

COORDINATION OF TEAM MOVEMENT TECHNIQUES IN THE CREW OF EIGHT GIRLS IN THE ACADEMIC ROWING SPORT

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Abstract. *In the world of academic rowing, the coordination of team movement techniques is essential for success. This is particularly true in the crew of eight girls, where each member must work together seamlessly to achieve optimal performance on the water. In this article, we will explore the importance of coordination in the crew of eight girls in academic rowing, as well as the techniques and strategies that can be employed to enhance team movement and overall performance.*

Keywords: *teamwork, rowing skills, qualified teachers, young athletes, sports games, strategies.*

Introduction: Academic achievements in the context of modern globalization to make the sector more effective in educational, administrative, and research processes increasing pressure and diversification of sources of income The need is growing. At the same time, over the past quarter-century, especially young the general level of physical fitness of the population worldwide Anxious decline is documented.

Diversity of sports activities, as well as from the availability of personnel and capabilities to the public image to improve and increase the chances of achieving competitive success for reasons such as. Coordination of semi-complex interactive team sport has been shown to be a major contributing factor to the team's success. (Davids et al., 2005). Coordination, also arising adaptive and stable states of the team as a functional unit serve to form. Continuous monitoring and continuation of sports games as a complex and dynamic system (gr. Rachexhaigne et al., 1997). According to the theory of dynamic patterns, skill is a dynamic system transition to stability zones in the coordination phase space (Kelso, 1995). This is done by a coach or external agent among athletes can be implemented through the promotion of self-organization, which has the ability to adhere to a certain action plan without the influence of self-organization. Self organization is associated with increasing the effectiveness of teams, but this is a tool. has been studied very little compared to the study of their skills. Athlete's studies of athletic performance usually focus on the athlete's physiology and focused on sports technique (Turner, 2002). These two factors in sports are widely recognized as the foundation of success, as they mainly contributes to production.

Psychomotor interaction of athletes less attention was paid to the factors. However, more complex interactive sports losing individual forms and formats that are team-oriented coordination of research among athletes (Eccles et al., 1998).

First of all, the importance of coordination in the crew of eight girls understanding is very important. Rowing is the efficient propulsion of a boat A sport that requires precise synchronization and time between team members for type. As for the eight-man crew, each rower's stroke speed, Excellent with teammates on power application and body positioning should be harmonious. Any deviation from this synchronized action can lead to a decrease in boat speed and overall performance. To achieve optimal coordination in a crew of eight girls each team member is fully committed to the common goal of success is important.

This means that all rowers have their own training dedicated to, focused during training and for team benefit they must be ready for sacrifice. In addition, team members effective communication between coordination of movement techniques and competitions and to ensure everyone is on the same page during training is important. Strengthening coordination in the eight-girl crew applying several basic strategies in terms of specific techniques is possible. One such technique is the vision of the crew during the race. hitting speed that serves as the ears, boat position and overall use of coke wine, which gives instructions on the strategy. Coke wine in the coordination of movement techniques and the joint effectiveness of the crew plays a crucial role in ensuring its operation.

Time and rhythm:

At the heart of effective coordination lies precise time and rhythm. Each the rower synchronizes their strike with others and their oars are united simultaneous entry and exit into the water. This complex dance a deep understanding of the stroke cycle and the movements of teammates requires the ability to anticipate. Coke wine, the decisive on the back leader, their voice and to guide the crew toward perfect cohesion commands, plays an important role in determining speed and rhythm. A lot hourly training to develop an intuitive sense of time in rowers develops, which allows them to develop any allows you to respond to and adapt to changes without problems.

Technical Sync:

In addition to time, achieving technical synchronization is very important. Each the rower must execute the blow with precise technique. entering the water at a right angle, maintaining a consistent depth and minimizing must ensure a clean outlet with swirling.

Each of these technical specifications ensures maximum power generation with impact and allows the boat to operate efficiently moves forward. In addition, rowers are correct during the stroke cycle. maintaining body posture, minimizing traction and maintaining optimal biomechanical must ensure efficiency. All eight rowers have one technique to achieve diversity, to pay close attention to details, to improve the quality of coke wine constant feedback and individual technique for the benefit of the team requires readiness for improvement.

Contact and feedback:

Effective communication is the foundation of successful coordination. Coke wine serves as the central communicator and gives the crew speed, rhythm. and provides clear guidance on management. In addition, the oar maintaining synchronization and adapting to changing conditions using verbal signals and visual signals for adaptation they need to communicate effectively. Open and constructive considerations plays a crucial role in improving coordination.

Coke wine individual and provides regular feedback on team performance, and the rowers themselves, based on their own experience and observations make corrections. This constant communication allows the crew to identify weaknesses and their coordination and overall functioning on an ongoing basis creates an educational environment that can be improved. Further strengthening of coordination in the eight-girl crew one important method is to regularly hold team meetings and meeting sessions conducting.

These meetings provide team members with a discussion of their activities. identification and coordination of directions for improvement and general provides an opportunity to develop a strategy for increasing indicators.

Team development of open dialogue and cooperation between the members of this meetings for strengthening communication between rowers and in the water helps to strengthen coordination.

In addition, each rower in the eight-girl crew to contribute to the overall coordination of the team. It is important to pay attention to the technique and movement. This is to increase performance and body positioning to sync with teammates, power means paying great attention to the application. Personal skills and technique improvement contributes to the team success of the rowing crew contributions and assistance in improving overall water performance is possible.

Conclusion

In conclusion, from eight girls in academic rowing Coordination of collective movement techniques in a crew in water is very important for achieving success. Dedication, communication, and individuality emphasizing the technique, rowers strive to achieve optimal performance and improve the boat's can work smoothly together for effective progress. Accurate technique, such as using Coxswain and regular team meetings and implementation of strategies and overall performance can be improved. Eight-girl crew academic rowing with a focus on coordination and teamwork can succeed in the world of competition.

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