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The problem of training loads rationing of young hockey players at the stage of in-depth specialization in annual training cycle

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Abstract

Purpose: to ration the training load of young hockey players in the preparatory period based on the programs of hockey clubs.

Methods: The following pedagogical research methods were used to solve the tasks set: analysis of scientific and methodological literature. Generalization of practical experience, which was carried out during the observation of the training sessions of the hockey teams "Binokor" and "Humo". The documentation related to the planning of the training process of young hockey players in the preparatory period was also studied, after which the means used, the volumes and their ratios were discussed and evaluated with the team coaches.

Results: The team conducted a study on the rationing of training loads of young hockey players in the microcycle of the special training stage of the preparatory period of the annual training cycle. a large number of complex specialized exercises were used. The proposed dynamics of the amount of time for specialized exercises differs, first of all, by constantly and gradually increasing the dynamics and particular volume of specialized exercises, which increases by the end of the preparatory period.

Conclusion: In the groups, after the subjects performed motor tasks, the results increased. However, in the experimental group, the increase in strength and speed-strength indicators turned out to be more significant and statistically more reliable.

Keywords: Annual cycle, stages of the preparatory period, rationing of the load, training loads, young hockey players, specialized exercises.

Introduction

Priority areas for optimizing training loads in sports, in particular for young hockey players at the stage of in-depth specialization, are the distribution of speed-strength loads, technical and tactical skills, and increasing competitive practice. It is obvious that the improvement of the optimization of the training load of young hockey players at the stage of in-depth specialization should be carried out with a focus on the model characteristics of competitive activity, taking into account the optimal ratio of the power and speed component for the planned level of sports achievements (Davletmuratov, 2021; Davletmuratov, 2020).

In this regard, the modern level of sports achievements requires the organization of purposeful long-term training of hockey players, the selection of gifted children who are able to join the ranks of the country's capable athletes, the search for more and more effective means and methods of educational and training work (Bondarchuk, 2015; Volkov, 1991; Davletmuratov, 2020).

Hockey for our country is a new sport, development and formation, which takes five years. During this time, a lot has been done, in 2019 the Hockey Federation was created, the teams of the Higher Hockey League of Uzbekistan were organized, ice arenas were built, which cannot ignore the methodological and theoretical area of training, both of the Major League teams and the reserve.

In the modern scientific literature, the characteristics of loads in the preparation of hockey players in the preparatory period of the annual cycle are determined. The issues of the distribution of hours in the education of physical qualities and on their basis the improvement of technical and tactical skills are also considered (Bukatin, 1997; Davletmuratov, 2020). However, the issue of optimizing the training loads of young hockey players at the stage of in-depth specialization has not been considered in domestic and foreign literature.

In modern hockey, speed-strength training is of particular importance, which is one of the important factors in improving the skill and special performance of players.

The foundation of high and stable achievements is laid in childhood and adolescence. An analysis of the accumulated experience and the results of the studies already conducted shows that in the process of long-term training, you can always find additional reserves and potential opportunities to increase the level of speed and strength training of young athletes. Among other reasons that determine the insufficiently high efficiency of speed-

strength training of hockey youth, I would like to highlight the imperfection of the practiced methodology for the development of speed-strength qualities. It is for this reason that it is necessary, in the interests of further progress of the skill of our reserves, to optimize the training process, first of all, in terms of increasing the effectiveness of means and methods of special speed and strength training. One of the effective methods of educating speed and strength qualities in hockey players is the use of dynamic efforts, methods of impact, variable and conjugate effects. In modern literature, this problem is considered rather poorly (Ishmatov, 2015; Karimov, 2020). Due to the relevance and small development of the problem, the topic we have chosen contributes to the development of a system of theoretical and methodological knowledge in the field of managing sports training of hockey players at the stage of in-depth specialization. All of the above determines the relevance of this study.

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

Analysis of literary sources was the first and one of the main methods used in the work. The analysis was carried out to formulate research objectives, discuss the results obtained by different authors and compare them with each other. According to the special literature on the problem under study, such issues as the problems of periodization of the training process in the annual cycle of hockey players; structure and dynamics of training loads of the preparatory period for young hockey players; issues of informational support of the training process when monitoring loads. This method made it possible to formulate the purpose of the study, define tasks and summarize theoretical conclusions.

