

Methods of Selection of Kayak and Canoe Paddlers Based on Physical Development and Fitness

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Abstract: *In the training system of kayakers and canoeists, the level of physical training and preparation for competitions should not be a control type, but should be considered one of the main components in improving sports skills. Of course, no athlete can achieve high sports results without physical training.*

Keywords : *fitness, kayaking, canoe, training, physical development, method*

The modern system of training rowers is a complex, process, which includes goals, tasks, means and methods, organizational forms, material and technical conditions, as well as the organizational-pedagogical process of preparing the athlete for competitions. . But the system of training rowers is divided into the following factors:

- content and direction of sports training
- sports competitions
- it is distinguished by factors that do not apply to training and competitions, which affect the results of training and competitions.

Considering the special pedagogical process as the most important component of the system of training rowers, we paid attention to the use of physical exercises in order to ensure the achievement of physical maturity and high sports results by educating the athlete, teaching him and increasing his functional capabilities. This will ensure their physical fitness.

The peaks of sportsmanship can be achieved by proper organization of physical exercise and rest intervals in the course of long-term, year-round training, observing the optimal ratio of the volume and intensity of training and competition loads. slow increase: it can be achieved by organizing the general regime of life and activity within the framework of a sports-specific lifestyle.

Training in individual types of kayaking and canoeing was conducted taking into account the individual characteristics of the athlete and the specific aspects of these types.

As a result of sports training, various morphological and functional changes occurred in the athlete's body, which are biological processes that reflect the capabilities of various functional systems and mechanisms. Usually, the level of general and special physical training was distinguished.

General physical fitness is a change in muscle activity in accordance with various types under the influence of exercises that strengthen health, increase the level of functional capabilities of organs and systems in the body. Special physical training is the result of specific improvement of muscle activity in the sport chosen by the athlete as the subject of this sport specialty. Some experts also divide it into the

status of auxiliary employment, which, in their opinion, is an intermediate state between special and general employment, which creates the basis for the status of special employment.

It is necessary to distinguish the training of an athlete from the state of preparation - a much broader concept that reflects the complex of abilities to bring out his maximum potential in competitions and demonstrate high results.

In addition to training, preparation includes other components of sports skills: theoretical knowledge, psychological readiness for maximum performance, mobilization for sports competitions, etc. The state of high level of preparation characteristic of this stage of sports improvement is usually called preparation for high results or state of sports form.

Two groups of principles form the basis of an athlete's sports training. The first group covers general didactic principles characteristic of any teaching and upbringing process. They include: scientificity, teaching (educational nature of teaching, awareness, demonstrability, consistency, systematicity and consistency, comprehensibility, individual approach when working as a team.

The second group is a complex of specific principles of sports training that reflect the relationships between the effects of training and the reaction of the athlete's body to them, as well as between various components of the content of the training process. This is a unit of orientation to high results, in-depth specialization, general and special training, continuity of the training process, duration and striving for maximum loads, undulation of the dynamics of loads, cyclicity of the training process.

A characteristic feature of sports training is the focus on the maximum sports results that an athlete can achieve in the chosen sport, all specific aspects of the training process - its goals, composition of tools and methods, planning features, applied loads. determined by the size and description, features of the competition, etc.

The pursuit of high results requires more effective methods of training, options for the size of the training process, very high training loads according to the size, characteristics and intensity, rest intervals, nutrition, a special system of recovery activities. requires application. It is known from experience that only in this case it is possible to achieve results that meet the requirements of the time.

The need for physical development of a person determines the legal connection of general and special training, their unity. One-sided special training can lead to a decrease in the level of comprehensive functional training or a one-sided development of individual aspects of training to the detriment of others. General physical fitness, on the one hand, should be focused on the improvement of skills and abilities and the development of qualities that indirectly affect sports specialization, and on the other hand, comprehensive training requires the organization of special training in such a way that they use the existing functional capabilities. it is necessary to ensure that it serves to connect with aspects specific to the particular type of paddlers.

The ratio of general and special readiness is determined by the characteristics of the organization of multi-year and year-round training, as well as the age of the athlete, the level of his sports skills, sports specialization, individual characteristics and the level of physical fitness. In the initial stages of sports improvement, the contribution of general training is great, and it primarily serves the issues of strengthening health, increasing the level of physical qualities and functional capabilities in accordance with various forms of muscle activity. Later, as the athlete's skills increase, this ratio begins to change in favor of special training tools, and general training becomes more and more an auxiliary tool. Fluctuations in the ratio and direction of general and special training can be in different options, how well the coach plans these ratios depends on the level of growth of sports results of each athlete.

The continuity of the training process in kayaking and canoeing is characterized by the following rules:

- Sports training is organized as a multi-year and year-round preparation process, all its links are interrelated, complement each other and are directed to the task of achieving maximum sports results:
- Each subsequent workout, microcycle, stage, etc. the effect should form the next layer on top of the previous results, strengthen and develop them;
- In sports training, work and rest are regulated in such a way that it should ensure the optimal development of qualities and abilities that determine the level of sportsmanship in a particular type of rowing, that is, repeated training, micro and even mesocycles in conditions of high or restored work capacity of the athlete can also be transferred.

These rules are reflected differently in training practices of different ages and skilled athletes. For example, young athletes with II - sports discharge are usually satisfied with once-a-day trainings, and they use high-load trainings relatively rarely (1-2 times a week). In the training of high-class athletes, such a procedure can help to maintain the achieved level of training. For this reason, it is necessary to train 2-3 times a day and use high-load training 4-6 times a week.

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