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Monitoring of the state of speed and strength training of highly qualified handball players in the training process

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Abstract
Purpose: to determine the attitude of coaches and athletes to the selection of training tools for effective improvement of speed and strength training of highly qualified handball players.
Methods: In order to solve the tasks, set in order to monitor the state of speed and strength training of highly qualified handball players in the training process, we used the questionnaire method.
Results: According to the results of the survey, it was revealed that many coaches do not have enough scientific and theoretical information about the development of speed and strength training. The process of improving the coach's activity is endless, it requires constant professional development, continuous self-education. The coach needs constant understanding of his pedagogical activity, constant updating of theoretical information from the field of theory and methodology of sports training, pedagogy, psychology, physiology, as only knowledge can be a guarantee of the effectiveness of coaching.
Conclusion: As a result of the survey, it was revealed that there is still no consensus among handball coaches on the issues of building the educational process, in particular, it concerns the issues of improving the speed and strength training of athletes, the selection of funds for the development of speed and strength qualities, in this regard, it was revealed that this problem is an urgent area and requires further comprehensive research. The results of our research have revealed a number of important issues related to the problem of improving the training process of highly qualified handball players. The data obtained once again confirmed the importance and great importance of speed and strength training in the training process of handball players.
Keywords: strength, qualities, muscles, means, training, handball, coaches, questionnaire.

Introduction

Consistent measures are being taken in our republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions to ensure a decent performance of the country in the international sports arena. At the same time, there is a need to develop and put into practice specific training programs that promote good preparation of national teams and ensure high results in various sports.

At this time, it is quite obvious that the management of the athletes' training process is an exceptionally complex form of scientific activity, that the processes of competitions and preparation for them should be managed. It is important to emphasize that the increased role of speed and strength training of athletes in the training system is associated not so much with the search for new training tools, as with the development of monitoring their effectiveness and monitoring the effectiveness of their use. The issues of improving the speed and strength training (SST) of highly qualified athletes, in particular handball players, are of concern to researchers in many countries of the world.

Methods

In order to solve the tasks, set in order to monitor the state of speed and strength training of highly qualified handball players in the training process, we used the questionnaire method. When compiling the questionnaire, we used the methodological and methodological principles of constructing questionnaires, detailed in the works of Goncharov OV, Devyatko IF, Kerimov FA, Sharipov A, Yadov VA (1-5). 41 people took part in the survey. Of the total number of respondents, 60% have a higher education, with work experience of 3 or more years, 8 of them have the category of CMS.

Results and discussion

The analysis of the questionnaire survey showed that 75% of specialists expressed the opinion that they allocate speed and strength training into an independent section with specific tasks. 80% of respondents supported the development of SST as a special section of the training of highly qualified handball players. Opinions were divided on the duration of the use of special exercises for the development of speed and strength qualities (SSQ): 20% define it for a period of two to three weeks, 20% believe that up to 90 days should be allocated for this, and 60% of respondents expressed the opinion that such exercises should be used all year round (systematically).In solving the main tasks of training highly qualified handball players, the opinions of the coaches mostly differed

(see figure 1). In the category of the main tasks of training, the coaches identified: improvement of the functional state and physical development of athletes – 40% (of the total number of respondents);

ical development in each age aspect. Improvement of speed and strength training (SST) - 25%; polishing of tactical and technical data – 15%; integral training – 17%; did not allocate particular tasks – 3%. Training cycle. 24% of respondents believe that monitoring the physi

