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The use of specialized exercises in the preparatory period of ice-hockey players

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Abstract

Purpose: Increasing the effectiveness of training loads of various orientations at the stages of the preparatory period .

Methods: Controlling training loads is of particular importance. In the process of training, exercises of a specific nature are more effective, due to the increase in complex exercises. This made it possible to increase the effectiveness of physical fitness and technical and tactical actions of hockey players. To solve the set tasks, pedagogical research methods were used: The analysis of literary sources, was the first and one of the main methods in the work, was carried out to formulate research tasks, discuss the results obtained by different authors and compare them with each other. The generalization of practical experience was carried out in the course of observing the training sessions of the teams of the highest hockey league in the preparatory period. The documents for planning training sessions were also studied, after which, together with the team coaches, the funds used, the volumes and their ratios at the stages of the period were discussed and evaluated. The quantity was recorded: training sessions, duration of sessions, time spent on each exercise, number of repetitions, intensity of exercise, the nature of the rest, the size of the court and the number of players who took part in the exercises .

Results: The team used a large number of complex specialized exercises during the period. The ratio of complex and simple specific exercises does not correspond to the methodological recommendations for training hockey players in the preparatory period. The proposed dynamics of the ratio of complex and simple specialized exercises differs from the existing version, primarily in the following: the dynamics of complex specialized exercises is constantly and gradually increasing; the private volume of complex exercises increases by the end of the preparatory period; During the period, the difficulty coefficients periodically fluctuate.

Conclusion: In the study, the ratio of complex and specific means was established, where it is necessary to gradually and constantly growing dynamics of complex exercises in the preparatory period .

Keywords: Stages of the preparatory period, the ratio of complex and simple means, specialized exercises.

Introduction

In various countries of the world, especially those developed in hockey relations, significant experience has been accumulated in training top -class hockey players. The coaches' creative work in collaboration with academics has led to the creation of noteworthy private approaches to various aspects of sportsmanship. These include work on improving various physical qualities, technical, tactical and psychological training (Ishmatov et al., 2011). At the same time, such important components of the structural formations of the training process as a lesson, microcycles, stages, periods are extremely insufficiently represented.

Research works concerning the training of hockey players at various stages in the preparatory period have not been found in the foreign literature available to us.

The main task of the preparatory period: to form such a level of preparedness of hockey players and the team as a whole, which would allow, firstly, to successfully perform in the competitions of the national champion and international games, and secondly, to carry out voluminous and intensive trainings in the between-game cycles of the competitive period. A particular task of the preparatory period is to achieve a high level, physical fitness, and especially specific motor qualities, on which the effectiveness and staginess of the game depends (Godik, 2007; Ishmatov et al., 2015; Klimin et al., 1982).

As you know, one of the informative indicators of loads in hockey is the complexity of specific exercises. Its criterion is the following: correspondence of the goal of the attacking and defensive actions of hockey players in the tasks (Ishmatov et al., 2011; Nikonov, 2008). So, for example, if in training exercises there is a goal - the creation and implementation of a game situation, then according to this criterion, she receives the highest difficulty score. Another criterion of complexity is the volume and versatility of technical and tactical solutions in exercis-

es. The criteria of complexity are also the speed of execution, the presence of martial arts, the number of participants in the exercises, the size of the site and other restrictions.

Methods

To solve the set tasks, the following research methods were used:

1. Analysis of literary sources on the problem under study.
2. Generalization of practical experience.
3. Organization of research and pedagogical experiment.

The analysis of literary sources, was the first and one of the main methods in the work, was carried out to formulate research tasks, discuss the results obtained by different authors and compare them with each other. According to the special literature on the problem under study, the following were studied: problems of periodization of the training process in the annual cycle of hockey players; structure and dynamics of training loads of the preparatory period of qualified hockey players; issues of information support of the training process while monitoring loads.

This method made it possible to formulate the goal of the study, define the tasks and generalize the theoretical conclusions.

The generalization of practical experience was carried out in the course of observing the training sessions of the teams of the highest hockey league in the preparatory period. The generalization of practical experience was carried out in the course of observing the training sessions of the teams of the highest hockey league in the preparatory period. The number of training sessions, the duration of the sessions, the time spent on each exercise, the number of repetitions, the intensity of the exercise, the nature of the rest, the size of the site and the number of players who took part in the exercise, the number of touches were recorded.

