

THE STRUCTURE OF THE TRAINING PROCESS IN INDIVIDUAL SPORTS CLASSES

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Annotation:

As a rule, the lesson consists of introductory and preparatory, main and final parts, which is due to the natural changes in the functional state of the athlete's body during work. In this article highlights of the structure of the training process in individual sports classes.

Keywords: training, sport, sport competition, sport classes, activity, physical culture, development, education.

The state of health of adolescents, which determines the main trends in the health of the population of the country, is the most important indicator of the achievements of society in socio-economic, scientific and cultural aspects. A steady trend towards the deterioration of the health of youth, including primary classes, continues to the present. Therefore, the problem of preserving and strengthening the health of the younger generation remains one of the most urgent. Health, as a scientific problem, covers a complex of biomedical, psychological, physical fitness and social sciences. Human health depends not only on the development of medicine and healthcare, but also on the totality of personal capabilities and socio-economic conditions. Therefore, improving the effectiveness of physical education of students is considered as a key problem of the development of physical culture and the most important task of modern society.

A separate lesson is a structural nodal unit of the training process. The structure of classes is determined by the following factors:

- 1) the purpose and objectives of this lesson;
- 2) regular fluctuations in the functional activity of the athlete's body in the process of muscle activity of varying duration;
- 3) the magnitude of the load in the classroom;
- 4) features of selection and combination, training exercises;
- 5) work and rest mode.

Types of classes: According to the main pedagogical orientation:

- main classes - the main amount of work related to the solution of the main tasks of the period or stage of preparation is carried out, the most effective means and methods are used, the most significant loads are planned, etc.;

• additional classes - individual specific training tasks are solved, a favorable background is created for the course of adaptation processes; the volume and magnitude of loads are small, the means and methods used are not associated with the maximum mobilization of the capabilities of the functional systems of the body. By localization of the orientation of means and methods:

• selective orientation classes (the main volume of exercises provides a preferential solution to one problem).

1st option: a variety of unidirectional means are used. When constructing classes according to the 1st option, a wider impact on the athletes' body is achieved, since various functions that determine the manifestation of the corresponding qualities are mobilized, and performance is significantly increased.

2nd option: monotonous unidirectional means are used. Classes on the 2nd option are planned in cases when the athlete is tasked with improving the ability to economically perform a given job or increasing mental stability to long-term monotonous and strenuous work.

• classes of a complex orientation (training tools are used that contribute to solving several tasks sequentially or in parallel). When solving problems sequentially, it is necessary:

1) determine the rational sequence of the use of means that contribute to the development of various abilities;

2) choose a rational ratio of the volume of these means. Parallel problem solving (used when it is necessary to fully solve two equivalent tasks) allows:

1) to ensure the improvement of speed capabilities and endurance during anaerobic work;

2) develop endurance when performing aerobic and anaerobic work;

3) improve technical and tactical skills. According to the magnitude of the load, classes with large, medium and small loads are distinguished. According to the content of pedagogical tasks, there are training sessions, training sessions, training, rehabilitation, model, control.

Options for combining classes during the training day:

I. Basic and additional.

II. Two main ones (with large and significant loads - typical for the training of qualified and well-trained athletes).

III. Two additional ones (used to reduce the total load due to possible overwork). For the rational organization of two-day classes, it is important to alternate them according to their preferred orientation.

A microcycle is a series of classes held over several days and providing a comprehensive solution to the tasks at this stage of preparation. Duration — from 3-4 to 10-14 days, due to the period of the macrocycle. Types of microcycles:

Retracting microcycles - aimed at bringing the athlete's body to the next intense training work; characterized by a low total load; used at the first stage of the preparatory period, they often begin mesocycles.

Shock microcycles are aimed at stimulating adaptive processes in the athlete's body and solving the main tasks of technical, tactical, physical, psychological, intellectual and integral training; they are characterized by a large total amount of work, high loads. They are used throughout the entire preparatory and competitive periods.

