

USE OF PLYOMETRIC EXERCISES IN SWIMMERS UPPER EXTREMITIES MUSCLE SPASMS PREVENTION

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INTRODUCTION

Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports {1}.

Plyometric

The term Plyometric is descended from the Greek origin Pleythyein and Metric, which means analogy, and this is the ancient Greek concept of this term.

The importance of plyometric exercises is demonstrated by improving both the muscular and velocity elements that simultaneously appear in Explosiv Power

The purpose

It is to find plyometric exercises to help prevent muscles injuries especially the upper limbs swimmers and try using exercises to avoid

getting infected before it happens and enabling muscles to use their maximum without fatigue

MATERIALS AND MOTHODS OF RESEARCH

The pedagogical experiment was carried out during the year. Of the students there were selected 10 athletes aged 15–16 years of approximately the same physical development and sports fitness. Of these, two groups of 5 people were formed, one of which was experimental, and the second control. The experimental group was engaged in a specially designed plan, without violating the general principles of the pedagogical approach to the structure of classes, taking into account age-related features. There were increased the volume and intensity of training on land in the training program. In the control group, classes were held according to generally accepted methods, according to the swimming training program for this group of students.

The effectiveness of our experimental plans was evaluated by the dynamics of the sports performance of swimmers (according to the results of competitions and control trainings), as well as by changes in form functional indicators and performance at dosed loads during training on land.

THE RESULT

The study showed that exercises performed on land, contributing to the development of strength training of athletes by plyometric methods, increased the explosive and maximum strength of swimmers, as well as increased their level of strength endurance.

CONCLUSION

Studying the importance of various physical qualities, it was found that strength training in swimming is of great importance. So power training on land provides for the development of various types of power qualities: maximum explosive power and strength endurance. Plyometric training involves the implementation of several approaches (blocks), in each of which one exercise. It is carried out several times in a row with minimal rest. Between the approaches provides a short respite.

REFERENCES

- 1- "Most Mentioned Olympic Sport in 2004". www.topendsports.com.
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