INFLUENCE OF STATE DYNAMIC EXERCISES ON EXACTNESS IMPLEMENTATIONS OF MOVEMENTS FOR DANCERS 8-9 YEARS

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Sport dances, being characterized by complicated coordination of execution of compositions, make great demand to forming at occupying to exactness of movements. On the stage of initial specialization sportmen-dancers perform two programs: European and Latin American, and each of them have different requirements to the neuro-muscular coordination dancer. It should be noted that the basis of dancing European programs lies stereotype of static muscle work, while for Latin dance is characterized by dynamic. In this connection, in the process of preparation of young dancers must be taking into account the specific of both programs purposefully to form the certain stereotype of work of muscles, allowing to promote their technical preparedness.