

# Training Mode and Development Strategy of Amateur Gymnastics for Teenagers

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**Keywords:** Amateur gymnastics; Training mode; Development strategy

**Abstract:** At present, the scale of domestic amateur gymnastics development is relatively small, mainly reflected in the number of participants, the number of coaches and the scale of venue facilities, and has not yet formed a combination of commercialization and marketization of gymnastics. In terms of funding sources, the source is reflected. The channel is narrow and relatively single. Due to the serious shortage of funds, the facilities and equipment of the amateur gymnastics training venues could not be updated in time. Most of them were relatively old, and some places could not perform amateur gymnastics training, which seriously hindered the training. This paper proposes a series of corresponding measures for the current situation of adolescent amateur gymnastics training. Pay attention to the cultivation of athletes' cultural quality, promote the all-round development of athletes, strengthen the construction of coaches, improve the overall quality level of amateur gymnastics coaches, and strengthen the publicity of channels to enable young people to correctly understand amateur gymnastics.

## 1. Introduction

Through more than ten years of hard work, with the development of national economy, culture, science and technology, China's amateur gymnastics training has gradually formed a certain scale [1-2]. From the original main transportation layer of sports reserve talents, mainly amateur sports school as a three-level training network, gradually shifting to traditional project schools and social clubs, and will gradually develop into a high-level gymnastics base in China, which is perfect for China. The four-level training network plays a facilitating role [3-5]. This also explains to a certain extent that the amateur gymnastics training in China is gradually popularizing the direction of mass sports. However, the scale of amateur gymnastics training in China is still not optimistic [6-8]. Specifically, it can be reflected in the development scale of the amateur gymnastics training level, the source of funds, and the venue facilities [9]. In the process of training, the management system has not been gradually improved, and the construction of advantageous projects has been promoted to the maximum extent, the effectiveness of training has been strengthened, and the results of competition have been rigorously [10-12]. It can be said that the management of amateur sports schools is an important factor restricting the development of amateur sports schools, and it is especially important to achieve scientific and effective management to establish a correct system.

## 2. Youth Amateur Gymnastics Training Mode and Development Trend

### 2.1 Definition of Adolescent Amateur Gymnastics Training.

Amateur gymnastics training means that the trainees participate in the basic skills of gymnastics

in their daily work, and master the skills and knowledge of such skills. After reaching a certain level, they are selected through competitions and other forms to meet the requirements of modern gymnastics development and in coaches or organizations. Under the leadership of the organization, conduct organized, planned, step-by-step, scientific study or training, and acquire the skills or skills of modern gymnastics to achieve excellent results in participating in gymnastics competitions. In China, the amateur gymnastics training group is the starting point for the cultivation of high-level athletes in China, and it is also the lowest level of the third-level training network in China, which is the third-level training layer. Its training forms mainly include amateur sports schools, traditional project schools and clubs. The training of gymnastics participants in these institutions transports a batch of outstanding athletes to provincial teams, colleges and universities, and the national team, and has the opportunity to represent the country in international gymnastics competitions.

## **2.2 Management Mode of Adolescent Gymnastics Amateur Training.**

At present, the phenomenon of heavy training and light management of domestic gymnastics amateur training is more serious, which not only hinders the development of amateur training in China, but also hinders the healthy growth of children. From the perspective of the training system, some schools have incorporated the training and management of the provincial gymnastics team into the school. This is a combination of the school and the sports team. It has got rid of the mode of single physical management and training. The gymnastics team under the leadership of the college is from the province. The gymnastics team and the gymnastics team of the vocational college were merged to realize the management mode of centralized training for the youth group and the children group. At the same time, the Provincial Sports Bureau also requires the establishment of gymnastics teams in various states to ensure the input of sufficient reserve talents for the future. However, the gymnastics training in Yunnan is implemented by the head coach responsibility system under the direct leadership of the Provincial Physical Education Institute. The physical gymnastics team took up the provincial gymnastics team for a short time, the provincial gymnastics team has not moved all the way, and the first and second-line athletes still have a lot in the Tuodong Gymnasium. Training is not conducive to the unified management of the whole team, which hinders the communication between leaders and coaches. At the same time, we can see that this type of school lacks a gymnastics management center compared with other gymnastics provinces. Coordination and management.