The study and the preliminary experiment involved the participation of 32 hockey players of the Higher Hockey League team “HUMO”, Tashkent city.

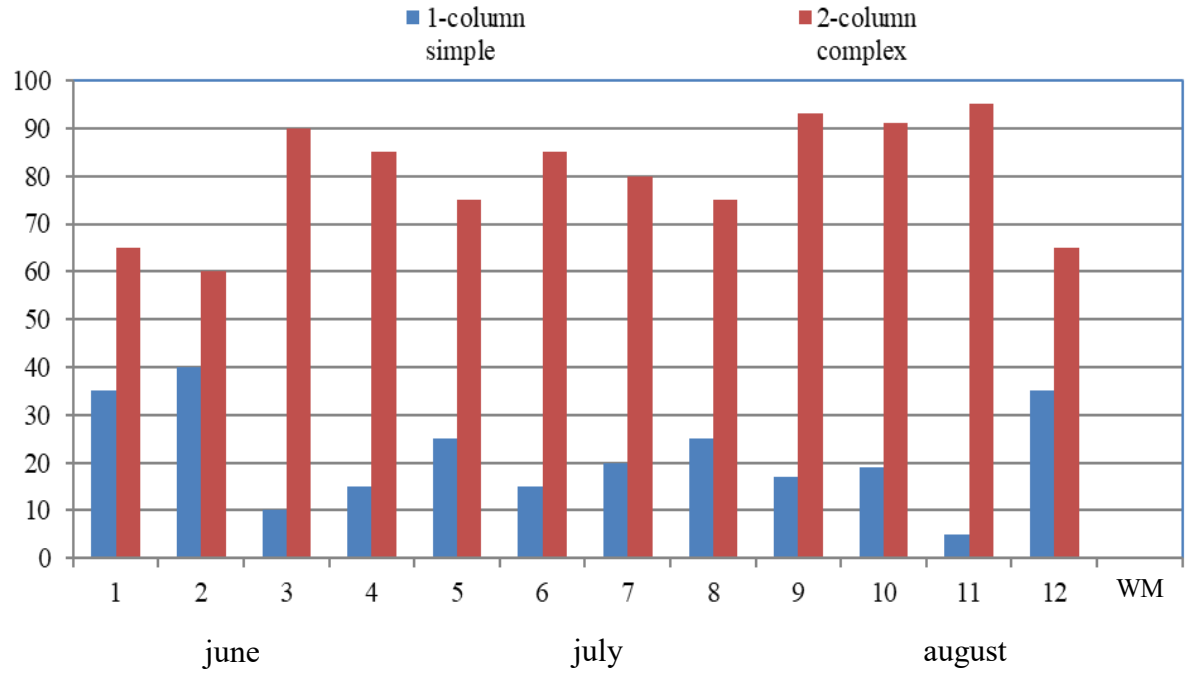
The results of the observations were analyzed together with the team's coaches. Conclusions were made, on the basis of which the programs of the main pedagogical experiment were developed.

Results and discussion

Figure 1 illustrates the dynamics of complex and simple specialized exercises used by hockey players in the preparatory period.

As you can see, the team used a large number of complex specialized exercises from 60 to 90% during the period. The largest percentage is observed at the special preparatory stage of the 9, 10, 11 weekly microcycle (WM), which is quite

