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Multi-year training of athletes

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Abstract

Purpose: Analysis of theoretical knowledge in the system of long-term training of athletes.
Methods: The research used such methods as scientific and theoretical (8-9 dissertations) analysis of information in domestic and foreign literature, generalisation of experience of domes tic and foreign coaches and specialists
Results: However, preparation for competition, the basis of which is the training process, is very complex and demanding. Therefore, we need an effective method of its management and, consequently, of the competition competence itself. The methodology of A.I. Zavyalov allows to achieve deep fatigue, causing the appearance of the supercompensation phase and, at the same time, - avoid overexertion [80; p.179-185]. Thus, it is possible to achieve the maximum training effect without the risk of harming the athlete's health.
Conlcusion: It is fair to assume that competitive competence will depend on the appropriateness of the construction of multi-year training, the specificity of the sport and the effectiveness of the method of its management. The conditions of sports specialisation in judo are: direct long -term physical contact with the opponent; less use of physical force, compared to internationally recognised types of wrestling; a wide variety of technical actions, including throws, painful holds, chokes, holds; increased requirements to the quality (effectiveness) of the conducted techniques. Competitive competence is an athlete's necessary knowledge, skills, competitive and life experience that determine the ability to act effectively in changing conditions of competition. Its content consists of 16 structural units of our proposed model.

Keywords: training and biological age, multi-year procedure, sports improvement, skills, appropriateness of the construction of multi-year training.

Introduction

The process of training high-skilled athletes can be conditionally divided into three interrelated components: the construction of the process, its implementation and control over the course of training. When building sports training, the integrity of the training process is ensured on the basis of a certain structure, which is a relatively stable order of combining components (subsystems, sides and individual links), their regular relationship with each other and the general sequence. The structure of the training is characterised in particular:

1) the order of interrelation of elements of training content (means, methods of general and special physical, technical and tactical training);

2) the necessary ratio of training load parameters (its qualitative characteristics: volume and intensity);

3) a certain sequence of different parts of the training process (individual sessions and their parts, stages, periods, cycles), representing the phases or stages of the process.

Depending on the scale of time within which the training process takes place, micro-, meso and macrostructure are distinguished.

Multiyear sports training from beginner to the heights of mastery can be represented in the form of successively alternating large stages, including individual stages related to the age and qualification indicators of athletes.

Rational construction of multi-year sports training is carried out on the basis of the following factors: optimal age limits, within which the highest results in the chosen sport are usually achieved; duration of systematic training to achieve these results; preferential orientation of training at each stage of multi-year training; passport age at which the athlete began training and biological age at which special training began; individual characteristics of the athlete; individual characteristics of the athlete's performance; the age of the athlete's age; the age of the athlete's biological age; and the age of the athlete's physical condition.

There are a number of works devoted to both theoretical generalisation of the issues of multi-year sports training *(V.P.Filin, 2006; L.P.Matveev, 2010; J.K.Kholodov and V.S.Kuznetsov, 2012; V.N.Platonov, 2015, etc.); and implementation of its different variants in practice (V.A.Vorobyev, 2012; V.V.Farbey, 2014; I.G.Maksimenko, A.V.Voronkov, L.V.Zhilina)*

Results and discussion

In the textbook on the theory and methodology of physical education, the breakdown of the multi-year procedure is based on age features and the logic of sports improvement.

The following stages are distinguished:

- preliminary sports training with the orientation of all-round physical development and trying out the strength of students in available sports exercises; - initial specialisation on the basis of continuing general physical training mastering the basics of sportsmanship in the form of; - in-depth perfection (with age boundaries of 17-20 to 35-40 years old);

- the time of blossoming of sports abilities and mastering the heights of sportsmanship;

- sports longevity with a shift in the orientation of means to health-improving and recreational and their subordination to the elements of non-sports life activity.

N.V.Zhmarev distinguishes two subsystems in the multi-year process: mass and performance sports. The first is characterised, in the author's opinion, by the focus on the development of mass sport by available training loads; the second is focused on the highest achievements.

The mass sport subsystem has such relatively independent levels of training:

- initial training with the solution of mass sport tasks and creation of a reserve for effective sports practice;

- advanced specialisation with the criterion of effectiveness - the results of athletes and the number of trained level athletes. In the subsystem of effective sport three relatively independent levels of training are distinguished:- basic training with the main focus - preparation of reserve for national teams of the regional level;

- higher sportsmanship - preparation of the reserve for the national team;- higher achievements - maximum results at international competitions.

The proposal of **T.S. Timakova** is characterised by fundamental scientific validity. The author proposes a scheme for the construction of multi-year training of swimmers based on the regularity of the formation of sportsmanship and biological maturity of athletes (i.e., in fact, taking into account the age specifics in morpho-functional, constitutional, sexual and other development indicators).

It distinguishes the following stages with the corresponding targets:

- stage of preliminary training (boys 8 - 10 years old) - adaptation of the child's organism to systematic purposeful training;

- the stage of initial sports training (young men 10 - 12 years old, whose biological age is estimated in 1 - 3 points) - creation of preconditions for the formation of optimal conditions for further advanced specialisation;

- stage of advanced specialisation (young men 12 - 16 years old, whose biological age is estimated at 3 - 6 points) - bringing the organism and personality of the athlete to achieve the highest possible results;

- stage of sports perfection (young men 16 - 20 years old, whose biological age is estimated in 6 - 8 points) - achievement of maximum results;

- the stage of achievement of the highest mastery (athletes 20 - 25 years old, whose biological age is estimated in 8 - 9 points) - achievement of maximum results.