## **2.3 Youth Amateur Gymnastics Training Mode and Development Trend.**

Sports school has always been regarded as the blue of the cultivation of amateur sports talents in China, and it is the main training mode for amateur amateur gymnastics. This traditional talent training model has produced a group of excellent gymnasts. The long-term development makes this training model more in line with the current training goals and needs of amateur gymnastics, but the current development status of various sports schools Look, this training model has only maintained its current state and has not achieved good development and new breakthroughs. At the same time, the research data shows that coaches generally believe that the training of excellent competitive gymnasts is not only to achieve excellent sports performance, but the overall quality of athletes is more important. The advantage of the "sports and education combination" training model is that the focus is not on how many athletes can be cultivated, but on improving the overall physical and athletic ability of adolescents. Numerous literatures have shown that the "sports and education combination" model has the advantage of cultivating talents for all-round development, and is an ideal training model for adolescent competitive gymnastics.

# **3. Analysis of the Current Situation of Amateur Gymnastics Training for Teenagers**

## **3.1 Facilities and Equipment for Amateur Gymnastics Training.**

Site facilities are an important logistical guarantee for the popularization and improvement of amateur gymnastics training in China, and the material basis for training and transporting high-level

gymnasts. Whether the site facilities system is complete or not directly affects the improvement of sports skills of amateur gymnastics trainers. Therefore, Whether amateur gymnastics schools, traditional project schools or clubs, having a complete set of gymnastics training facilities is the most basic guarantee to carry out amateur gymnastics training. At present, amateur sports schools, traditional sports schools and clubs in most provinces of China have some complete gymnastic training venues and related equipment and facilities. However, for schools and clubs with gymnastic training venues and facilities, the equipment is relatively backward, which can not meet the needs of amateur sports training. In some places, even the most basic training can not be guaranteed. Some Amateur Gymnastic schools can only go to nearby traditional sports schools and gymnastics because of the serious lack of gymnastic training venues and facilities. Gymnastics training is carried out in stadiums and gymnastics venues and facilities are relatively advanced in some places, but the excessive pursuit of interests leads to insufficient support for amateur gymnastics training. For the traditional project schools, gymnastics training facilities are basically available, but they are almost out of use, because no one participates in the training.

### 3.2 Amateur Gymnastics Training of Adolescent Students.

The establishment of a young amateur athletics is a multi-faceted systematic project. For adolescent amateur gymnasts, their physical condition and future potential level are related to the smooth establishment of sports. Establishing and long-term development, but also directly related to the sports team's work, a young amateur athletics is a multi-faceted systematic project, and for adolescent amateur gymnasts, their physical condition And the potential level of the future is related to the smooth establishment of the movement and the long-term development. It is also directly related to the development of the sports team. Therefore, when setting up the gymnastics team, all levels The leading departments of sports in the provinces and cities must seriously consider. The source of adolescent amateur gymnastics players, at present, limited sources, he can not be like the student athletes of many colleges and universities, according to the regulations of the Ministry of Education, national enrollment, the grassroots sports teams of the amateur gymnastics team are based on The strength conditions of the school and even the economic conditions are determined. Therefore, the development process of amateur gymnastics has emerged. The gymnastics reserve talents in big cities are still ok. Many excellent potentials will take the initiative to train in big cities, and the source of competitive gymnastics reserve talents in small cities will be broken. In the long run, it will inevitably lead to a stronger stronger and weaker weaker.

### 3.3 Structural Analysis of Amateur Gymnastics Coaches.

As we all know, with the development of sports, a sports team has a close relationship with its coaches regardless of their performance. Coaches play an increasingly prominent role in modern competitive sports. Therefore, we investigate the coaches and assistant coaches of amateur youth gymnastics teams at all levels. The coaches of juvenile amateur sports teams are different from those of adult sports teams. On the one hand, they should be responsible for strict training, on the other hand, they should also be responsible for the supervision and care of the daily life of the small players. Therefore, it requires the coaches to have higher energy. At this time, the age advantage of the coaches will be highlighted, and the young coaches will inevitably be. Experience is more adaptable, and older coaches will appear inadequate energy, thus affecting the healthy growth of athletes. Therefore, in view of the age of coaches, the coaches and assistant coaches of juvenile amateur competitive gymnastics team were investigated, as shown in Table 1.

Table 1 andom survey of age distribution of gymnastic coaches in a university

Age group	Number	Percentage
Under 30 years old	8	44.4%
30-40	5	27.8%
40-50	3	16.7%
Over 50 years old	2	11.1%
Total	18	100%

From the results of the investigation, we can see that this is in line with the current training situation of amateur youth gymnastics teams, because the characteristics of competitive gymnastics training determine that on the one hand, coaches need to have certain physical strength and energy, but also have certain training and team-leading experience, so the two age stages are lack of one side. Face, we need to pay more attention.