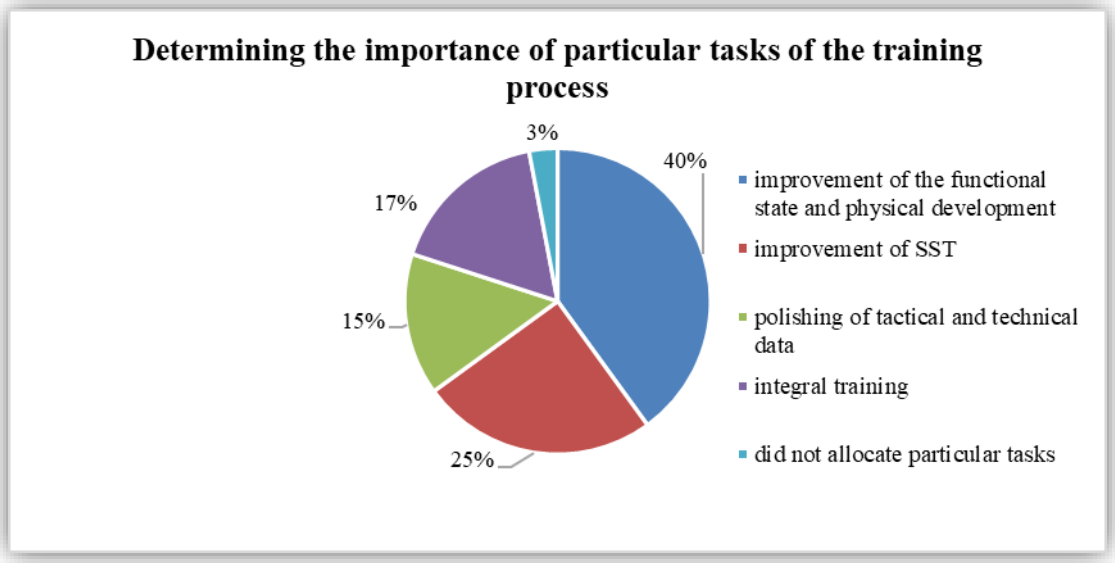


Figure 1. Topics of particular tasks of the educational and training process.

The survey showed (see figure 2) that 43% of coaches consider it appropriate to test handball players 2 times a year (at the beginning and at the end of the training cycle). 31% of respondents consider it necessary to conduct 3-time monitoring of the level of physical fitness of handball players during the entire

cal fitness of handball players should be carried out as necessary, and there should be no limits and restrictions in this aspect, and 2% of respondents do not consider it necessary to test athletes at all.

To the question: "How often do you use

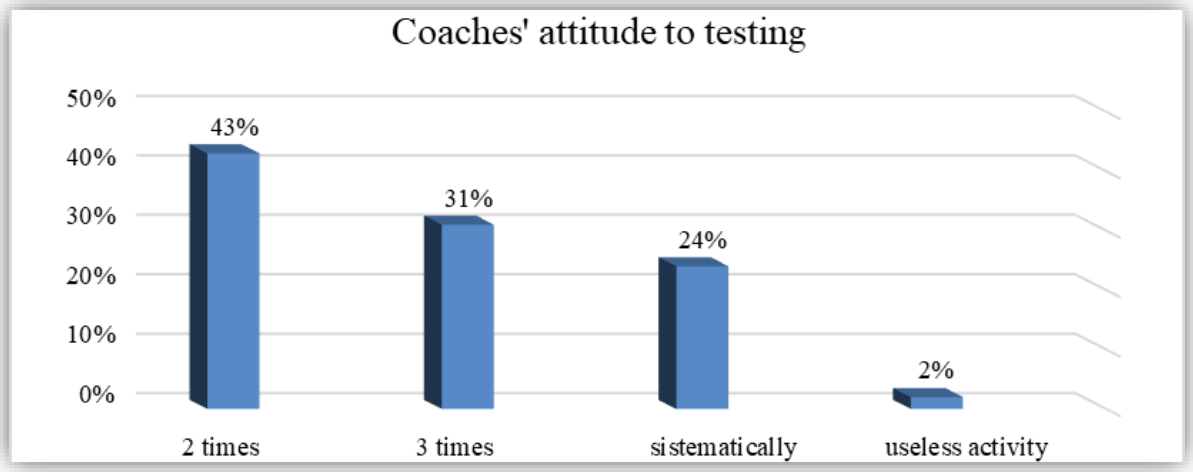


Figure 1. Topics of particular tasks of the educational and training process.

However, the majority of respondents, which is 88%, replied that testing the physical fitness of handball players contributes to improving their sportsmanship, and also orient athletes to the proper standards of general phys-

exercises for the development of athletes' SSQ in your training?" all the coaches, and this is 100%, answered systematically. However, to the next question of the questionnaire, where it was necessary to determine which qualities play

a leading role in the SST of athletes, many respondents answered inadequately. It becomes obvious that most coaches do not have a sufficient level of theoretical knowledge on this issue.

