



IMPROVEMENT OF GENERAL AND SPECIAL TRAINING OF ATHLETES

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Abstract

In the modern world, people are increasingly turning to physical culture in order to improve their health, increase vitality and just have a good rest. Such classic sports that arose a very long time ago as swimming, running, bodybuilding are widely used. But relatively young sports disciplines also receive considerable development and distribution among the population of the globe. Basically, this statement refers to extreme sports, such as skiing, diving, mountain bike, parachuting, etc. Sports from the latter category have become especially popular among young people.

Against this background, a fly in the ointment is the realization that few people approach sports in a systematic way. For example, young people are mainly engaged in restoring and maintaining shape before summer, the holiday season, beaches, etc. Also, few people know about what loads the body experiences and how to choose such a system of training, loads, in order to achieve the highest achievements.

In order for the heart to be healthy and the body strong, regular physical activity is needed. Exercise improves mood, increases muscle tone, maintains spinal flexibility, and helps prevent disease.

As mentioned above, today there are many different types of physical education and sports in the world, and their specialization is even more active than in medicine. Therefore, physical exercises for the most part do not help people maintain and improve their health. And not only in sports, but also in the vast majority of cases when doing physical education. After all, general physical training is not only the basis of the entire system of physical education and sports, but also of health.

Trying to achieve the desired goal in any kind of physical education or sport, and not having sufficient general physical fitness, both an ordinary person and an athlete will constantly face the problem of a lack of strength and endurance, often without even realizing what is the true reason for failure.

General physical training is the process of improving motor physical qualities aimed at the comprehensive and harmonious physical development of a person.





General physical training contributes to the increase of functionality, general working capacity, is the basis (base) for special training and achievement of high results in the chosen field of activity or sport.

The following tasks can be assigned to General physical training:

- to achieve harmonious development of body musculature and corresponding muscle strength;
- acquire general endurance;
- increase the speed of performing various movements, general speed abilities;
- increase the mobility of the main joints, muscle elasticity;
- improve dexterity in a wide variety of (domestic, labor, sports) activities, the ability to coordinate simple and complex movements;
- learn to perform movements without undue stress, master the ability to relax.

The main types of general physical training are gymnastics, athletics, ski training, swimming, hiking and sports games. It should be borne in mind that gymnastics, athletics, ski training and sports games are a single process of physical education.

Gymnastics is one of the main means of general physical training, with the help of which a wide range of tasks is solved: correct posture is formed, coordination of movements, muscle strength, flexibility, vestibular stability, muscle sensitivity, etc. are improved.

Gymnastics is a whole school of movements. With the help of gymnastic exercises, special physical fitness is provided for the successful fulfillment of the program requirements for athletics, ski training, etc. Gymnastics also plays an important role in professionally applied physical training. At the same time, gymnastics does not have enough effect on the circulatory and respiratory organs, on the functions of the cardiovascular and respiratory systems. Therefore, it should be used in combination with other types of exercise.

The gymnastics program includes drill and general developmental exercises (without objects and with objects, on the gymnastic wall and bench), exercises in balance, climbing, gymnastics exercises, elements of acrobatics.

Athletics is of great health and applied importance. Athletics contributes to a more successful fulfillment of the requirements of ski training and swimming programs, makes up for shortcomings in versatile, physical training in other sports, and primarily in gymnastics and swimming.

The athletics program includes special preparatory exercises, walking, running for short and medium distances, long and high jumps, shot put, grenade throwing.

Ski training. In the program of physical education, ski training is given a significant place. When skiing, the entire motor apparatus is involved in the work, the muscular system is strengthened, especially the legs, shoulder girdle, torso and abdominals. In addition, endurance, vestibular stability, the ability to navigate in space develop, and the hardening of the body increases.

Ski training is facilitated by preliminary classes in other types of physical training, primarily gymnastics and athletics. In this case, the development of general endurance is of particular importance.

The ski training program includes special preparatory exercises, drill exercises with skis and on skis, the study of the technique of skiing, climbing, descending, braking and turning, information about the material part and the rules for caring for ski equipment.



Sport games. Among the various means of physical education of students of vocational schools, sports games occupy a certain place.

The program provides for the occupation of any one sports game (basketball, volleyball, football, handball). Teachers can themselves choose a sports game, for the cultivation of which the most favorable conditions. Sports games develop endurance, speed and agility; increase emotionality, contribute to instilling interest in physical exercises, sports; foster a sense of collectivism, organization, discipline, the ability to subordinate personal interests to the interests of the team and other qualities. Sports games are important for both normal leisure and active recreation, they contribute to the most effective fulfillment of program requirements for other main sections of physical education.

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Sports training (training) is the expedient use of knowledge, means, methods and conditions, which makes it possible to directly influence the development of an athlete and provide the necessary degree of readiness for sports achievements.

Currently, sports are developing in two directions with different target orientations - mass sports and sports of higher achievements. Their goals and objectives differ from each other, however, there is no clear boundary between them due to the natural transition of part of the trainees from mass sports to "big" and vice versa.

The purpose of sports training in the field of mass sports is to improve health, improve physical condition and active recreation.

The goal of training in the field of elite sports is to achieve the highest possible results in competitive activities.

However, as regards the means, methods, principles of sports training (training), they are similar both in mass sports and in sports of the highest achievements. Fundamentally common is the structure of the training of athletes who train and function in the field of mass sports and elite sports.

The structure of an athlete's preparedness includes technical, physical, tactical and mental elements.

Technical readiness should be understood as the degree of mastering by an athlete of the technique of the system of movements of a particular sport. It is closely related to the physical, mental and tactical capabilities of the athlete, as well as to the conditions of the external environment. Changes in the rules of the competition, the use of other sports equipment significantly affects the content of the technical preparedness of athletes.

The structure of technical readiness always contains the so-called basic and additional movements.

Physical fitness is the ability of the functional systems of the body. It reflects the necessary level of development of those physical qualities on which competitive success in a particular sport depends.



The tactical readiness of an athlete depends on how much he masters the means of sports tactics (for example, the technical methods necessary to implement the chosen tactics), its types and forms.

Mental preparedness is heterogeneous in its structure. It is possible to distinguish two relatively independent and at the same time interrelated aspects in it: volitional and special mental preparedness. Volitional readiness is associated with such qualities as purposefulness, determination and courage, perseverance and endurance, endurance and self-control, independence and initiative. Some of these qualities may initially be inherent in one or another athlete, but most of them are brought up and improved in the process of regular training work and sports competitions.

In the structure of the athlete's special mental readiness, it is necessary to single out those aspects that can be improved in the course of sports training:

- resistance to stressful situations of training and competitive activities;
- kinesthetic and visual perceptions of motor actions and the environment;
- the ability to mental regulation of movements, ensuring effective muscle coordination;
- the ability to perceive, organize and 'process information under time pressure;
- the ability to form in the structures of the brain anticipatory reactions, programs that precede the real action.

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