



## THE BASES OF COMMAND FORMATION IN ROWING

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**Tayanch so'zlar:** eshkak eshish jamoasi, sport jamoalarining tasnifi, eshkak eshish ekipajining biomexanik tuzilishi.

**Ключевые слова:** команда в гребном спорте, классификация спортивных команд, био-механическая структура гребного экипажа.

**Key words:** command in rowing, classification of teams, biomechanical structure of rowing crew.

Introduction. When the phrase “team sports” is uttered, a parallel is usually drawn with game sports. However, L.D.Gissen (1976) noted that “team spirit” in rowing is completely special, it cannot be compared with teams in team sports (some there is an analogy only in cycling – tandem racing). Since the rowers included in a single system of movements, it is extremely difficult to assess the effectiveness activities of one rower isolated from the team[1].

This seemingly simple idea has not been developed and requires analysis. “Teamness” in rowing undoubtedly differs in external and internal character, despite the fact that in both rowing and gaming groups the main goal is team the result that a socially organized group of people strives for.

If aspects of team boat manning related to biomechanical component, they require selecting rowers with more or less similar properties (close in physical, technical, tactical and theoretical preparedness) [3, 4, 6], then psychological preparedness and mental states may be different for rowers of the same crew. This depends, first of all, on various requirements for positions in a command boat (rower, number one rower, helmsman, “engine room” rowers) [2, 5, 7], that is, from role distribution. This significantly differs rowing in a crew from other team sports (playing games): there is a role distribution, but athletes perform the same physical actions at every moment of time.



Team sports are characterized by a clear distribution of roles, to which their motor functions are often subordinated: “we are one team, we have common main goal, but everyone performs their own distinct actions in any moment in time, the viewer sees it, it is possible to show your individuality, and There are even calculations and ratings of each player (who scored more, who was more active, who led the team to victory), the viewer knows individual players by name.”

Rowing crews are characterized by a hidden internal structure: “we are one team, connected in a system, the viewer evaluates us as a single whole and waits for our common result. We have distributed functions in the team, but even fulfilling the roles rowers of different numbers in the crew are more organizational and psychological, than technical-motor character. The contribution of an individual crew member to the final it’s almost impossible for the viewer to evaluate the result.”

Thus, the distribution of functions in the rowing team is more of an organizational-psychological nature than a technical-motor one. We tried to substantiate this position empirically.

Research methodology. 2 groups of rowers were studied. The experimental group consisted of athletes from the initial training group of 2 years of training, training for years in one composition (two fours and a two) and having an established structure inside the crew. The control group consisted of athletes of the same age and qualifications that do not differ significantly for all types of training, but are randomly collected into subgroups (two Bs and Ds), who have not worked before together in this composition.

The subgroups were asked to perform 4 simple, from a technical-motor point of view, exercises, but requiring a certain level of organization: joint movement of loads, “coupling” exercises in columns and ranks.

In these exercises, athletes must unite into a certain biomechanical system and clearly perform the same actions. With the same movements in every moment of time it is necessary to quickly focus on creating an internal role structure (who will lead the column, who will set the pace and direction of the exercise, create consistency between all members subgroups).

When performing each exercise, 2 indicators were quantitatively assessed:

1) time from the moment the task is announced to the beginning of its organized execution (to confident movement with a load in a certain direction, to taking the starting position and the beginning of coordinated actions in other exercises), in seconds;

2) quality of task completion according to a 5-point system (1 – the task could not be completed completely, 2 – the task was completed with a lack of synchronization, with breaks in the biomechanical chain, 3 – the task was completed with significant deviations in synchronization, 4 – the task was completed with minor shortcomings, 5 – the task was completed correctly, quickly, accurately, synchronously).

Research results. Rowers training in the same crew spend significantly less time to organize the execution of tasks that require joint problem solving than rowers of random subgroups,  $P < 0.01$  (Student’s t-test was used for independent samples having a normal distribution). Rowers training in one crew perform tasks for joint interrelated activities significantly more effectively than rowers of random subgroups,  $P < 0.01$  (used Wilcoxon test for independent samples) (Table 1).

**Table 1**

**Performing joint actions by rowers training in the same crew, and random subgroups**

№	Indicators	Experimental group (n=12)	Control group (n=12)	P
1	Time for organization joint actions (t,s)	10,83±1,11	26,17±2,76	$P < 0,01$
2	The quality of joint actions (5 point system)	4,58±0,15	3,33±0,26	$P < 0,01$

During observations of the exercises, it turned out that the rowers, united in pairs, coped with the task faster and easier than the rowers of fours, and resolved the issue of leadership and subordination more quickly.

Athletes training in the same crew, when organizing joint tasks, they used the role-playing scheme of their team - they controlled the actions, as a rule, the rower, who was the leader. This was not the case in random subgroups. By the fourth task, the athletes, united into random subgroups, looked already more confident and noticed themselves that they simply did not have enough communication together and work in exactly this composition, which may indicate a possible training effect

rowing crew structures.

The rowers of the formed crews sought to subordinate their relationships to the main goal - the quick and precise execution of the task, for which, without saying a word, they managed to organize themselves. The rowers of random subgroups were so carried away the problem of internal consistency and



organization when performing a simple task, that the motor part faded into the background for them.

Thus, a correctly selected or formed socio-psychological structure during the training process speeds up the solution of a number of main training tasks.

Based on the data obtained, it can be concluded that rowing crews being unified biosocial and at the same time biomechanical systems, have a special density of socio-psychological climate compared to other team activities.

Among the sports with similar relationships based on biomechanical commonality, I can only remember two - tandems in bicycles and bobsleigh (luge), where there are also twos and fours.

Conclusion. Speaking about the rowing crew, it is necessary to imagine the unity of its biomechanical and socio-psychological structures.

Speaking about “team building” in rowing sport, it is necessary to consider together a number of the following questions:

- The rower in the system of social connections, the socializing function of the rower sports. The place of rowing crews in the classification of team sports.
- Staffing of team boats (stages, criteria, seating features and so on.).
- Single rower and team rower (differences in the technique of team and single rowing, in the requirements for the physical and moral-volitional training of team and single rowers, etc.).
- Organization, content and methodology of educational and training work in combined teams.
- Creation of club and regional teams (goal, objectives, organization, control).

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**РЕЗЮМЕ**

Maqolada eshkak eshish sport turlari bo'yicha jamoalar va o'yin sport turlari bo'yicha jamoalar o'rtasidagi farqlar muhokama qilinadi. Eksperiment ma'lumotlari bitta ekipajda mashq qilayotgan eshkak eshuvchilar tomonidan quruqlikda qo'shma harakatlarni muvofiqlashtirishning rivojlanish darajasini ko'rsatadi. Sport jamoalarining ijtimoiy-psixologik tabiatiga ko'ra sport turlarini tasniflash taklif etiladi.

**РЕЗЮМЕ**

В статье обсуждаются отличия команд в гребном спорте от команд в игровых видах. Приводятся данные эксперимента, показывающего степень развития согласованности совместных действий на суше гребцами, тренирующимися в одном экипаже. Предлагается классификация видов спорта по социально-психологическому характеру спортивных команд.

**SUMMARY**

The differences of commands in rowing from commands in game kinds are discussed. The data of the experiment showing degree of development of coordination of joint actions on land by oarsmen, training in one crew are given. The classification of kinds of sports by socially-psychological character of teams is offered.