Next, we will consider the issues related to the SST (see figure 3), based on the age aspect of the development of the SSQ. Based

To the conditional form of the question about the uselessness of speed and strength exercises, 93% of coaches replied that they "do not agree" that it is not necessary to use speed-strength exercises in training. Only 7% of respondents "agree" with the opinion expressed. If we take into account the fact that the absolute majority of trainers (93%) consider exercises for the development of SSQ to be a necessary section of the training program, then the need for the following question becomes obvious. on the data obtained, the following can be noted: 31% of coaches believe that it is advisable to develop SSQ from the very beginning of sports; 43% answered – in adolescence and 24% assume that these qualities should be developed precisely during the period when it is already planned to achieve some results, 2% of respondents believe that that there is no need to test athletes.

The data obtained on it can be presented as follows: 60% believe that it is advisable to develop SSC in the main part of the training process, in the preparatory – 30%, in the final – 8% and 2% believe that in the water and in the intermediate parts. Thus, in accordance with the received questionnaire data, it can be stated that 2% of trainers are characterized by professional incompetence, lack of elementary theoretical knowledge, which cannot but affect the quality of the training process.

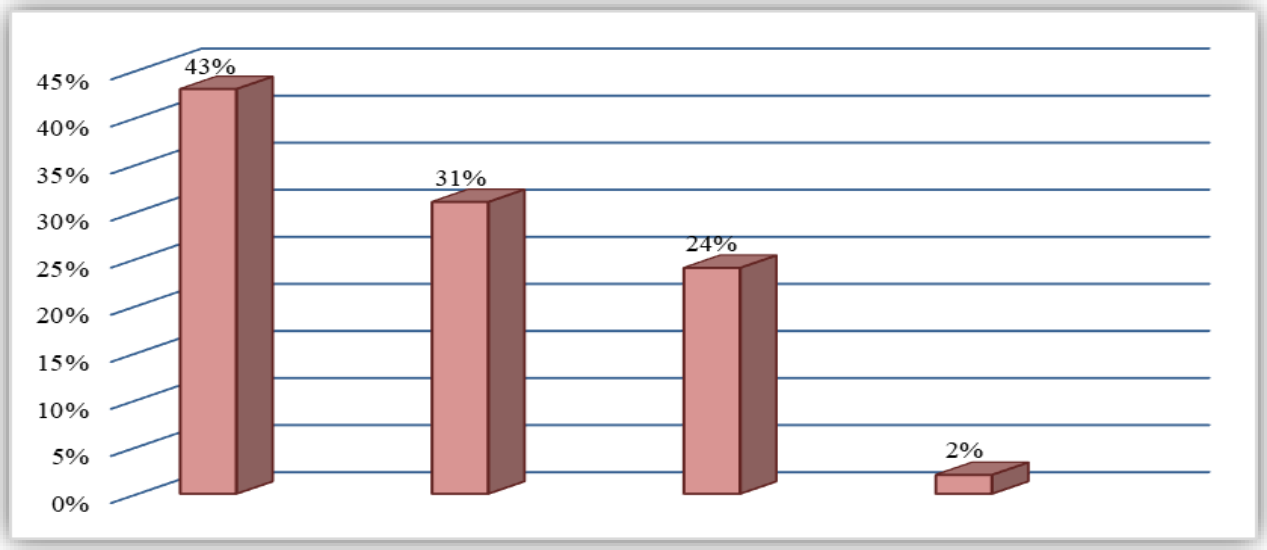


Figure 3. The expediency of age-related development of speed and strength qualities

