



MAIN DIRECTIONS OF TRAINING YOUNG ATHLETES

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Annotation

Sports training is carried out mainly in three interrelated areas: in education, training and development.

Education is a pedagogical process of purposeful influence on the mental sphere of an athlete in order to instill the necessary qualities and, above all, the formation of a communist worldview, high morality, the development of certain traits of character and will, habits and tastes.

Keywords: young athletes, theoretical knowledge, physical fitness, physical, volitional, technical, tactical.

Introduction

Training is a process that provides the formation of motor and other skills, the acquisition of theoretical knowledge, the improvement of the ability to build and coordinate movements and actions, the mastery of technique and tactics, the acquisition of dexterity and accuracy of movements, the ability to show strength, speed and endurance, to conduct training, self-massage, self-control, participate in competitions.

Development is a process of directed influence on the organs and systems of an athlete in order to strengthen and increase their functional capabilities. Under the influence of training, morphological, physiological and biochemical changes occur in the athlete's body (for example, the volume of skeletal muscles, the mass of the heart muscle, the vital capacity of the lungs increase, the elasticity of muscle tissue and ligaments improves, the circulatory system and oxygen utilization are intensified and economized, the functionality of anaerobic mechanisms, etc.)

At the same time, depending on the age and fitness of the athlete, the characteristics of the type of athletics, periods and stages, some aspects of training and development receive more attention, others less. For example, a less trained athlete pays more attention to mastering the technique of track and field and other exercises, acquiring general physical fitness, while a master primarily improves tactical skills and special physical fitness. Along with this, in the preparatory period more time is devoted to the creation of a general and special "foundation", and in the competitive period - special





training and preparation for the starts. There may be individual characteristics of the athlete that require a different approach. For example, an athlete may have a high level of strength development and poor technical fitness, or excellent speed of movement, but insufficient joint mobility. Naturally, from this follows the appropriate selection of means and methods of training.

All these aspects of training are interconnected and interdependent by the unity of the human body, the physiological basis - the formation of conditioned reflex connections, "commonwealth" in the activity of organs and systems, the leading role of brain functions. Any exercise or manifestation (physical, volitional, technical, tactical, ideomotor, autogenic, etc.) cannot be strictly local, absolutely one-sided. No matter how specific the impact on any one organ or one system is, it will be reflected to a certain extent on other organs and systems, on the whole organism as a whole. Naturally, the coach must always remember and take into account the effect of the simultaneous impact on the athlete's body, on his mental sphere of the training exercise, competitive load, external conditions and other means of training.

Therefore, when performing the same exercise, you can simultaneously perform different aspects of the preparation, but usually this exercise affects some component of the preparation to a greater extent. For example, during the training in sports equipment, physical qualities are developed and volitional qualities are brought up. However, in this case, the main goal is training, so the greatest requirements are placed on the coordination capabilities of an athlete. In this regard, the above-mentioned aspects of the preparation are usually called according to their predominant feature. A trainer can, for example, by conducting a long run in order to increase aerobic capacity, at the same time cultivate the will to endure fatigue, strengthen and improve the elasticity of the muscles and ligaments of the lower extremities, and contribute to mastering the correct technique. This very important provision, arising from the dialectical interconnection and interdependence of different directions and aspects of training, gave grounds for a number of scientists to believe that it makes no sense to divide the process of sports improvement into training, education and development. Based on pedagogical experience in school education, the term "education" alone is sufficient, since it absorbs both learning and development. It is possible to interpret the term "education" very broadly, including everything in its concept (for example, physical education).

However, in relation to sports training, differentiation in its directions is necessary. This is due, first of all, to the very high requirements for the physical and mental functions of the athlete's body, the need for a powerful impact on him in one direction or another. Through the appropriate selection of means, methods, load and



conditions, these actions should be directed to the primary formation of a skill, the development of any one physical quality or the improvement of the psychological aspects of the athlete's activity. For example, barbell exercises to failure develop more muscle strength by increasing their mass, although this somewhat increases the inability to show strength. But the same exercise with a barbell of maximum weight, performed once in several approaches, to the greatest extent brings up the ability to show strength and much less affect the elasticity of muscle fibers, their increase. With the predominant use of training, education or development, the coach must take into account all that. that at the same time as the main one can be acquired along the way.

In training

Isotonics consist of water, carbohydrates and some electrolytes (two salts or more). They help to quickly restore the balance of minerals in the body, which are responsible for the transmission of nerve impulses to cells.

There are three main reasons to drink isotonics:

- 1) A water loss of only 2% relative to the normal state leads to a decrease in productivity by 20%;
- 2) A lot of electrolytes come out with sweat, which are involved in the conduction of a nerve impulse, without them the muscles can reduce and they can contract worse;
- 3) From the loss of water, the blood becomes thicker and it is more difficult for the heart to work.

Drinking isotonic should be in small portions from the very beginning of the workout until the thirst is completely quenched after it. Depending on the weather and individual characteristics, athletes alternate the concentration of drinks from hypotonic to hypertonic (more or less carbohydrates and electrolytes). The concentration is selected individually based on personal experience.

Isotonics are sold in liquid form, ready to use, in the form of powder and liquid concentrate. There are also salt tablets, which are similar in composition to isotonic in everything except water - they need to be washed down.

Restrictions and contraindications.

1. Restrictions on the use of special nutrition may be associated with personal preferences regarding the taste, consistency and chemical composition of isotonics, gels or bars. We highly recommend checking the effect of any sports nutrition before responsible starts in training, during long runs in conditions that are as close to real as possible.
2. Contraindications for the use of sports nutrition - allergies, diseases of the gastrointestinal tract, metabolic disorders, diabetes, chronic diseases of the heart,



kidneys and liver. Before using sports nutrition, it is advisable to consult a doctor about its use.

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