V.N.Platonov calls five main stages of multi-year training:- initial training (lasting 1.5 - 3 years) with the tasks - strengthening of children's health, versatile physical training, elimination of deficiencies in physical development, training in the technique of special and auxiliary exercises;

- preliminary basic training (up to 3 years) with the tasks - versatile development of physical capabilities of the organism; health promotion;

- elimination of deficiencies in physical fitness; creation of motor potential, which implies mastering a variety of motor skills;

- special attention is paid to the formation of a stable interest of young athletes in purposeful multi-year sports training;- specialised basic training (4 - 5 years) with a switch to the means of narrow sports specialisation;

- maximum realisation of individual capabilities (3 - 4 years) with the main task - maximum use of training means capable of causing rapid adaptation processes;- preservation of achievements (3 - 5 years) with the maintenance of the achieved level of fitness and results.

D.Harre based on practice and scientific data on the regularities of development of different capabilities (physical, intellectual, mental, etc.) of a human being, **distinguishes two phases in the development of a person. long-term training:**

1) the phase of the athlete's formation ('basic' training).

2) the phase of achieving the highest results with the total duration of both phases about 15 years.

E.V.Kalmykov on the basis of the analysis of a large experimental material on boxing considers it reasonable to divide **multi-year training into four phases:**

- The stage of preliminary training (the first year of training), in which the main tasks are: a) mass selection and b) the formation of young men's sustainable interest in boxing at subsequent stages;

- the second stage (two years) is devoted to versatile physical training and mastering a wide range of boxing techniques and tactics;

- The third stage (four years) is the search for and formation of an individual manner of fighting on the basis of versatile general and specialised training;

- the fourth stage (its beginning falls approximately at the age of 20 years) has the main task of demonstrating the highest sporting result and possibly maintaining it for a long time.

The training system covers a number of priority directions, among which the authors: *K.P.Sakhnovsky, 1998; V.P.Filin, 2006; V.N.Platonov, 2015; B.Tegner, 1972* highlight the orientation on achieving maximum results at each stage of multi-year improvement; justification of age ranges associated with the first great successes in the international arena and prolongation of the period of successful performances of athletes at the final stages of athletic career; orientation on individual tasks and abilities of each particular athlete.

It should be noted that analysing the dynamics of skill in martial arts is more complicated than in sports with precisely measurable results. The result of performance in competitions can be significantly influenced by the draw, the composition of participants and their qualification. And that is why the dynamics of one's own sports result should be supplemented by the analysis of the dynamics of the formation of individual aspects of preparedness: physical, technical, etc.; not to mention the analysis of competitive activity - the number of attacking and defensive actions, victories and defeats, places taken in various tournaments, etc. Let us briefly consider the variants of the structure of multi-year training.

Authors **V.P.Filin, J.K.Kholodov and V.S.Kuznetsov** allocate **4 stages** of preparation and determine the age range for each of them in different sports, including wrestling:

- The stage of preliminary training (10 - 12 years) is aimed at strengthening health and improving physical development, mastering the basics of technique of physical exercises, acquiring versatile physical fitness on the basis of occupation of various sports, instilling interest in activities, education of volitional qualities;

- the stage of initial sports specialisation (13-14 years old) is aimed at achieving comprehensive physical fitness, mastering the basics of technique of the chosen sport, improving basic physical qualities, gaining competitive experience;

- stage of advanced specialisation (15-16 years) is aimed at improving the technique of the chosen sport and special physical qualities, accumulation of competitive experience, improvement of volitional qualities;

- stage of sports perfection (17 years and older) is directed on perfection of technique of the chosen kind of sports and special physical qualities, increase of tactical preparation, mastering of proper training loads, achievement of sports results in a zone of the first big successes (standard of the master of sports), perfection of mental preparation.

Specialists of wrestling and judo offer a different division of multi-year training. So, for example, **G.S.Tumanyan**, 1981, 1984 within the framework of long-term training allocates the following cycles: initial (9 - 11 years), coinciding with the stage of basic training; pre-record, coinciding with the 24 stages of special training (12 - 16 years) and advanced special training (from 15 - 16 to 18 - 19 years); record (from 18 - 19 to 28 - 30 years), coinciding with the stage of demonstration (from 18 - 19 to 23 - 25 years) of the highest achievements and their stabilisation (from 25 - 26 to 28 - 30 years); final cycle (28 - 30 years), coinciding with the stage of gradual cessation of active sports activities.

Conclusion

So, the constant growth of competition in the international arena, the sharp expansion of the sports calendar in recent years at the expense of commercial competitions have led to the intensification of the training process and the competitive activity, a significant increase in the loads on the athlete's body, which requires from him the ultimate mobilisation of functional reserves and psychological stability in the conditions of training and competitive activity.

To train high-class judokas, specialists have created a model of an 'ideal martial artist' on the basis of comparing the indicators of outstanding athletes.

However, the construction of such a model requires a large amount of factual material and many years of research. Therefore, we proposed an improved and accessible way of building the model. We defined the totality of its structural units as competitive competence.

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