Technical and Tactical Basics of Teaching Swimming to Preschool Children
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Abstract
Swimming has evolved and clan from the ancient past, the development of which was based on our avoids, who lived in wetlands (Sea, Lake and river banks). Because their livelihood is related to water, they have no choice without mastering skills such as scuba diving, and standing underwater for long periods of time, in addition there were always military marches, in which a number of different obstacles had to pass through the waters, which in turn required learning swimming skills.

Keywords: Diving, And Standing Underwater, Swimming In The Possibilities Of Military Daily

1. Introduction
With the initial state also swimming in the possibilities of military daily fasting. Sophocles, one of the founders of the Greek society, gave such instruction that in the process of raising young people, attention should also be paid to swimming. According to his great teaching – “anyone who does not know swimming along with reading” - he is considered an uncivilized person. That is why the ancient Slavs were extremely skilled swimmers.

According to the Chronicle, a Kiev swimmer reported an enemy invasion of Prince Svyatoslav by sailing across the Dnieper River in the 1680s, with the first “swimming training groups” established in the early 18th century. Peter I's service was great in these works. In the military educational institutions of Russia, it is mandatory to learn to swim among the main subjects. In yard II of the 17th century, the teaching of swimming in educational institutions became evolutionary. During this period, the Great Russian warlord A.V. In addition to the physical and military training of the fighters of Suvorov, he also paid great attention to their diving preparations. Because the skills of swimming came into the hands of during the night from the waters during military campaigns.

By the beginning of the 20th century, swimming schools began to take shape anew, and a swimming society was established. After the opening of the first swimming school in Russia in 1910 in Baku and Chernigov with the efforts of Shuvalov doctor Peskov near Petersburg in 1908, swimming schools in Nikolayev City were founded in 1914, and the Riga Society of swimmers in Riga in 1908. During the period 1923-1925, several scientific and practical works were carried out on diving techniques. In addition to taking classes, Gerkan developed a series of large-scale tutorials on the theory of practice of the sport of swimming.

1925-1930 was the period when only attention was being paid to the navigation of the sport of swimming in Uzbekistan. This was evidenced by the fact that the 15th place of Uzbekistan in 16 teams in the ISPARTAKIADA of the peoples of the USSR, held in 1928, was not yet given sufficient attention to the sport of swimming in Uzbekistan.

The history of the development of swimming shows: the improvement of swimming, like other types of physical education, is whole with the General Laws of development and the process of stages of development. With its increasing popularity, the growth of indicators in sports, the expansion of the possibilities of its application in various fields, the emergence of species and the constant introduction of innovations, swimming is growing at an accelerated pace.
History of the development of sports swimming techniques

The development of breaststroke techniques in the Krol method. Breaststroke - it is one of the quick and popular ways to swim. This method is allocated to 8 individual premierships and 2 relay events per 10 rounds according to the Olympic program.

In many countries, breaststroke is included in the primary education and general swimming program regardless of which swimming method they choose when training athletes. Swimming in the breaststroke began to be used as one of the main methods of swimming at the beginning of the 20th century.

Australian swimmers were the first to use the completed breaststroke variant at the 1908 and 1912 Olympics. They used the technique of the four-and two-stroke method of swimming in the breaststroke. In this, the swimmer differed in that he kept his head above the water level, was quick and short by bending his arms from the elbow, and strongly depressed by his paws, bending his legs from the knee (in which the thighs are cosigned and motionless).

The girls were able to improve Kroll's two-stroke swimming technique. They increased World results, sailing at 800 m and 1,500 m respectively. Unlike females, not a single conspicuous male representation was found in Kroll's two-stroke technique until long years. Only in the 1973 World Cup was the 14-year-old Australian junior S.Holland used this technique, only. There was not a single athlete using the six-stroke method among the winners of the freestyle swimming according to all eight individual musotfaca programs at the Mexico City Olympics. "At the Munich Olympics, athletes who used the six-stroke cross country won the pole. Of these, 8 were race winners, including five gold medal winners (relay not counted). The winner of two relay races in the men's freestyle from the USA team was M.Teyler applied Kroll's 4-stroke method. All other athletes swam with a 6-stroke krol. Even M.Taylor also switched to a 6-stroke, method at the finish line of the 200 m. A similar case was returned at the 1973 Belgrade World Cup. The only winner here is the Italian woman N.Colligaris competed in both the 800 meters and the Australian S.Holland used a low-stroke technical variant of the Kroll in the 1500 meters. In Munich and Belgrade, most athletes who used Kroll's two-and four-stroke variant won silver and bronze medals. The development of the technique of back swimming in the Krol method.

2. Materials And Methods

Backstroke swimming was first introduced to the program at the 1904 Olympics. This method also allowed women to compete from 1924. The Olympic distance for men and women was 100 meters. During the 1964 Tokyo Olympics, the men's 100 meters was changed to 200 meters. Beginning with the 1968 Olympic Games, men and women began competing in the 100 meters and 200 meters over two distances. The emergence of the technique of backstroke swimming in the modern krol method led to the death of the 1936 Olympic champion, American A.Kiefer, Japanese swimmers, mastered the active movement of the foot and the flat posture of the torso.

Former Soviet athletes A.Alyoshina and N.Borisov had mastered the techniques of backstroke swimming in the pre-war krol method. In 1935, their performance in the 400 metres was above the world mark of 6.07.2 and 5.24. 3. In the post-war years, backstroke swimming began to improve. Many swimmers began to bend the arm from the elbow joint after the 1948 Olympics (the arm only bends and adjusts in the second half of the rowing), which increased the speed of swimming.

