



INNOVATIVE PEDAGOGICAL APPROACH TO TRAINING 5- 7 YEAR OLD GYMNASTS

A. Markov*, T. Dzimbova

Faculty of Public Health, Health Care and Sports, South-West University "Neofit Rilski",
Blagoevgrad, Bulgaria

ABSTRACT

PURPOSE: The purpose of the manuscript is to present appropriate training complexes for gymnasts aged 5-7 years. **METHODS:** The selection and training activities for gymnasts aged 5-7 years should be carefully considered to ensure safety, enjoyment and a foundation for future development. At this age, children are developing basic physical abilities such as flexibility, strength and coordination. Therefore, it is important that the classes focus on these aspects. The training sessions should be fun and interesting to keep the children's attention. Games and activities with elements of gymnastics are essential, games of a gymnastic nature for speed-strength endurance, speed, coordination, agility, etc. **RESULTS:** A variety of exercises are recommended, including basic gymnastic elements, acrobatics, rhythmic movements and balance exercises, as well as the use of colorful objects and games that encourage movement and coordination. Training sessions should not be long, usually 30-45 minutes, to avoid fatigue and loss of interest. Work is done in groups to develop social skills and team spirit. Children can motivate each other and build friendships. **CONCLUSIONS:** Properly structured training could lead to the development of the necessary qualities and maintain interest in the sport in future gymnasts.

Keywords: physical characteristics, sport games, health

INTRODUCTION

Gymnastics is a sports that require early specialization beginning from the ages of 5-7 years old (1, 2). It is important for children to start sports that require early specialization in preschool-age to achieve a high level of efficiency in such branches in the future (3). Gymnastics classes begin at a very early age, with general physical training taking the main place in the training at the beginning. According to some researchers (5-7) there are gender differences in fundamental motor skills indicates that boys are better than girls in running (speed), jumping (power), strength and coordination, but girls are better in flexibility, agility and balance. However, not all research studies have demonstrated differences between boys and girls; most fundamental motor skills

are similarly developed by the age of 5-6 years (8). Many researchers (9-11) have studied the problem of the appropriateness of using training technologies aimed at young gymnasts. They worked on a development of a physical training program with game elements to optimize the physical training of children aged 5-7 years. Indoor games with elements of sports, as a type of activity, are characterized by variable conditions of certain actions; therefore most of these games are associated with the manifestation of motor abilities such as speed, strength, coordination, endurance, power and flexibility. During games with elements of sports, the feeling of muscle effort, space, time, as well as the function of various analyzers improves (12). In order to achieve a positive and effective performance level in every sport, it is necessary to create effective training loads (3). However, overworking during the specialization process at an early age has been proven to have various negative effects such as injuries, overtraining, and withdrawal from sports (13). The planned activities should

*Correspondence to: Aleksandar Markov, Faculty of Public Health, Health Care and Sports, South-West University "Neofit Rilski", Blagoevgrad, Bulgaria, 66 Ivan Mihailov str., Blagoevgrad, tel. 0878132237, email: a.markov@swu.bg,

support children's physical abilities as well as their cognitive features (9). It is extremely important that training brings pleasure and fun to children in order to maintain their interest for a longer period of time and turn gymnastics into a desired sport.

Structure of gymnastics exercises for beginners

The content of the sports practices should be prepared according to the skill and fitness levels of the children. At this stage, participants continue to develop their gymnastics and general sports skills. Focus is placed on features including agility, balance, coordination and flexibility. Training sessions should be conducted in a safe training environment. It is necessary to create some positive expectations for gymnastics training:

- Let the child only try gymnastic exercises that are safe and developmentally appropriate without the help of a coach.
- Greater care is needed when trying new gymnastic exercises.
- Support is needed when an exercise is not done perfectly. Mistakes are an important part of learning!
- Start with simple movements and goals, then try more complex gymnastic exercises as the child learns.

A simple training plan is given below:

- Warm up with 5 to 10 minutes of cardio. The child can do jumps, hops, general physical exercises and complexes with elastic bands and weights, run in place or jump - it is important to think of several options in order to offer variety to the child's training process.
- Basic gymnastic exercises for beginners - 15 to 20 minutes for this - the child should try to do a transverse elbow support, occipital support, occipital elbow support, stretching and balance exercises such as standing weights, frontal stance, swing stance, etc.
- Strength training with a small load. Building strength is key to comfortably performing most gymnastic exercises. Exercises with your own weight, such as push-ups, squats and lunges, will help the child easily transition to gymnastics, where everyone can train at their own pace. We recommend doing 2 or 3 sets of exercises with 10 to 20 repetitions each.
- Stretching on a gymnastic wall for 15 to 20 minutes, sets of 10, 2 reps. Focused, targeted

stretching will prevent pain and help your child perform more complex gymnastic exercises in the future. Pay attention to the muscles of the hips, arms, and back.

- Relaxation exercises and relaxation. Recovery is perhaps the most important part of a child's gymnastics routine. It is necessary to monitor whether he relaxes his muscles and does comfortable stretches.

Suitable exercises for beginners in gymnastics

1) Balancing on one leg bent at the knee and extended forward at 90 degrees

It all starts with good balance. Let's help your child master this basic aspect of gymnastics.

The child starts on the floor, without a raised surface. They must lift one leg off the ground and hold it bent or extended in the air for at least 5 seconds. They can hold their arms above their head or horizontally (in a T-position) to improve balance. There is no right or wrong way to lift the leg - it can be straight, bent or raised.

2) Standing Scale

Standing scales are another great way to improve balance. Good balance form will also improve a child's flexibility and strength, helping them grow in their gymnastics journey. The scales are a natural extensions of one-legged balancing: Starting position, stand with arms at sides, transfer the body weight to the supporting leg, bringing it back, then holding balance for as long as possible. There are the three types of scales. Each type has two basic movements, labeled "A scale" and "B scale."

3) Front scale

The children can perform a front scale by extending their leg in front of them. To perform a type A scale, they must form an angle of 90 degrees (or less) and hold it for at least 2 seconds. They can transition into a type B scale by stepping into a relevé on their supporting leg. This means the children must stand on the tips of their toes.

4) Back scale

The back scale is the opposite of a front scale, but it is just as important for the development of a child's balance and strength. Back scales often make children feel like birds or airplanes - they stretch their arms out to the side and lift one leg behind them. Here, a type A scale is achieved by forming an angle of 90 degrees or greater with the raised leg. A type B scale is achieved by performing a relevé with the supporting leg.

5) Side Scale

Side scales are one of the tougher gymnastics drills for beginners, but they're certainly worth trying. A side scale is achieved by extending one leg to the side. A scales form a 90-degree angle or less for 2 seconds, while B scales will need the 90-degree angle and a relevé on the support leg.

6) Straddle Sit

Straddle sits are one of the most beneficial gymnastics moves, helping young gymnasts

prepare for jumps on trampolines, beams, and floors. To perform a straddle sit, children should sit with their back straight, place their hands on the ground in front of them, and move each of their legs outward. Once they reach a comfortable stretch, they should point their toes and angle their knees upward. After this point, they can try to raise their arms over their head or legs.



Balancing on one leg bent at the knee and extended forward at 90 degrees



Straddle Sit



Spider-Man Against the Wall



Splits



Consecutive Jumps



Standing Scale



Forward Roll



Jump to Safe Landing



Figure 1. Examples for execution of the set of suitable exercises for 5-7 years old gymnasts.

7) Spider-Man Against the Wall

Handstands are not as easy as they look—they can take hours of practice and require trained balance. The quick guide for safely performing this movement is presented here:

- Start with the back against the wall.
- Hands are placed on the floor in front of the child.
- A foot is placed on the wall one at a time.
- Carefully bring hands closer to the wall as feet step higher up on the wall.
- Hands and feet once stop moving the belly touches the wall.
- The look must be at hands while in this position.
- Tighten up muscles and focus for as long as possible before coming down.

8) Jump to Safe Landing

Developing a safe landing form starts on a sturdy, safe surface about 60-90 cm above the floor. Then, have children jump and lessen the impact by bending their knees and rising into a standing position. Practice makes perfect—eventually, their landings will look and feel fluid.

9) Consecutive Jumps

Once little gymnasts are comfortable with landing, have them go for two! Jumping immediately after landing helps prepare gymnasts for advanced movements down the line. With the right amount of control, a child can spring into more than just a second jump: have them try three, four, or five jumps as they become more comfortable.

10) Forward Roll

Forward rolls are tons of fun and incredibly important for a gymnast's development. Children should start in a standing position, then crouch and place their hands shoulder-width apart on the ground. Then, they need to tuck their head, lean forward, and lift their hips to roll. A child should start by rolling onto their shoulders/upper back and end in a seated position.

11) Splits

Skilled gymnasts use splits in various leaps and jumps, so it's important to start working on these early. Children can improve the splits through a series of stretching and kicking exercises. They can try forward, back, and side kicks, where they keep their arms extended and chin up. These kicks should be as high as possible, but make sure your child remains comfortable. Have them perform kicks across the room, with about 10 repetitions, and then have them repeat this.

Some of the exercises are presented on **Figure 1**.

CONCLUSION

Properly structured training for gymnasts aged 5-7 is extremely important in order to maintain their interest in the sport and gradually develop the necessary qualities - strength, flexibility, balance, coordination, etc. The application of different approaches in this age group is aimed at reaching a larger proportion of children and making them love this beautiful and technical sport.

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