The generalization of practical experience was carried out during the observation of the training sessions of youth teams in the preparatory period. More than 85 classes were analyzed, planning documents for training sessions were also studied, after which, together with the coaches of the teams, the means used, volumes and their ratios at the stages of the period were discussed and evaluated.

At the same time, we recorded the number and duration of training sessions, the time spent on each exercise, the number of repetitions, the intensity of the exercises, the nature of the rest, the size of the court and the number of players who took part in the exercises, the number of touches.

Young hockey players of the “Humo” and “Binokor” teams of Tashkent city in the number of 15 athletes from each team took part in the study and experiment.

The results of the observations were analyzed together with the coaches of the teams. Conclusions were drawn, on the basis of which the programs of the main pedagogical experiment were developed.

Results and discussion

On the basis of the “Humo” arena with the participation of young hockey players of the “Humo” and “Binokor” teams, an experiment was conducted in which the issue of rationing the training loads of young hockey players of the “Humo” team included in the control group (15 people) in the 1st (striking), 2nd (striking) and 3rd (bringing) microcycles of the special preparatory stage of the annual training cycle was investigated.

The total training time of the control group hockey players in the 1st (striking) microcycle was 805 minutes (100%); the approximate share of the training load aimed at developing endurance – 42%; speed training load – 18%; strength training load – 15%; dexterity development - 18%; flexibility development - 7%. (Figure 1).

The training work of the hockey players of the control group in the 2nd (striking) microcycle was 805 minutes (100%); the approximate share of the training load aimed at developing endurance was 44%; speed training load - 19%; strength training load - 11%; dexterity development - 19%; flexibility development - 7% (Figure 1).

The total time of training work in the 3rd (bringing) microcycle of hockey players of the control group was 775 minutes (100%); the approximate share of training load aimed at developing endurance was 40%; speed training load - 20%; strength training load - 12%; dexterity development - 20%; flexibility development - 8% (Figure 1).

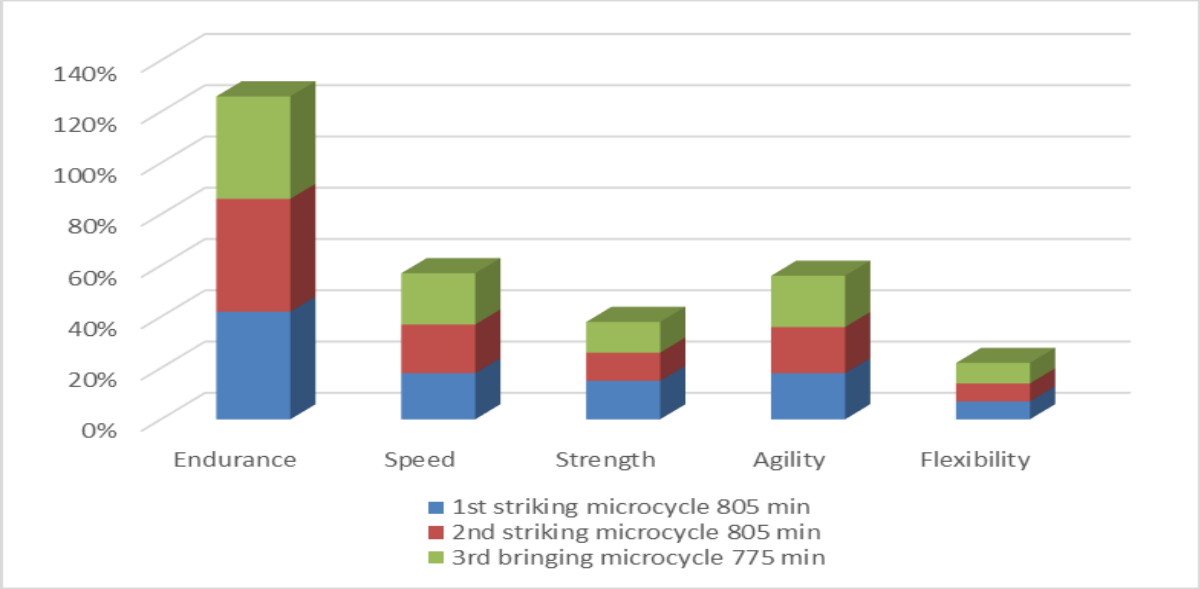


Figure 1. Approximate percentage of training loads of various orientations of young hockey players ("Humo" team - control group, n = 15) in microcycles of the special training stage of the preparatory period of the annual training cycle.

