

Problems of Sports Training of Athletes

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Abstract:

The article provides an analysis of the training of athletes of many coaches of the Uzbekistan athletics team. The essence of the methods used in selection and preparation is revealed. Particular attention is focused on selection and sports orientation for athletics. It has been established that the modern level of sports results requires a systematic approach to managing the training of athletes.

Keywords: athletics, training system, system selection, stages of training, athletes.

Introduction. The development of athletics has always been based on the desire to demonstrate high sports results [5, 7]. Since ancient times, records in athletics have been improved due to the natural abilities that spontaneously appeared in gifted athletes. In the middle of the 20th century, with the growth of sports results, natural data alone became insufficient and sports capabilities began to be specially developed [3, 4, 6]. The effect was palpable. Even average, but well-prepared athletes defeated more talented, but less prepared opponents. Therefore, preparation was in the foreground, which was ahead of ability [1, 2, 7].

In parallel with the development of training conditions and methods, the highest sports achievements also increased [4, 8, 10]. Their peak occurred at the modern stage, when records are updated every 2-3 years. As a result, such a high sports level was achieved that the transformation of average abilities by athletes, even through the most advanced training, became unrealistic [9].

From this point of view, athletics was faced with the task of selecting the most gifted youth in order to achieve high sports results at the modern level due to their great natural abilities and modern training methods [11, 12, 15].

This is what is meant when we talk about improving athletic performance through the selection of athletic talent.

Selection is a system of organizational and methodological measures of a complex nature, which includes pedagogical, sociological, psychological and medical-biological research methods, on the basis of which the inclinations of children, adolescents and young men for specialization in one or another type of athletics are identified [14, 16, 18].

The main goal of selection is aimed at a comprehensive study and identification of inclinations and abilities that are most appropriate for the chosen type of athletics.

Abilities are the individual characteristics of a person that allow them to perform work with an appropriate measure of performance. The formation of abilities occurs on the basis of the innate anatomical and physiological characteristics of a person, primarily the central nervous system. They determine the natural inclination of an individual to one or another activity [15, 17].

Sports orientation is a system of organizational and methodological measures of a complex nature, on the basis of which specialization in the appropriate type of athletics is selected [21]. Accordingly, the subject of study of sports orientation is the personal qualities of an athlete, which

allow him, in the process of educational and training sessions, to develop his abilities to the level of highest sportsmanship [19, 20].

The number of factors that make up the structure of an athlete's personal qualities includes morphofunctional characteristics, specific physical qualities, coordination abilities, the state of the analytical and other functional systems of the body, psychological and psychophysiological characteristics of higher nervous activity [22].

Among the factors influencing sports results, it is necessary to identify those that practically do not improve during training, that is, they are conservative and genetically determined. They should be the main ones in the test model for selecting children into sports schools.

Today there are several types of selection: spontaneous, empirical and special selection.

Spontaneous selection is an uncontrolled type of selection. It begins with a massive recruitment of children and adolescents who have shown interest in one form or another of athletics. In this case, selection is made as a result of screening out unpromising children. This type of selection is justified when there is a sufficient number of talented athletes and appropriate material and personnel support.

Gymnastic selection is the most common type of selection carried out by a coach. The coach compares the individual athlete to an "ideal model" or to a specific famous athlete. The quality of this comparison depends on the knowledge and experience of the trainer, on his understanding of the "ideal model". The general idea created as a result of observing the young athlete comes to the fore.

Special selection is a complex type of selection, in which a coach, doctor, psychologist and others take part. It is produced on the basis of the use of medical-biological, psychological and pedagogical methods in the process of so-called research. A detailed analysis of the research results allows us to more correctly focus on the further development of athletically gifted adolescents.

Scientists, regarding selection in athletics, distinguish three stages in it:

The task of the first stage is the initial selection of gifted children in sports terms and the organization of initial training sessions with them. At this stage, as many of the most gifted and capable (from the coach's point of view) children are involved in classes. Selection is carried out during entrance exams for general and special physical and technical training.

At the same time, forms of selection at this stage are also used such as the coach attending physical education classes and sports competitions.

The task of the second stage of selection is an in-depth test of the ability of the selected contingent to play sports and demonstrate high sports results in the future. The duration of this stage is from three to six months.

The task of the third stage is a long-term systematic study by the coach of each of the students to ultimately determine their individual sports specialization.

The selection of talented children today is one of the most pressing problems in the theory and methodology of training high-class athletes. This is due to the fact that the development of modern sports and athletics, in particular, is characterized by an increase in the volume and intensity of training loads, a sharp increase in sports results, increased competition and increased psychological tension in competitions.

No sphere of human activity requires a person to demonstrate his maximum reserve capabilities (physical, mental, moral) like sports competitions. This, in turn, encourages coaches to search for sports talents already in the first stages of sports training.

Thus, the correct organization of the selection of athletes allows not only to save large public funds, but also removes certain moral problems, because the futility of an incorrectly chosen specialization will not weigh heavily on the conscience of the athlete and his coach.

The most important conditions for the successful implementation of the educational and training process is its proper planning.

Planning the educational and training process is the determination of conditions, means, methods, organizational forms for solving problems that are set for sports training, predicting those sports results that should be shown by an athlete or a group of athletes.

The subject of planning the educational and training process is the goal, objectives, training means, volume and intensity of training loads, control standards and other indicators. The main task in developing a training plan is to, taking into account the level of preparedness of the athlete, his age, sports qualifications, training experience, the calendar of sports competitions, the conditions for the educational and training process, to determine the indicators of the desired state of the athlete in the planned period of time, to draw up an optimal program workout.

The practice of sports is constantly enriched by the results of scientific research, and only in combination with practical experience do they contribute to increasing the effectiveness of the training process. And this, in turn, increases the creative activity of coaches and athletes. The training process plan should represent a model of the athlete's future training. The structure of modern sports training is built (planned) according to cycles: large (macro), medium (meso) and small (micro).

Macro is the longest and most complex form of planning. In terms of time, they can be annual or multi-year (Olympic cycle).

Meso - components of macrocycles. They can last from a month to several weeks (depending on the preparation period).

Micro are the components of mesocycles. The time ranges from 3-4 to 12-14 days.

The most effective development of training plans based on calculated long-term basic training and methodological concepts, including basic training (the initial state of developing sportsmanship) and preparation for demonstrating high sports results as a single process. It is necessary to take into account that with the growth of sports results and the achievement of adulthood, the direction of the training process, its objectives, methods and methods change.

By age, the entire period of long-term training of an athlete is divided into several stages: the stage of initial training (10-12 years); stage of initial specialization (13-16 years); stage of in-depth specialization (10-19 years); stage of highest sporting achievements (20-24 years and more).

Conclusions. The current level of sports achievements requires a systematic approach to managing the training of athletes.

Achieving high and stable results in sports depends on:

- living conditions and training of athletes;
- the influence of means and methods of training, competitions, which must be adequate to the individual characteristics of athletes;

- preliminary forecasting of the development of a specific type of athletics and possible future sports results;
- selection for specific types of activities of persons with inclinations that have the prospect of developing closer to the modeled characteristics of the athlete;
- individualization of training methods (means, methods, overload), adequate to the characteristics of athletes;
- development and systematic improvement of individual means and methods for correcting the athlete's starting condition.

A detailed consideration of the issues of forecasting, modeling and managing the training of track and field athletes is the subject of special theoretical training for coaches.

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