

INCREASING THE EFFICIENCY OF TEAM ROWING TECHNIQUE OF HIGHLY SKILLED ACADEMIC ROWERS

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Abstract. *In the realm of competitive rowing, the pursuit of excellence is a constant endeavor, driven by the relentless pursuit of marginal gains. Among the most elite academic rowers, the need to optimize their team's rowing technique is of paramount importance, as they strive to unlock the full potential of their physical prowess and synchronize their efforts to achieve unprecedented levels of performance. This article delves into the intricate complexities of enhancing the efficiency of team rowing technique for highly skilled academic rowers, exploring the multifaceted considerations that must be addressed to propel their success to new heights.*

Keywords: *training classes, training, modern methods, qualified teachers, skills, team collaboration.*

Introduction: Preventing technical injuries and improving energy consumption is important for all types of athletes. However, seeing the speed of the boat rowing technique is also a significant factor. Crew physically might be strong but technically poor and a weaker crew can lose because a stronger crew cannot use its power and is unable to apply force effectively when moving the boat.

Rowing itself with other types of water transport is unique in comparison because the boat is in the same direction as rowing moves, while rowing uses a different technique to achieve efficiency requires. This unique method of shell movement is a different water a mixture of strength and elegance invisible in sports and therefore, technique is a very valuable component for sports.

In the spring season, rowers show their diligence and they will test their dedication in various regatta and championship races. Exactly in these events, physically stronger crews favor technically superior crews may lose.

Rowing itself is a very useful and satisfying sport. From a young age to improve strength and cardiovascular fitness of athletes under the age of can enjoy their favorite activity that helps.

Those who take the next step and become competitive rowers for, whether at the academic, collegiate, or elite level, sport is even more beneficial, now he is becoming increasingly demanding. Highly qualified rowers and athletes train for countless hours to be physically healthy and technically healthy.

The importance of effective team rowing technique

Data is used to study boat speed, as impacts determining the change in velocity between and simultaneously applying force may depend. Control the change in velocity between strikes is also important for synchronizing crew boats.

This study shows that force application and impact velocity vary with boat velocity stroke economics and boat speed by studying impact on impact velocity is aimed at understanding more about the relationship between This is also every modification of hitting technique for crews racing at different hitting speeds further emphasizes why it is necessary and for a particular boat

and crew show how the application of force changes depending on the fittings of the ideal crew is possible.

This is by Mahe Drysdale at the last World Cup emphasized: "a faster stroke [rate] key than a slower [stroke rate] key to give the impression that it's not going faster [or harder]...."

Taken by Martindale and Robertson (1984) using a single Skull previous research, a change in style, a more effective strike), which clearly showed an increase in the speed of the boat and oars. However, there is no mention that this happened on a competitive-class crew boat no literature found. The best way to propel a rowing boat through the water by improving the effective method, this is competitive for a specific crew can provide a path to achieving an advantage.

Rowing stroke is almost all muscles and complex joint movement involving joints (Martindale and Robertson, 1984). It can be divided into four components: capture, driving, Catch is placing the knife in the driver's ready-made water. Pressure on the oar or Skull handle to move the drift boat 'Ending' is removing the knife from the water and recovery is returning to a holding position. At high impact speed, this sequence of movements must be performed quickly and accurately. So, the movement between the crew any minor disruption in the economy can lead to synchronization loss and which leads to the loss of contact between the knives and the water, causing the movement decreases.

At the center of the problem is team rowing, individual and team is the basic concept of the subtle equilibrium of movements. Every well-trained and perfected rower has their own need to unite their unique strengths and abilities into a cohesive whole without problems, this on earth, the sum of parts is greater than the whole. This harmonious integration is the foundation of effective team rowing, and this dynamic is constantly maintained improvement and optimization of coaches and rowers on their own.

Basic for increasing the effectiveness of team rowing technique One of the directions is the synchronization of rowers' movements. Minimum time of entry and exit of the oar into the water and coordination deviation can significantly affect the speed and stability of the boat. High qualified academic rowers with rigorous preparation and detail innate rhythm and timing developed through careful attention. They need to develop the unit. This is not just about rowers' physical synchronization of their actions, but not their mental attention and emotional because they are a collective

They strive to achieve their status.

Another important factor in increasing the effectiveness of team rowing aspect - optimization of the individual technique of rowers. Each the rower must be proficient in rowing mechanics effective power through the oar, from proper gripping and body positioning before the transfer. Owing to the improvement of this individual technique contributing to the team's overall performance, energy consumption and maximize the speed and sensitivity of the boat is possible.

Moreover, based on advanced technologies and data integration of analyses contributes to increasing the effectiveness of team rowing plays a crucial role. Movement tracking systems, biomechanical analysis and real in time with the help of feedback, coaches are guided by the rules of rowing technique Targeted for identifying and addressing vulnerabilities may carry out interventions. This data-driven approach to the team's rowing technique continuously and each aspect of their operation is constant ensures its optimization. Strong team dynamics among rowers and overall cultivating a sense of purpose is equally important.

Trust, communication and the development of an atmosphere of mutual support allow athletes to increase the limits of individual and team abilities they can give. This collective thinking reflects the goals and objectives of the team. in combination with a deep understanding of their rowing techniques can have a significant impact on the effectiveness of rowers works in continuous harmony to achieve common goals.

Conclusion

In conclusion, for highly qualified academic rowers striving to improve the effectiveness of team rowing technique is a multifaceted action that requires a comprehensive and integrated approach. Oar synchronizing the movements of the twists optimization, integration of advanced technologies and strong teamwork all the capabilities of these athletes, up to the development of dynamics it is necessary to carefully resolve each aspect of the process. They while continuing to increase the limits of human performance, the team oar the search for efficiency in twisting technique is crucial and constantly evolving. remains a problem, which undoubtedly contributes to the development of this dynamic and attractive sport shapes their future.

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