Table 1. Approximate percentage of training loads (control group, n = 15) at the special training stage of the preparatory period of the annual training cycle.

Characteristics of training work in training microcycles	1st striking microcycle	2nd striking microcycle	3rd bringing microcycle
Total time of training work in a microcycle (min)	805	805	775
Endurance	42%	44%	40%
Speed	18%	19%	20%
Strength	15%	11%	12%
Dexterity	18%	19%	20%
Flexibility	7%	7%	8%

Figure 2 shows the general characteristics of the training loads of young hockey players of the Humo team (control group) at the special training stage of the preparatory period of the annual training cycle.

The total time of the training work of the control group hockey players at the special training stage of the preparatory period of the annual training cycle was 2385 minutes (100%); the approximate percentage of the training load aimed at developing endurance was 42%; for the development of high–speed training load – 19%; for the development of strength training load – 13%; for the development of agility – 19%; for the development of flexibility – 7%.

The training time of the hockey players of the experimental group in the 1st (striking) microcycle was 745 minutes (100%); the approximate share of the training load aimed at developing endurance was 38%; speed training load - 19%; strength training load - 16%; dexterity development - 19%; flexibility development - 8% (Figure 3).

The total time of the training work of the hockey players of the experimental group in the 2nd (striking) microcycle was 745 minutes (100%); the approximate share of the training load aimed at developing endurance was 38%; speed training load - 21%; strength training load - 12%; dexterity development - 21%; flexibility development - 8% (Figure 3).

The training work of the hockey players of the experimental group in the 3rd (bringing)

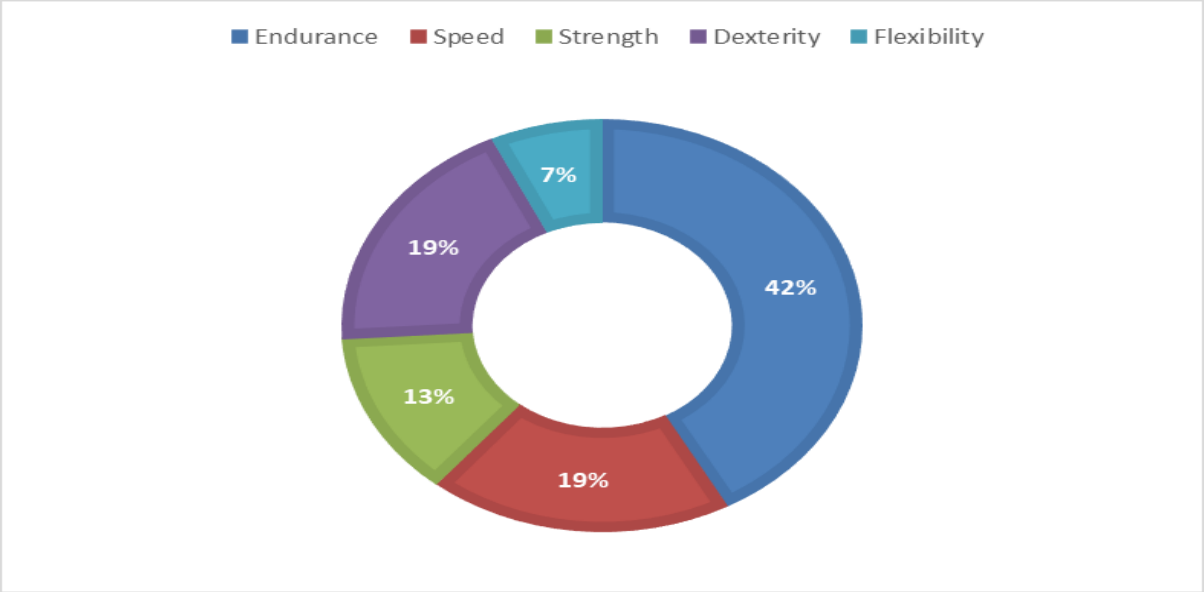


Figure 2. The total time of the training work of the hockey players of the control group at the special training stage of the preparatory period of the annual training cycle.