#### 4. Development Strategies for Adolescent Amateur Gymnastics Training Mode

##### 4.1 Construction of Adolescent Amateur Gymnastics Training Mode.

At present, the reserves of young amateur gymnastics reserve talents are small, and the cultivation is lack of science, professionalism and innovation. As shown in Figure 1. These three combined to build adolescent amateur gymnastics training mode is a clear direction for the rapid development of gymnastics training. Based on the current status quo, we should consider the successful experience of domestic advanced provinces and cities, use the school as a base for amateur gymnastics training, and establish a level of amateur sports school for the amateur sports school. The training system of various amateur sports schools gradually incorporates amateur sports schools into the traditional project schools of the education system. While promoting the development of school sports, it also laid the mass foundation for amateur gymnastics training, giving full play to the respective advantages of schools and professional sports teams, and improving the quantity and quality of reserve talents for amateur gymnastics. At the same time, it is necessary to increase the propaganda of amateur gymnastics projects and enhance the influence of amateur gymnastics projects among the masses in order to expand the mass base. While learning from the advanced experience at home and abroad to perfect the existing amateur gymnastics training mode, it is necessary to continuously explore the amateur gymnastics training mode that is more suitable for the actual situation, so that the training of amateur gymnastics in our province becomes more scientific and more efficient.

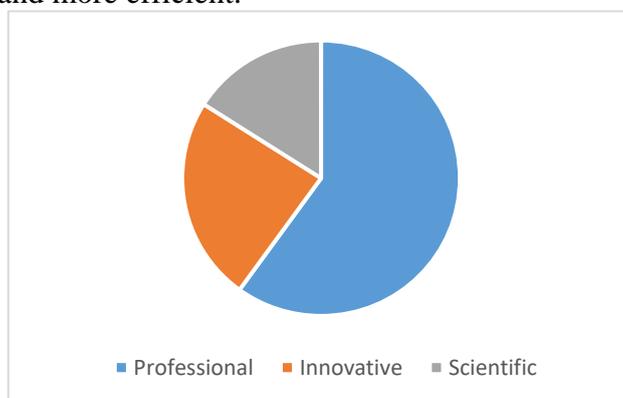


Figure 1. Outh amateur gymnastics training

##### 4.2 Strengthen the Construction of Coaches.

Coaches are the direct organizers and managers of sports training. They bear the important tasks of cultivating athletes, and play a leading role in promoting the all-round development of athletes, improving the athletes' technical level of sports, and achieving the goals of sports teams. According to the current situation of the amateur gymnastics coaches, the opportunities for coaches should be increased, and organized and targeted coach training should be carried out. In particular, the undergraduate qualifications should be educated to ensure that the coaches can have a bachelor degree. The true level and ability to further improve the coach's academic qualifications and coaching ability; at the same time improve the existing related supporting policies, establish good living and working conditions, enhance the coaches' remuneration package, create a set of attractive talents and be able to Retain the talent incentive mechanism, hire some excellent coaches; establish a coach training and selection system, qualify the coaching ability, survive the fittest, promote the

overall ability of the coach team with benign competition; strengthen communication between coaches, To form a good cooperative relationship within the coach team, we must also pay attention to the exchange of experience between the coaches of the province and the coaches of other provinces and cities nationwide, learn from each other's strengths, and improve the overall quality level of the amateur gymnastics coaches.

#### **4.3 Improve the Structure System of Youth Gymnastics Training.**

In order to maintain a high level and a long-lasting success, an amateur project must not only follow the development rules of the project itself, but also do a solid job of training the reserve talents and echelon construction. Judging from the current situation of adolescent amateur gymnastics training, the mass amateur gymnastics foundation is poor, and the grassroots amateur gymnastics training is less valued. First of all, it is necessary to strengthen the training of second- and third-line grassroots amateur gymnasts, and expand the amateur gymnastics population. The good connection between the second and third-line athletes ensures the stability of the "pyramid" structure system for amateur gymnastics training. Secondly, it is necessary to strengthen the training of children's basic gymnastics to ensure that athletes have sufficient quantitative basis in material selection. At the same time, the development of the "sports and education combination" training mode, the integration of amateur gymnastics training into primary and secondary schools and kindergartens, the establishment of a school-based youth amateur gymnastics training system.

#### **5. Conclusion**

To vigorously develop the gymnastics cause, we must first define the manager's goals, optimize the management methods, boldly promote outstanding young coaches, maximize the promotion and organization of youth-related competitions, encourage young people to participate, and give certain The care policy paves the way for the road to success for young people. Only in this way can the long-term development of the gymnastics cause be achieved.

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