student to energetically move the shoulders and head forward, without disturbing the position of the body</p>	<p>Squatting position</p>

Preparatory exercise - forward roll on a smaller elevated mat

		
<p>The ending is in the squat resistance stance</p>	<p>From the slight squat position place your hands on the crate. The palms are on the entire surface of the crate, with the fingers pointing forward and slightly inside. By gently stretching the knees and lifting the hips, the weight of the body is transferred from the legs to the arms. The arms twitch slightly, and the head leans towards the chest (the back is rounded with a "gymnastic hump"). With the legs, the student is pushed off the ground and the weight of the body is transferred from the arms, which continue to twitch and rest against the crate, on the back of the head and shoulders. The rolling is</p>	<p>Slight squat position with arms on the crate</p>

FORWARD STRADDLE ROLL

		
<p>The ending is in wide position</p>	<p>From the starting position, place hands in front of the mat in shoulder-width apart. The palms are all over the mat, with the fingers pointing forward and slightly inward. By gently stretching the knees and lifting the hips, the weight of the body is transferred from the legs to the arms. The arms twitch slightly with bowed head. With the legs, the student is pushed off the ground and the weight of the body is transferred from the arms, which are still twitching and pointing from the ground, to the nape of the neck and shoulders (the nape is placed slightly in front and between the arms). In the phase of rolling, the legs are stretched and the sitting position is taken variously, in order to reach the straddle position, it is necessary for the student to energetically move the shoulders and head forward and support himself with the hands that are between the legs</p>	<p>Supine starting position, with the arms in shoulder-width apart</p>
<p>Training method - synthetical</p>		
<p align="center">Basic exercise – sitting in straddle position and pushing with your hands</p>		
		
<p>Sitting with stretched legs, arms between the legs</p>	<p>Lie back slightly and return in the same direction to a sitting position. In order to reach the sitting position, it is necessary for the student to energetically push his hands between his legs and move his shoulders and head forward</p>	<p>Sitting with stretched legs, arms between the legs, without getting up</p>
<p align="center">Preparatory exercise - From the position on the shoulders, switch to forward roll on straddle legs</p>		
		
<p>The ending is in a straddle position, the torso is in a forward bend for 90° with wide open arms</p>	<p>From the position on the shoulders, swing the legs to place the hands between the legs, the legs take a straddle position. In the phase of rolling, the legs are stretched and the sitting position is taken variously, in order to reach the straddle position, it is necessary for the student to energetically move the shoulders and head forward and support himself with the hands that are between the legs</p>	<p>Shoulder stand</p>
<p align="center">Helping and guarding - One hand for the upper arm and the other for the lower leg</p>		

DIVE ROLL



Ending position is in a squat position with arms encircle the lower legs



With five to eight steps, student is stepping on the ground or springboard and energetically reflect up and forward. The hands from the engagement (after jumping on the board), the arms are passing above the head and student keeps that whole position through flight phase. Before losing height, the student slightly tilts his head towards his chest, and his body at the hip joints. He touches the ground first with his hands, and then slightly bends his elbows (amortisation the landing) so that he can squat over the nape of his neck, shoulders and back and hips



Starting stand position with arms above the head

Training method - analytical

Basic exercise - "little tank"



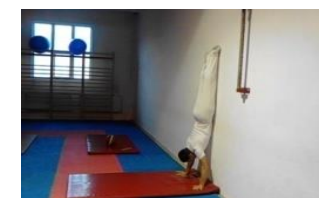
Preparatory exercises: 1. Handstand, facing the wall, roll forward



Supine position

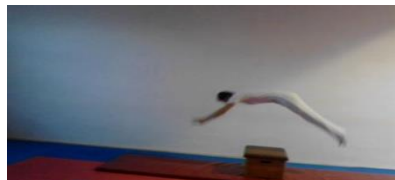


Handstand facing the wall, gently pushing your feet away from the wall to move into the reel forward.

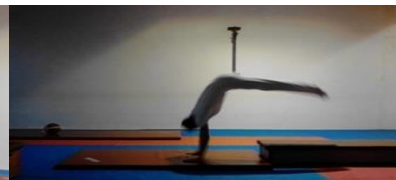


Handstand facing the wall

Dive forward roll over and off obstacles



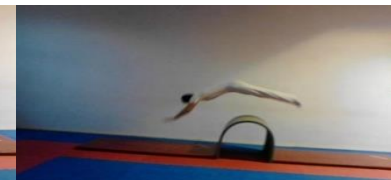
Over the crate



off the crate



over the ball



over the mat

DISCUSSION

Forward roll and its variants are considered by most trainers to be basic exercises that contribute to better mastering of more complex exercises. Therefore, a large part of the time should be invested in order to adopt these basic exercises technically correctly. It is necessary to first master the basic exercises, by training the pre-exercises, and then move on to new variants. During the training process, the new student (gymnast) is enabled to develop a proprioceptive consciousness that enables him to identify himself and correct his posture much more effectively. Developing greater proprioceptive and kinesthetic awareness is important for gaining greater control during dynamic work of certain phases in the training model.

One of the indicators that the training methodology is not the same in all developed countries is the existence of certain "gymnastic schools". They differ depending on the kinesiological segments in which it is applied. Differences can be noticed in the division of methodical exercises in several directions, names of exercises, order of application or the choice itself, ie types of exercises. In the modern age of great development of information technologies, modern electronic means such as video cameras, computers, digital cameras, etc. are of great help, but if we do not know the models of the elements we analyze, even these are not helpful. The basic theses we use in the realization of the learning process must be respected and carefully analyzed before their implementation.

CONCLUSION

This research examines the problems of the learning process of some basic floor exercises and its modern approach, which is reflected in a faster and more efficient learning method. One of the goals was to show the method of learning to teachers who implement program contents from sports gymnastics, from a different, more modern and professional approach. The scientific approach to the evaluation of analogy is not only applicable to artistic gymnastics, but its implementation is possible in all branches of sports where the goal is to achieve the desired results faster and more successful.

THANK YOU

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