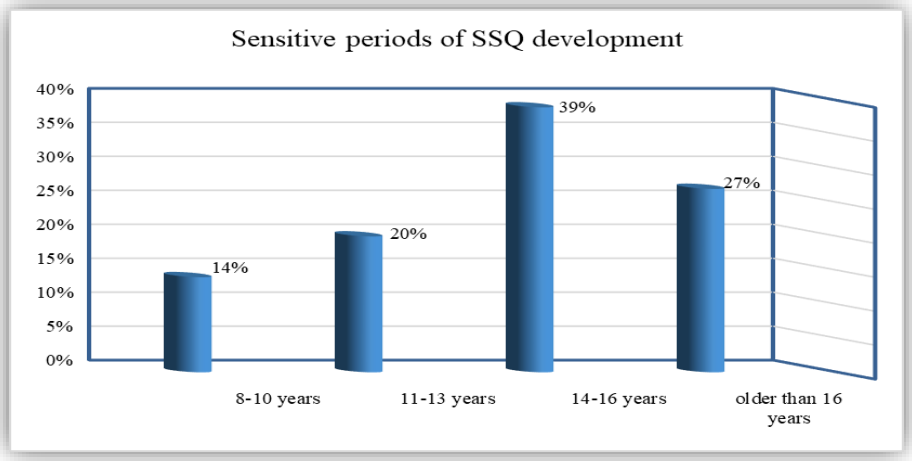


Figure 4. Sensitive periods of SSQ development

Figure 4 shows the results obtained from respondents concerning sensitive periods of development of speed and strength qualities. Thus, according to the results of the survey, it was revealed that 14% of respondents consider 8-10 years to be a sensitive age for the development of SSQ; 20% of respondents believe that the age from 11 to 13 years is the most sensitive; the largest number of respondents 39% noted the age of 14-16 years and 27% of the survey participants believe that the age over 16 years is the most favorable for the development of SSQ.

Based on the results of the survey, it is possible not only to learn about the state of the problem under study in practice, but also to analyze the effectiveness of the coaches' activities, in particular in handball.

Having given the coaches the opportunity to allocate time for SST depending on the readiness of the handball players, we received the following data: 35% of coaches believe that for young athletes starting to engage in handball, 20-25% of the training time should be allocated to SST training; 25% of coaches allocate 50% of the training time; 20% of coaches – more than 50% of the time training; 15% of respondents – less than 10% of the training time and 5% of the respondents took 10-15% of the training time. For handball players who already have experience in playing handball, 42% of coaches allocate 50% of training time, 28% of coaches – more than 50% of training time, 18% of coaches – 15-25% of training time, 8% of coaches – 10-15% of training time and 4% of respondents – less than 10% of training time. For handball players playing in master teams, 37% of coaches devote more than 50% of the training process time to the SST, 23% of coaches – 15-25% of the training time, 15% of respondents – 50% of the training time, 14% of coaches – 10-15% of the training time and 11% of coaches devote less than 10% of the training time.

To the question: "Do you know such an exercise as – vertical jumps?", incredibly, but: 85% of the coaches answered negatively, although in the previous question 40% of the coaches answered that in the exercises "vertical jumps" speed and strength qualities are most clearly manifested. The explanation of this situation can be inattention or inexperience, confusion, lack of coordination. Perhaps these factors influenced the result of the answer, since the majority of our coaches are already young specialists and they still have little work experience. It was also determined that 45% of coaches believe that deep jumps contribute to the development of SSQ, 23% believe that this exercise contributes to the development of dexterity; 17% combined coordination qualities and speed endurance in this exercise; 15% of coaches replied that deep jumps contribute to the development of strength endurance and flexibility.

The following question: "Do you know what explosive power is?" was positively answered by 92.4% of coaches. To the question: "Choose a definition that, in your opinion, characterizes explosive power?" only 12% of coaches answered correctly. 52% of trainers confused the definition of explosive strength and maximum strength, the rest – 36%, confused the definition of strength endurance with explosive strength.

Conclusion

As a result of the survey, it was revealed that many trainers do not have enough scientific and theoretical information about the development of SST. The process of improving the coach's activity is endless, it requires constant professional development, continuous self-education. The coach needs constant understanding of his pedagogical activity, constant updating of theoretical information from the field of theory and methodology of sports training, pedagogy, psychology, physiology, as only knowledge can be a guarantee of the effectiveness of coaching.

The questionnaire survey showed that there is still no consensus among handball coaches on the issues of building the educational process, in particular, it concerns the issues of improving the speed and strength training of athletes, the selection of funds for the development of SSQ, in this regard, it is established that this problem is an urgent area and requires further comprehensive research. The results of the conducted research revealed a number of

important issues related to the problem of improving the training process of highly qualified handball players. The data obtained once again confirmed the importance and great importance of speed and strength training in the training process of handball players.

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