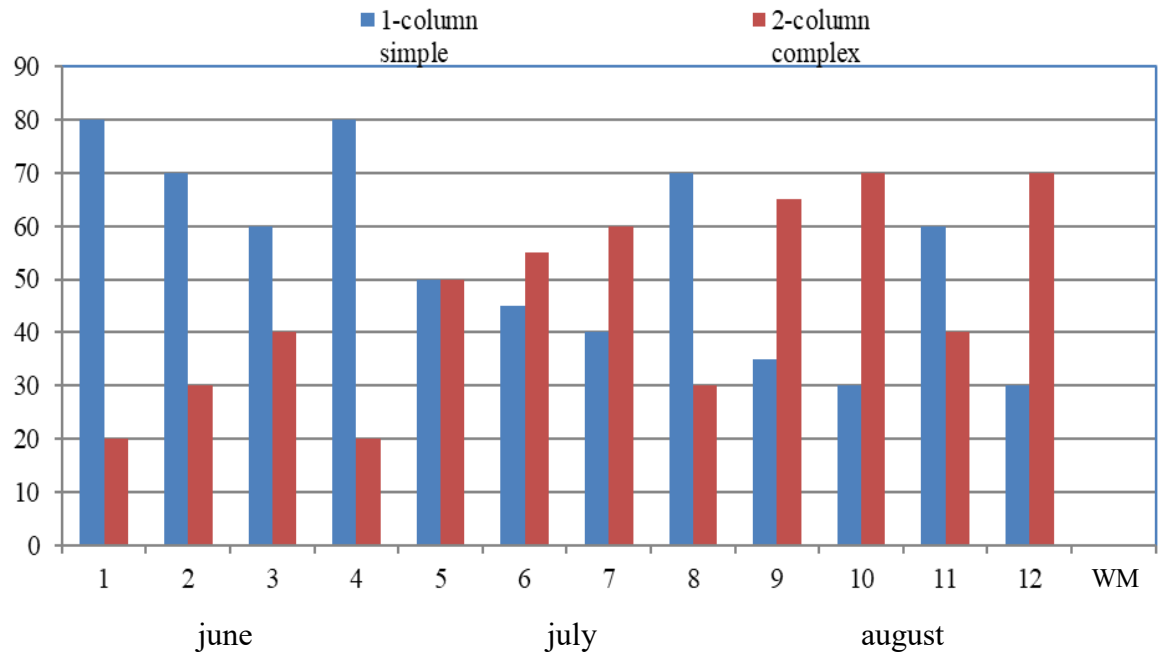
Figure 1. The ratio of the dynamics of complex and simple special exercises.



consistent with the goals and objectives of this stage. The drop to 65% in microcycle 12 is due to the gentle training regimen before the first calendar game. The ratio of complex and simple specific exercises does not correspond to the methodological recommendations for training hockey players in the preparatory period. However, it seems more appropriate to gradually and constantly increasing dynamics of complex exercises in microcycles of the period.

Figure 2 shows the proposed dynamics of the ratio of complex and simple specialized exercises. It differs from the existing version, primarily in the following: the dynamics of complex specialized exercises is constantly and gradually increasing; the partial volume of complex exercises increases by the end of the preparatory period to 80%; During the period, the difficulty coefficients periodically fluctuate. For example, if in 6 and 7 WM the volume of complex exercises was equal to 55-60%, then at 8 WM it drops to 30%, and at 9 and 10 WM again it rises sharply to 65-70%.

Figure 2. The proposed dynamics of the ratio of complex and simple specialized exercises.



Conclusion

The ratios of complex and simple specific exercises are related to the goals and objectives of planning loads at the stages and WM of the period. In those moments when coaches plan to work on increasing speed and especially speed and general endurance, the difficult coordination exercises used are not advisable. Since it is difficult and sometimes impossible to regulate the intensity of the work performed in them.

The ratio of complex (60-90%) and simple (10-40%) specific means corresponds to the methodological recommendations for training hockey players, however, it is necessary to gradually and constantly increasing dynamics of complex exercises in the period.

The results of the study and their conclusions allow the following for use in hockey practice:

1. When controlling and planning training loads of qualified hockey players, it is advisable to use informative indicators: volume and size of loads; the coefficients of specialization and complexity of training exercises; indicators of the orientation of training means.

2. In the preparatory period, it is necessary to identify stages, the duration of which would allow solving the tasks planned for each stage. The most optimal duration options are: retractor - 2 weeks; basic general preparatory stage - 4 weeks; basic special-preparatory - 4 weeks; pre-competition - 2 weeks.

3. For the effectiveness of the training process in the preparatory period, it is necessary to provide: undulating increase in private vol-

umes, specialized in complex coordination exercises; determination of the optimal ratio, for each stage of the preparatory period, exercises of different directions; in the structure of hockey players' readiness, the most effective in the normative period are loads of anaerobic-alactate and anaerobic-glycolytic orientation.

4. At the end of each preparatory period, conduct tests in order to determine the effectiveness of funds and their optimal ratio.

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