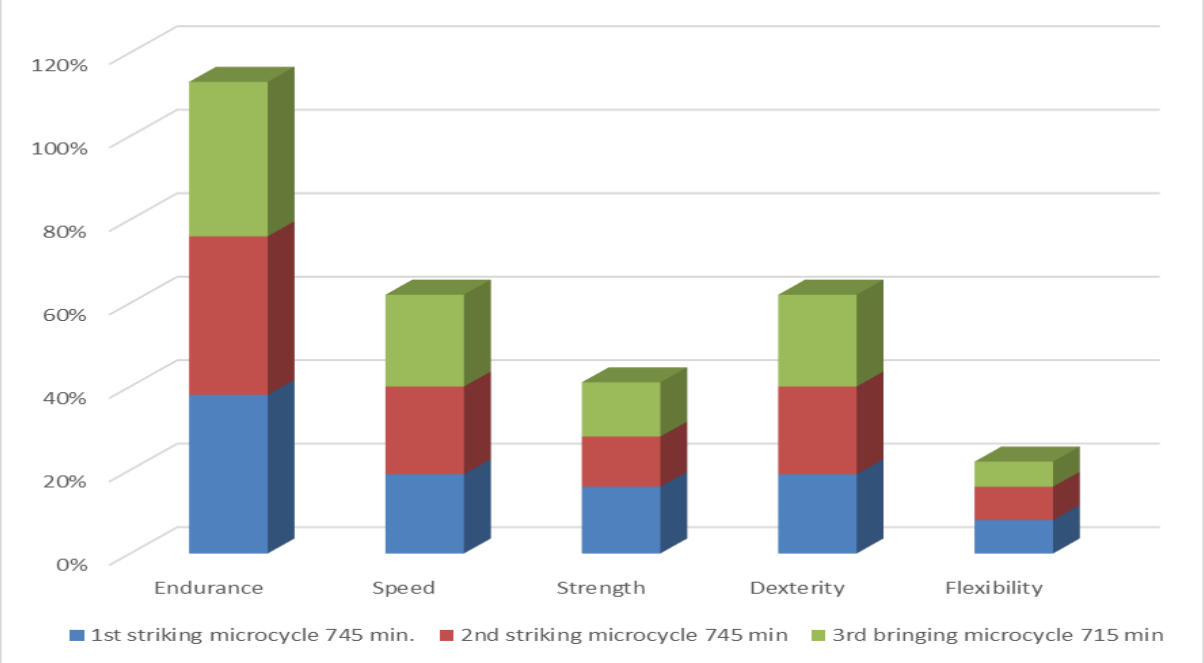


Figure 3. Approximate percentage ratio of training loads of various orientation of young hockey players of the Binokor team (experimental group, n=15) in microcycles of the special training stage of the preparatory period of the annual training cycle.

microcycle was 715 minutes (100%); the approximate share of the training load aimed at developing endurance was 37%; for the speed training load - 22%; the share of the strength training load - 13%; the share of the training load for the development of dexterity - 22%; the share of the training load for the development of flexibility -6% (Figure 3).

Figure 4 shows the general characteristics of the training loads of young hockey players of the Binokor team (experimental group, 15 people) in the 1st (striking), in the 2nd (striking) and 3rd (bringing) microcycles of the special preparatory stage of the preparatory period annual training cycle.

The total time of training work of hockey players of the experimental group at the special preparatory stage of the preparatory period of

Table 2. Approximate percentage of training loads (control group, n = 15) at the special training stage of the preparatory period of the annual training cycle.

