

## Stages of Formation of Movement Skills

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**Annotation:** This article discusses the stages of movement skills formation and how to teach movement during sports training. Correct organization of the stages of formation of movement skills serves as a foundation for athletes to achieve high goals.

**Key words:** Skill, Automatization, Irradiation, Phase, Nerve Center, Differentiation, Actions are dynamically stable and automated.

Three phases are mainly distinguished in the formation of movement skills: Irradiation; Concentration; Automation.

The irradiation phase is characterized by the spread of the excitation process to many parts of the central nervous system. As a result, muscles that are not involved in the occurrence of a certain movement are also involved in the work. In this case, it is difficult to perform the movement, it takes a lot of time and leads to rapid fatigue.

The irradiation phase of the formation of movement skills is observed in people who have just started playing sports, who have started to learn a profession. In such people, an exercise performed by moving only one hand, for example, learning to write in first graders, is performed by tensing several muscles of the body in addition to the hand muscles.

So, in the irradiation phase, the excitation process does not occur only in the center of the muscles involved in a specific movement, but it irradiates (spreads) to most parts of the central nervous system. The concentration phase is represented by the concentration of the excitation process in the corresponding nerve centers as a result of repetition of the exercise. In this second phase of movement skill formation, differential inhibition (differentiation of similar effectors) develops, and the excess muscle center that is not needed for a specific movement is inhibited and the muscle is removed from work, that is, the excitation process is directed to the muscle center that is directly involved in the execution of the movement. is collected. In addition, the phase of concentration and the dynamic stereotype of movement begin to form. As a result of repeating the exercise, a dynamic stereotype of the movement of a certain order system of the conditional movement reflex begins to emerge. In this phase, the movement becomes more defined, the performance is easier, and the energy consumption is reduced.

Repeating a movement many times, especially in the same form, leads to the automatic performance of the movement skill, which is the third automatization or stable phase of skill formation.

By the phase of automation, we understand the refinement of the dynamic stereotype of the movement, which began to form in the second phase, and the automatic execution of the movement by itself. When performing automated actions, energy consumption is economical and productivity is high. In addition, such actions are performed under the control of the cortex of the cerebral hemispheres, with the participation of its lower parts.

At the third stage of the skill of movement, such a form is given, in which the interfering reactive forces, which derail the movement, turn into a large number of useful forces when deviating from the correct direction of the movement, and strive to direct the movement in its direction. This form of

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movement is based on a previously formed dynamic stereotype, and such movements are called dynamic static and automated movements.

At all stages of skill formation, qualities of movement such as strength, speed, agility and endurance play a certain role. Each movement is characterized by the interdependence of these qualities that determine the characteristics of movement activity.

Automatic movements under the control of the cortex of the cerebral hemispheres can be observed in a person who has been typing for many years or in a highly skilled athlete. If a typist has a lot of experience, he can write without looking at the letters of the machine, even while talking to the person next to him, but as soon as a letter is written incorrectly, he stops typing quickly and either corrects the error. Similarly, a highly skilled figure skater will notice the mistakes he made during the exercise and will receive a lower grade in advance.

The optimally activated parts of the cortex of the cerebral hemispheres work on improving the technique of movement during the performance of certain movements, improving it, forming new methods of exercise, that is, the athlete thinks about improving it during the performance of an automatic movement walks

For example, figure skating, due to the fact that exercises performed according to a certain program are regularly performed, a detailed dynamic stereotype of movement is formed in them, and the skill of movement becomes automatic. In addition, the figure skater constantly thinks about improving the exercise, which plays an important role in the development of the skill.

Thus, movement skills turn into automatic movements as a result of repeating the same many times, and such movements are performed and developed under the control of the cortex of the cerebral hemispheres.

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