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Modern stages of development of training preparation in the process of initial taekwondo training

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Abstract
Aim: Identification and practical justification of means and methods of physical, technical and tactical training of taekwondo athletes at the initial stage of training.
Methods: To solve the tasks, the following research methods were used: theoretical analysis and generalization of sources and documentary materials of literature, advanced and personal work experience; pedagogical observations; testing, full-scale pedagogical experiment, mathematical and statistical analysis.
Results: The reliability of the research results is confirmed by scientific theories, theoretical justification of the existing rules in sports practice, scientific organization of the study. The set of research methods used corresponds to the goals set in the study, which is explained by the high degree of reliability, properly developed, analyzed and interpreted a large volume of evidentiary materials.
Conclusion: In the process of preliminary training of young taekwondo athletes, when composing a training session, motor games, mainly affecting strength, coordination and dexterity, should be planned in the first and second parts of the training session. Games that affect the level of development of adaptability in the first place, as well as before fatigue, if possible, should be planned at the end of the first part or at the end of the second. This is due to the fact that taekwondo athletes must develop a high level of adaptability in order to effectively perform their techniques.
Keywords: healthy generation, taekwondo, technical and tactical training, competition, harmoniously developed generation.

Introduction

Taekwondo is one of the most actively developing sports in our country. The search for ways to ensure the successful improvement of sports skills of young taekwondo athletes is one of the urgent tasks.

The generally accepted concept of long-term training of athletes implies training from a beginner to a master of international class, understood as a single process subject to certain laws, as a complex, specific system with certain characteristics and development paths.

Methods

1. Theoretical analysis and generalization of sources and documentary materials, advanced and personal experience in literature.
2. Pedagogical observations.
3. Testing.
4. Natural pedagogical experience.

The analysis and generalization of sources and documentary materials in the literature were carried out in order to determine consensus in the views of specialists in the field of sports theory and methodology, as well as in the views of related disciplines on the problem associated with the formation of the training process of young taekwondo athletes. The features of the methods of working with athletes of this age, the use of various means of training athletes in the training process were studied. The study of works on these issues allowed us to determine the state of the problem.

Pedagogical observations. This method was used to clarify the problematic situation, formulate a working assumption of the study, develop and improve the experimental program.

In particular, the topics of pedagogical observations were considered as follows: organization, structure, content and methodology of technical and tactical training of young taekwondist athletes; compliance of tasks with the characteristics and capabilities of participants at their age; diversity and uniqueness of training tools, the level of effectiveness of their use and compliance with the set; variety of teaching methods, training, organization and development of skills in the process of training and training sessions and the expediency of their use, their compliance with the level of training of groups; rationing and monitoring of loads during training sessions. In addition to direct observation, visible

observations using video recording and visualization tools, “HITACHI VH-238E (AV)” video cameras, and a “JVC HR-D521 EE” video recorder were used in the experiment.

Testing. Before the start of the pedagogical experiment, a comprehensive control program was developed to identify patterns in the dynamics of the growth of physical, technical, and tactical readiness of young taekwondo athletes and to assess the impact of the experimental program on the level of their comprehensive training.

As for the level of physical fitness of the subjects, physical fitness testing was carried out under standard conditions at the beginning and at the end of the experiment with the involvement of assistants specially instructed by the author. Before testing, a special warm-up was performed. During testing, each subject was given test attempts. In two attempts, the best result was included in the processing. Recommendations given by I. V. Golik; V. M. Zatsiorsky; M.A. Godik were used in the selection and application of tests (8, 9).

The control and experimental groups checked the final levels of other aspects of training (technical, tactical) of young taekwondists with the involvement of assistants specially instructed by the author at the beginning and end of the experiment under standard conditions.

Determination and comparison of the levels of comprehensive training was carried out under standard conditions at the beginning and end of the experiment, with the involvement of specially instructed by the author assistants in the sparring process between athletes of the control and experimental groups.

Natural pedagogical experience. This research method tested the effectiveness of the content of a specially developed experimental program for the formation of physical, technical and tactical training of young taekwondo practitioners.

The pedagogical experiment was conducted in natural conditions. The experiment was attended by athletes of the preliminary preparatory group studying in the second year (n= 15 - experimental group and n= 15 - group). These athletes trained under the guidance of the author of the study in the first year of training. The training process was of a health-improving and restorative nature. Training sessions were held 3 times a week for 45 minutes. The ratio of motor games and general training exercises was 1:1 (traditionally used at this age).