3. Results and Discussion

Information about the Brass method

Brass showed up at the games of the III Olympiad (St. Louis 1904) as a method of swimming to Independent Sport. Swimming in the 100m in the same way was included in the 200 mercy at the IV Olympiad and in the XIX Olympic Games program. The history of the development of the technique of swimming in the Brass method consists of three stages: the first stage (1904–1935) I did not consider that foot movement was more effective than hand movement. To increase the effect of foot movement, it is necessary to write them as wide as possible and bend them from the knee joint Stavsied. The gait was performed by moving the hands on a side, horizontal surface with a wide inscription without bending. In general, the special execution of the Coordination of foot and hand movements (the legs are combined after the handshake movement) is characterized by a short pause (gliding) and breathing during the rowing.

In the early 1930s, swimmers in the brass method demonstrated the basic elements of the classical style. It is characterized by the horizontal position of the torso, active operation of the arms, the ability of the legs to hear in a circle in the back direction, and breathing at the beginning of the movement of the
armhole. Due to the lack of improvement of the racing rule, the technique of elements such as rowing with the hand to the thigh, carrying the arms out of the air came into being.

In the second stage of the improvement of the technique of swimming in the Brass method (1935-1953), a new swimming method "batterflyay" came into being. As a result, the front brass remained unpromising.

After attending the first week of Dr. John Mullen's pre-school swim training, he visited a friend who was a pre-school child. He watched them play and was amazed at how they differed with the way the children played, the way they communicated with them, and more. From that day on, Mullen experimented with a new approach to pre-school swimming.

**Early education experience**

Mullen's early pedagogical experience included children who did not start bathing classes until the age of five or six.

All the swimming courses she studied during 1982-1993 were for children aged five years or older.

Mullen moved to a new area of the country in 1993 to find a high demand for the education of young children, so he began to educate children between the ages of three and four. He did not know where to start, except to teach three-and four-year-olds what he always taught to older children. Despite her success, she did not take long to understand that she needed a better approach to studying preschool education.

To teach pre-school swimmers swimming activities, the following are included:

**Learn like reading; Let's play to learn Children**

Unlike exercises, use activities that teach skills. Engaging young readers by using their imagination. Also, be exciting and invigorating with the laughter of your readers when you have fun and interesting information.

Mullen would never forget Benjamin Foyle when he trained in the summer of 1994.

Fogler's father, Eddie Fogler, was the head coach at the University of South Carolina. Antrenör Fogler, Mullin'in, learned to teach Ben to use an activity called "Animal Rescue". Mullen Ben and his two other students noticed that they were rescuing fish, ducks and frogs surrounded by red, plastic fire hats.

**4. Conclusion**

- It The students fired siren voices, touched the noise, rescued it, and made it safer towards the pool.
- Although each student turned around to save several Bony creatures and turned around, Mullen expressed interest in moving from child to child, manipulating his legs to praise and educate them. Mullen never forgets what Coach Fogler said at the end of the class, "senior class, Antreneur.
- Did you come up with this?"
- Use Cues and Buzzwords
- The first way a schoolboy can teach swimming is on his face in the water. As soon as a schoolboy swims on the surface of the water, there are three things that matter:
  - 1. The child must hold his breath.
  - 2. The child must carry out an air exchange so that he can breathe and continue to swim.
  - 3. The child can be immersed in water through the plane, since the hands are almost insignificant, and he is ready to apply free style if the dog does not make small. If the dog is small, then in front of his face, in front of his face, the hands should move quickly so that he does not get out of the water. Running skills should be taught only after the child holds the breath in a horizontal position for three to five seconds. Next, it is necessary to swim from the surface of the liquid surface or use a pop-up or rollover breath.
- With these three points in mind, designer commands and drawn words to teach the general idea of these skills:
  - Breathing: phrases used to "roll a balloon" or simply "hold your breath".
  - Air exchange: "let the air out of your mouth, blow your mouth and blow your nose" is a good use Target. Alternatively, say: " raise the air, turn it off."
  - Sewing: "quick stitch" or "small, quick throw" are easily used words.
  - The exchange of face and air: here the combined phrase "Breathe and swim" works.
  - The bottom line is that it is best to avoid details when training preschoolers. Focus on what will help young students to successfully complete their skills.
- Complimentary correction of schoolchildren

Available online at: [https://jazindia.com](https://jazindia.com)
- Sandi corrections with your compliments and compliments. Young children can be very upset. Maintain a positive reinforcement of the educational environment.
- Their efforts, hair, smiles and large muscles.
- Use the Kinesthetic Feedback function
- Most young people learn well as they feel (kinesthetic reactions). One of the best techniques for training preschoolers allows you to feel "small, fast kicks" when maneuvering their legs through moving patterns.
- Visually improve kinesthetic feedback. By combining with methods, another method also works. Schoolchildren think it's funny when you show them the right way, showing them too wrong and then showing them the right way again. For example:
  - A good little, quick kick show.
  - Let me see the bad then. Make them very bad and exaggerate it to make them laugh.
  - To strengthen what the child wants, give a hint once again. Combined with kinesthetic feedback, this method works very well.
  - Move the legs so that they are flat, then maneuver the legs, so it is very bad and then maneuver the legs, straight again. This method works great.

References: