



## **THE ROLE OF A PHYSICAL EDUCATION TEACHER IN THE DEVELOPMENT OF SPEED AND STRENGTH QUALITIES OF SCHOOLCHILDREN - ATHLETES**

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An important characteristic feature of sports training is the leading role of the coach with a sufficiently high degree of independence of athletes. In the field of education, the leading role of the coach in a broad sense lies in the fact that, in addition to his direct influence on the athlete, he must work closely with all other persons who have an educational impact on him and coordinate their activities, the leadership role of the coach should not be reduced to guardianship or petty care. Sports heights are inconceivable without the independent mind and actions of the athlete, his activity, without creative cooperation with the coach. These qualities are a prerequisite for successful performance in competitions.

The work of the teacher-trainer should be aimed at ensuring that the teacher-student relationship in the training of a young athlete turns into true cooperation: the coach-athlete in training for record results.

The coach must take care to instill in athletes the ability to train independently, which is especially important in individual sports. At the same time, however, the leading role of the coach should not be lost, it should only take on appropriate forms.

In all groups of secondary general education schools, training sessions should be held every time and systematically throughout the year. To achieve the effectiveness of the training year, it is necessary to clearly scatter the training of athletes.

At the right time, the following types of planning are used: one-day, weekly, milestone (from 2 to 8 weeks) and prospective (from one year to many years).

The distribution system involves setting the heights of tasks and determining the main indicators of training: sports results, control standards, training and competitive loads.

It is carried out by a teacher of physical culture and studying the patterns of improving fitness and sports form, including on the basis of generalization of personal practical experience, the preparation process:

- drawing up promising individual training plans that reflect the advanced training system for this type of athletics;
- identification of individual characteristics of students (the level of development of the functional capabilities of the body of motor and volitional qualities, technical preparedness, etc.);
- a clear definition in each type of means and methods of the necessary and special heavy and smart training of athletes;
- each increase in annual loads in a continuous long-term training process. The longer the training in the chosen exercise, the stronger the biochemical basis of the developed quality, which largely determines the stability of sports results;



- in combination with the improvement of the technique of movements, the complex development of the qualities of motor activity, first of all, the most lagging behind;
- change in the training load due to the wave-like nature of the dynamics of its components (volume and intensity);
- operational current accounting of training means, well-being and analysis of the effectiveness of training (daily and weekly accounting and analysis of training allow timely detection of existing deviations);
- creation of a stable psychological state of an athlete, self-regulating training, etc.).
- in conditions of intense sports struggle (use of means of psychological preparation, education and self-education of volitional qualities, self-regulating training, etc.).

For the successful solution of individual tasks, it is advisable to provide significant changes in the load on the corresponding means of speed-strength training in the plan.

At present, the round training for schoolchildren of short and medium distance runners, throwing the discus, javelin and all-rounders is based on the principle of one cycle:

preparatory period - October - April (20 weeks);

competitive period - May - September 15 (15 weeks);

treatment-and-prophylactic period - September 16 - October 7 (2 weeks).

For other types of athletics - according to the principle of two cycles:

The first is the autumn-winter cycle (18 weeks);

preparatory period - October - January (14 weeks);

competitive period - February - March 15 (4 weeks).

The expansion of the annual calendar of competitions is of particular importance when it comes to raising the pace of training and high sportsmanship of an athlete.

The second is the spring-summer cycle (22 weeks),

preparatory period - from March 16 to the end of May (8 weeks),

competitive period - June - September 15 (11 weeks),

treatment-and-prophylactic period - September 16 - October 7 (3 weeks).

The culmination of the development of sports form is in winter from February 15 to March 15 (3 weeks) and in summer from July 15 to September 15 (6 weeks).

These days should be included in the preparatory period in the absence of such indications, the improvement of volitional qualities throughout the year is carried out by a comprehensive training using a wide range of training tools aimed at strengthening the body, improving its functionality, improving coordination of movements.

The periods and stages of annual training differ in tasks, the ratio of training means, the magnitude of the load, its volume and intensity, and mental nervousness.

The preparatory periods are distinguished by the greatest training load, which creates the foundation for further growth in results. Only the implementation of a large load with a significant amount of various means will cause the necessary functional changes in the body, but the necessary connection between them will lead to the development of the most important physical and volitional qualities.



Versatile complex training in the preparatory period should provide not only a high level of motor skills and qualities. In the competitive period, the task of achieving the highest results in a particular competition is solved. One of the main means of preparing the competition during this period are.

The training load, its volume and intensity in the competitive stages have significant fluctuations. With the approach of important competitions, the total load decreases, and the change in intensity occurs according to the characteristics of the type of athletics.

Training planning is based on a weekly cycle or a cycle with a different number of days. The volume of the main means of training for the week is indicated in the plan in specific numbers, and at the end of each week the indicators are summed up.

The continuous development of the necessary qualities and their effective implementation while improving in technique are carried out by changing the weekly volume and intensity of training means at various stages of training. The greatest effect in solving this problem is achieved with a complex construction of classes with a large number of repetitions of individual means in a weekly cycle of preparatory (3-4 times) and competitive (2-3 times) periods. In the preparation of school athletes, the following stages can be distinguished:

- improved health and general fitness
- improvement of special physical training in combination with technical training (preparatory period);
- in technical training, improvement in (competitive period);
- achievement of high results.

Each stage, depending on its focus, corresponds to a certain content of the weekly training cycle, which for brevity we denote: week OFP-1 (general physical training without athletics means), OFP-2 (the same with the inclusion of athletics means), SFP (special physical training), TP (technical training), SP (competitive training).

The indicative nature of the weekly volumes of training funds should be emphasized, especially when moving from one period to another. The recommended ratios of the main means of special training can and should change due to the need to solve individual problems during the training process.

Variation of volume and intensity, taking into account the changing ratio of the main training means and methods, is a kind of training control panel.

Taking into account the specifics of the local conditions of a given physical education team, there may be some and the duration of the stages of deviation in periodization, placement of accents in year-round training. However, the general scheme of construction, the sequence in setting and solving the main tasks by stages should be constant.

In all cases, the preparatory period for in-depth special training begins with fundamental general physical and then training in October is carried out according to the plan of 4 weeks OFP-2. Under the influence of such training, the functional state and working capacity of the athlete's body gradually increase. It is very important at this stage to observe a gradual increase in the load, exercising self-control over changes in performance. An objective indicator of the impact of training load can be the heart rate measured daily in the morning (lying and standing). As the heart rate per minute increases, the fitness or load decreases.



For types of athletics associated with the manifestation of endurance, it is possible to control the sum of five pulse indicators:

1. after five minutes of rest lying down; 2. standing; 3. take into account the difference between the first two indicators; 4. after a minute of light running; 5. after a minute of sitting rest.

A lower sum of heart rate indicates a higher level of overall fitness of the runner. The average figure can be considered the amount of 280, and for the best runners it is about 200 strokes.

Premature and too large increase in the volume of training means leads to the accumulation of fatigue, overstrain and disturbances in the activity of the central nervous system and bruises of the musculoskeletal unit.

After 4 weeks of running around in the new season, the time for general hard training is reduced. The load in the means of special training is gradually increasing for the development of special endurance and speed-strength qualities, in relation to the favorite type. Greater attention is paid to the improvement of the technique of movements in its form in complicated conditions. Training is carried out and then according to the plan of 4 weeks of technical training until mid-February according to the plan of 12 weeks of special physical training until mid-January. From this stage, a characteristic feature appears - a wave-like increase in load. This is explained by the following reasons: in the training of qualified athletes, the volume and intensity in each weekly cycle are uneven, undulating in the annual cycle, within each period.

The increase in load is carried out for 2 weeks. During this period, there is some discrepancy between the load and the athlete's functional capabilities in increasing fatigue, subjectively this manifests itself in a decrease in the desire to train, in connection with this, one should spend a week of preventive load reduction by  $1/2-1/3$ .

That allows you to continue increasing the intensity in the main exercises with the onset of a period of cold competitions, the volume of the training load decreases, and first of all in general physical and special strength and running training. Managing the sports form, bringing the athlete to the competition are the main tasks of this period. The teacher-trainer more flexibly and accurately manages the selection of training means, their combination, as well as changes in volume and intensity, as well as in individual training sessions, both in a weekly cycle,

Training is carried out according to the plan of 4 competitive weeks before the end of this period.

After the end of the winter competitions, ending in the last week of February, the second cycle of preparation and competition follows. The construction of the training is carried out according to the principles of the first cycle.

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