The subjects of the control and experimental groups were similar in age, there were no significant differences in physical fitness before the experiment. Young taekwondo athletes of the control group practiced a generally accepted methodology, including general training and special training exercises, individual and team motor games performed in a strictly regulated exercise regime. In general educational, general training and special training exercises, individual and team motor games performed in a strictly regulated exercise regime in the following ratio: 45% - 45% - 10%, at the stage of special training in the following ratio: 35% - 50 % - 15%, in the competition stage in the following ratio: 20% - 60% - 20%.

For the purposeful formation of physical, technical and tactical training of young taekwondo practitioners of the experimental group, a system of pedagogical influences was used, which included: 1) pedagogical tasks on physical, technical, tactical training, formed in accordance with generalized models of training quality ; 2) means of their solution (general training exercises, special training exercises, special training exercises, modified motor games) in the general ratio: 45% - 33% - 22%, at the stage of special training in the following ratio : 33% - 22% - 45%, it is used in the following ratio at the competition stage: 10% - 10% - 80%.

Results and discussion

The reliability of the research results is confirmed by scientific theories, the theoretical justification of the existing rules in sports practice, the scientific organization of the study.

The set of research methods used corresponds to the goals set for the study, is explained by a high degree of reliability, properly developed, analyzed by a large number of evidentiary materials. It is guaranteed that the results obtained are correct, reliable and accurate. The qualitative provision of research results is determined by the use of experimental work and methods of mathematical and statistical analysis of the results (4, 6).

Table 1. The share of training tools in the macrocycle of training young taekwondo

Macrocycle structure			Training methods			
Period	Level	Type of Macrocycle	Motor games		Physical exercises	
			Private direction	Comprehensive direction	General trai-ing	Special train-ing
Preparation	General training	stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
		recovery	-	-	-	-
		stretching	12	10	45	33
		stretching	12	10	45	33
		stretching	12	10	45	33
	Special training	strike	20	25	33	22
		strike	20	25	33	22
		strike	20	25	33	22
		recovery	-	-	53	47
		strike	20	25	33	22
		strike	20	25	33	22
		strike	20	25	33	22
		recovery	-	-	53	47
Competition		strike	10	35	22	33
		strike	10	35	22	33
		recovery	-	-	57	47
		stretching	10	35	22	33
		stretching	10	35	22	33
		stretching	10	35	22	33
		stretching	10	35	22	33
		stretching	10	35	22	33
		Competition	-	80	10	10
		Competition	-	80	10	10

Wrestling is not only rich in highly coordinated exercises, but it is also necessary to perform these exercises in changing static and dynamic conditions. These conditions arise unexpectedly and require a qualitative mechanism of sensory correction in order to adequately respond to their occurrence. But this is not enough. Under any rule, the timing of the confrontation itself introduces barriers of a psychostress nature, which makes it the most complexly coordinated, situational and psychostressful sport.

In these conditions, the now popular early specialization puts on the agenda issues related to the ability of children to perform complex offensive and defensive actions, whereas at this age their ability to arbitrarily focus attention is also in question. At this age, the problem of forming an adequate complex reaction to a moving object is complex, which is especially important in martial arts. Hence it can be assumed that at this age it is much easier to start practicing martial arts.

The ratios of the means of the training process in the macrocycle of training young taekwondo athletes are shown in Table 1.

The types of training in the taekwondo literature are as follows:

1. physical training of a taekwondo athletes;
2. special physical training of a taekwondo athletes;
3. technical training of a taekwondo athletes;
4. Tactical training of a taekwondo athletes;
5. Psychological training of a taekwondo athletes;
6. Theoretical training of a taekwondo athletes.

If we consider that most children are engaged in wrestling, martial arts and taekwondo only for the sake of the educational component, it is impractical to start training with general physical training, since most children quickly lose interest in such taekwondo and do not go to the section (3, 5). At this age, it is advisable to consider general developmental training as a measure of compensation for school deficiencies in the development of movements. At the same time, general developmental exercises should not take precedence over taekwondo techniques, since they are found in sports taekwondo programs. It is impossible to start special physical training until you master the medium structural techniques of taekwondo, as GPT exercises are used to increase speed, strength and endurance in the process of performing taekwondo techniques.