Leading microcycles are aimed at preparing an athlete for competitions. The content depends on the system of bringing the athlete to the competition and his individual characteristics of preparation, i.e. the mode of upcoming competitions can be reproduced, issues of full recovery and psychological mood can be resolved.

Recovery microcycles are aimed at providing optimal conditions for the course of recovery and adaptation processes in the athlete's body; they are characterized by a low total load, wide use of outdoor activities; they are used after a series of shock or competitive microcycles.

Competitive microcycles are aimed at providing optimal conditions for the implementation of successful competitive activities, are built in accordance with the competition program. The structure and duration of microcycles are determined by:

- 1) the specifics of competitions in various sports;
- 2) the numbers of the program in which a particular athlete takes part;
- 3) the total number of starts and pauses between them.

1st option: starts; direct summing up to them; restorative procedures.

2nd option: the same as in the 1st option, plus special training sessions.

Factors determining the method of constructing microcycles: the 1st factor is the features of the processes of fatigue and recovery as a result of the loads received in individual classes (i.e., the impact of loads of different magnitude and orientation, the dynamics and duration of recovery after them). The 2nd factor is information about the cumulative effect of loads of different magnitude and direction.

The 3rd factor is information about the possibilities of using small and medium loads in order to intensify the recovery processes in athletes after significant physical exertion. The factors that determine the structure of microcycles have a fundamental influence on: the total amount of the load of microcycles; the primary tasks of microcycles; the composition of tools and methods; the amount of loads; the peculiarities of the combination of individual classes.

A mesocycle is a relatively integral stage of the training process lasting from 3 to 6 weeks. The construction of the training process on the basis of mesocycles allows;

- 1) to systematize the training process in accordance with the main task of the period or stage of preparation:

2) to ensure optimal dynamics of loads;
3) to provide an appropriate combination of various means and methods of preparation:
4) to ensure the correspondence between the factors of pedagogical influence and restorative measures;
5) to achieve the necessary continuity in the development of various qualities and abilities. Retracting mesocycles are aimed at gradually bringing athletes to the effective performance of specific training work. The main means is general preparatory exercises. To a certain extent, special preparatory exercises are used to increase the capabilities of systems and mechanisms. Basic mesocycles are aimed at increasing the level of functionality of the main systems of the athlete's body, the development of physical abilities; the formation of technical, tactical, psychological and intellectual preparedness. The training program is characterized by a variety of means, greater volume and intensity of work, extensive use of classes with the use of heavy loads.

Control and preparatory mesocycles are aimed at the implementation of integral training, during which the capabilities of an athlete acquired in the course of previous mesocycles are synthesized (in relation to the specifics of competitive activity). A characteristic feature of the training process at this time is the widespread use of competitive and special-preparatory exercises, as close as possible to competitive ones. Pre-competitive mesocycles are aimed at eliminating minor shortcomings identified during training, improving technical capabilities. Special attention is paid to psychological and tactical training. Options for constructing a pre-competitive mesocycle:

- based on shock microcycles, contributing to a further increase in the level of special preparedness;
- on the basis of recovery microcycles that help accelerate recovery processes, prevent overwork, and the effective course of adaptation processes. Competitive mesocycles are aimed at the implementation of direct training and participation in competitions. Factors determining the number and structure of competitive mesocycles:

- 1) the specifics of the sport;
- 2) the features of the sports calendar;
- 3) athlete qualification;
- 4) the degree of preparedness.

Verification of theoretical knowledge.

1. Factors determining the structure of an individual lesson.
2. Types of classes.
3. Options for combining classes in one training day.

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4. The concept of microcycles, their defining and regularities of construction. Factors determining the structure, duration and method of constructing microcycles.

5. Types of microcycles.

6. The concept of mesocycles of training, their defining features and patterns of construction. Factors determining the structure of mesocycles.

7. Types of mesocycles.

In the process of physical education, the tasks of strengthening students' health, developing their physical abilities, expanding the functional capabilities of the body, forming motor skills, educating their morality and strong-willed qualities: patriotism, collectivism, courage, determination, perseverance, purposefulness are solved.

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