Characteristics of training work in training microcycles	1st striking microcycle	2nd striking microcycle	3rd bringing microcycle
Total time of training work in a microcycle (min)	745	745	715
Endurance	38%	38%	37%
Speed	19%	21%	22%
Strength	16%	12%	13%
Dexterity	19%	21%	22%
Flexibility	8%	8%	6%

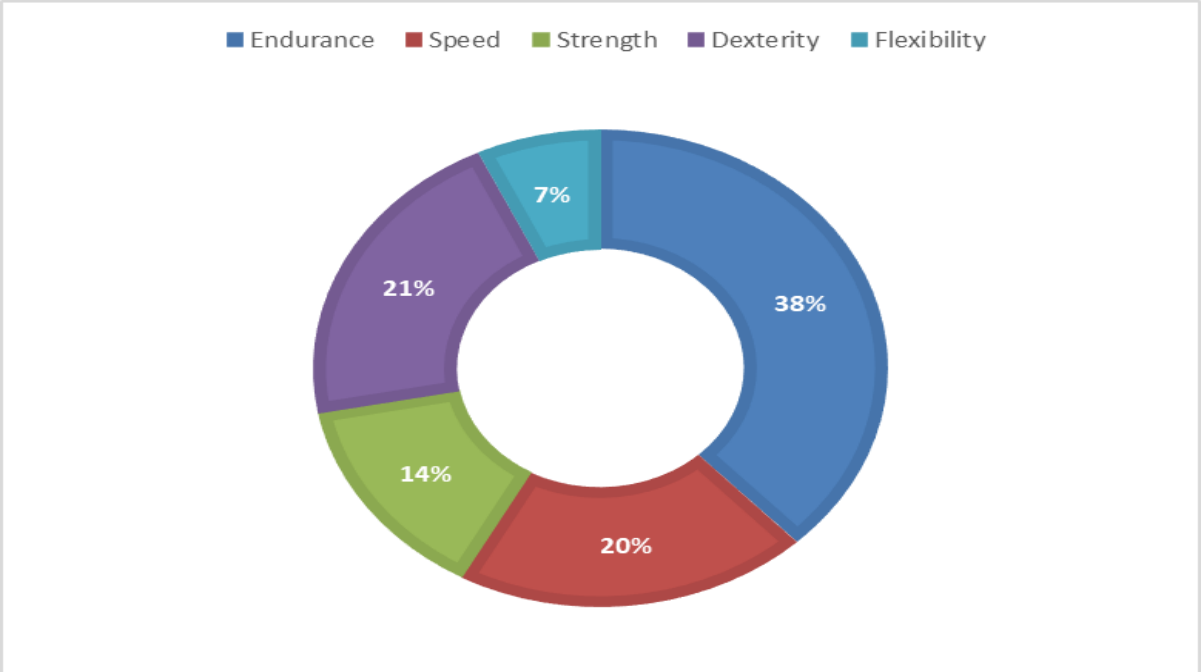


Figure 4. The total time of the training work of the hockey players of the experimental group at the special training stage of the preparatory period of the annual training cycle.

the annual training cycle was 2205 minutes (100%); the approximate share of the training load aimed at developing endurance - 38%; for the speed training load - 20%; for the strength training load - 14%; for the development of dexterity - 21%; for the development of flexibility - 7% (Figure 4).

Conclusion

As a result of experimental research, it can be concluded that in both groups (control and experimental), after the subjects performed motor tasks, the results increased. However, in the experimental group, the increase in strength and speed-strength indicators turned out to be more significant and statistically more reliable.

So, the use of the conjugate-consistent principle of using the means of special speed-strength training provided a steady significant development of the speed-strength abilities of young hockey players.

It can be concluded that in order to increase the effectiveness of strength and speed-strength training of young hockey players, training means should be selected taking into

account the principle of dynamic compliance with competitive exercise when using dynamic effort methods, striking, variable and conjugate impact methods.

According to the outcome of the ascertaining experiment, the distribution of the total time is recommended, with the help of percentage optimization in the microcycle of training for the development of physical qualities of young hockey players at the stage of in-depth specialization.

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