Training at the initial preparatory stage, in our opinion, contributes primarily to the development of coordination abilities. Performing a Formal complex can also be considered as a kind of meditation - movement meditation. This department of taekwondo is usually used in groups called pre-training, it is considered a specific "School of Action" (2).

In addition, formal exercises are used for general development and wellness purposes, because when they are performed correctly, the musculoskeletal system, cardiovascular, respiratory and nervous systems receive a positive load. This is determined by the fact that the load can be easily dosed and grouped by levels of difficulty of exercises.

Based on the assumption that the use of complex training instead of competitions as the main method of modified motor games simulating the activities of competitions will allow young athletes' to form the highest possible level of their complex training without compromising their physical and psychological conditions, two main approaches were implemented.

The first approach is analytical;

The second approach is complex.

As means of the training process, the following exercises were used: exercises in various sports -general training exercises, taekwondo exercises - special training exercises, complex and special motor games (technical-physical; technical-tactical; tactical-physical) (see figures 1).

Conclusion

During the initial training of young taekwondo athletes, motor games should be planned in the first and second parts of the training, mainly involving strength, coordination and dexterity. Games that primarily affect the level of flexibility development should also be scheduled for the end of the first part or, if

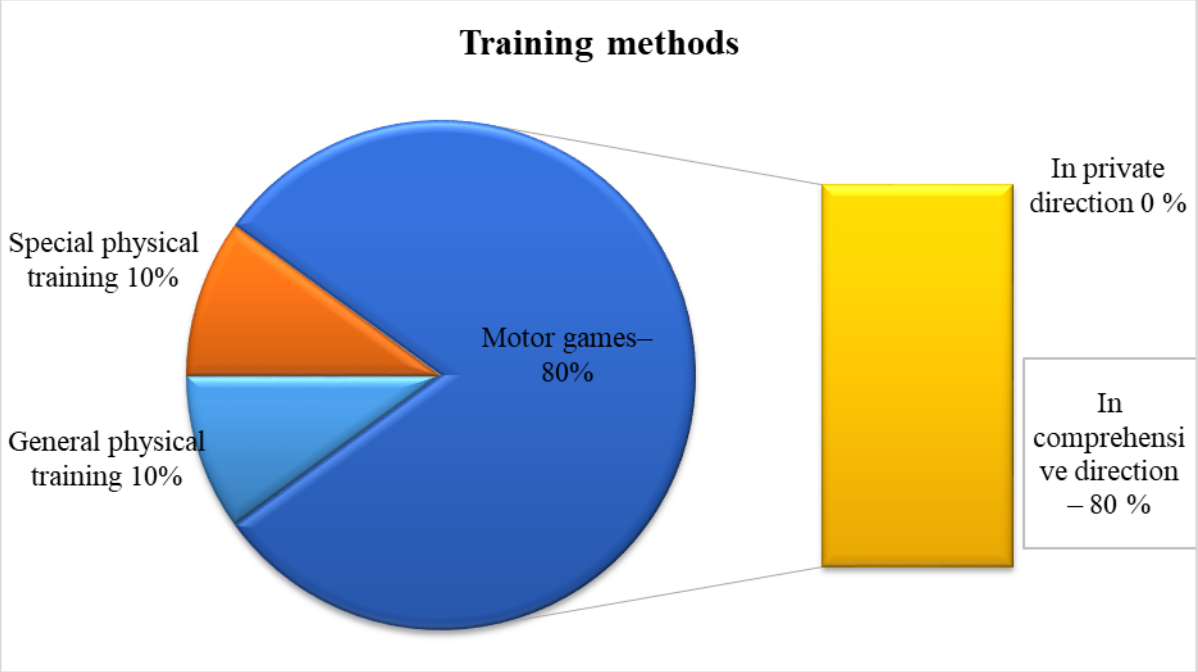


Figure 1. Ratios of training facilities during competitions

possible, the second, before the onset of fatigue. This is due to the fact that taekwondo athletes need to develop a high level of flexibility to perform the technique effectively.

The stronger the fatigue that occurs during the exercises, which has a significant impact on the performance of taekwondo athletes, the lower the level of active flexibility and the higher the level of passivity. In the second part of the training, it is necessary to use games that mainly affect the level of endurance development, since fatigue resulting from solving problems in the first part allows you to use the training time wisely.

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