

IMPLEMENTATION OF SPORTS TRAINING IN THE PROCESS OF PHYSICAL CULTURE

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Annotation: *sports training can be said to be a separate, specific, complex branch of Physical Culture, and it requires many years of scientific, creative and practical work. Sports training is a continuous process, which is the demonstration of high physical and mental abilities that arise as a result of the mutual work of a coach and an athlete over 8-10 years in a competitive environment.*

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Sports and athlete training is a pedagogical process carried out on the basis of many disciplines, relying on scientific, theoretical and methodological laws, which first of all implies the solution of goals and objectives aimed at shaping a perfect person. Training of athletes is carried out through sports training.

Sports training is a process of pedagogical and specialized physical and mental improvement aimed at achieving high results in the chosen sport.

The purpose of sports training is to achieve the highest possible level of training for this athlete and sport, as well as to demonstrate high harmonic, mental, moral and mental abilities in the conditions of the competition.

In the process of training, the following main tasks are solved:

1) to deeply train the techniques and tactics of the chosen sport and ensure that it is mastered by young athletes;

2) develop physical abilities and bring them to the level of necessary qualities;

3) strengthen the functional capabilities and health of the body of athletes;

4) purposefully educate mental, moral-volitional qualities that ensure a high concentration and mobilization of athlete actions during training and competitions;

5) to improve the achieved level of athlete training and to carry out its demonstration in competition activities;

6) provide the necessary theoretical knowledge and practical experience to successfully conduct training and competition activities.

The listed tasks of the training are carried out in one way, harmoniously. The main tasks of any training are checked in detail depending on the periods and stages of training, the level of training of athletes, individual characteristics, skills, features of the sport and a number of other factors.

Each of the training tasks is solved in a consistent way, that is, in the conditions of requirements for athletes and increasing. As a result of solving these tasks, a corresponding level of athlete training is ensured, which indicates its readiness for high sports results.

There are some features of sports training:

◆ orientation of a particular athlete to achieve the highest result in the chosen sport;

◆ minimum limit duration and regularity of training;

◆ multi-year planning according to certain laws;

◆ consistent increase in training loads;

◆ the leadership role of the coach in the conditions of sufficient independence of the athlete and his creative approach to the training process;

◆ active influence on the entire life path of the athlete (agenda; influence on personal life, choice of profession).

Sports training tools are various types of physical exercises that are formed taking into account the characteristics of the chosen sport, which are

divided into four main groups: generalizer, assistant, special training and competition exercises. With them, it is possible to raise the level of sportsmanship of athletes.

Exercise is considered the main tool of physical education, with the help of which a clear, purposeful effect is exerted on the athlete's body, as well as with them, conditions are created for the effective organization and conduct of training and training classes, in the process of which health-improving, educational and educational tasks are also solved. Auxiliary means of sports training include: depending on the natural environment, medical - biological, mental and material and technical conditions.

Comprehensive exercises contribute to the comprehensive functional development of the athlete's organism. They can correspond to the characteristics of the chosen sport and at the same time be in a certain conflict with it, solving only problems of comprehensively harmonious physical development.

The composition of universal exercises can include: exercises from sports gymnastics (various movements of the arms, legs, with the object, without the object, with a partner and without a partner, where and in motion), athletics, sports games, acrobatics. These are actions that affect the athlete in different directions, contribute to the development of a complex of physical qualities, and also form various skills and skills. They include:

1. Exercises that are specific to their own sport, but differ from it in the mode of activity of the body, ways of performing movements and conditions. For example: in swimming - swimming without using the method of competition, jumps performed in different ways in a jumper.

2. Exercises typical of other sports.

The range of general training exercises is quite wide and diverse. When choosing them, the following requirements must be observed: a) the exercise ensures the comprehensive development of the athlete; B) reflect the characteristics of the sports specialty and other. Universal training should also have a positive effect on the development of quality and skills, which indirectly

affect the formation of special characteristics of the athlete. In other words, with them it is necessary to create a foundation for improving one or another sports activity.

Universal exercises in sports practice:

1) to form, strengthen or restore skills and skills of auxiliary importance in the improvement of the athlete from a sporting point of view;

2) to raise the overall level of performance of the athlete or to maintain in one meior;

3) to create a functional foundation for the purpose of specializing and developing physical qualities;

4) active rest is used to accelerate the recovery processes in the athlete's body at Movement loads, to eliminate one meticulousness of training.

General training exercises are a means of general training of an athlete. It is of particular importance in sports where auxiliary means are scarce, training is, in a certain sense, meiorly (gymnastics, weightlifting, running), that is, competition exercises are considered the main means of training.

Auxiliary exercises include actions that create a special foundation for later improvement in one or another sports activity. This group of exercises includes tools that help the athlete develop speed-strength qualities during work on the trainer and other devices. Also used are tools derived from other sports and aimed at increasing the aerobic and anaerobic capabilities of the athlete (cross-country running, rowing and b).

Special training exercises occupy a central place in the training system of qualified athletes. These are movements that are much similar to competition exercises from aspects of Hara - Kats harmony, structure, spatial, space – time, rhythm and energetic descriptions, neuromuscular tension, greater manifestation of physical abilities. For example, among the special training exercises of the runner, run on the incisions of the selected distance; in gymnasts-to perform elements and links of competition combinations; barbell pulls or sit - ups with the

barbell are similar exercises; in players with and without the ball, separate, group and team movements and combinations are included.

The selection of special training exercises is determined by the characteristics of the chosen sport, so the range of such exercises is usually relatively limited.

It should be borne in mind that special training exercises are not the same as the chosen sport - otherwise there would be no point in applying them. Their selection and foiling are carried out in such a way that it is necessary to ensure a targeted and stratified effect on the special physical abilities and techniques of movements necessary for the athlete.

Depending on the task of special training exercises, they are divided into the following types: a) training - mainly aimed at mastering the technique of movements; B) developing - more focused on the development of physical and mental abilities; C) mixed (combined) - exercises aimed at simultaneously developing both qualities and techniques of movements. Such classifications, of course, are to some extent conditional, since the form and content of the activity of the movement is the only one. But there is no point in this either, because the form of training exercises stands close to the technique of the chosen sport, while developing exercises are usually associated with much more serious training loads.

Competition and special preparatory exercises are considered the means of special training of the athlete.

Competition exercises are the sum of holistic activities or actions used in competitive conditions in selected sports, which serve as a means of conducting competition competition competition in the structure. In athletics, for example, they are given different types of exercises: javelin, lappak, hammer throw; in weightlifting. In this sense, the concept of "competition exercises" is associated with the concept of "sport".

The main task of the training process is to achieve high sports results, therefore, in order to solve it, methods are used that are mainly aimed at

developing the physical abilities and increasing the functional capabilities of the athlete.

The method is a way to wisely use training tools to solve certain tasks related to the training of athletes. In sports activities, in addition to the "method" "key, the term" methodical path " is also used. The "methodological path" is understood as the sum of directed tools and methods for solving certain pedagogical tasks, taking into account the processes of conducting training.

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