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Criteria for assessing the physical training of shooters at the initial training stage

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Abstract

Purpose: The article explores the challenges in evaluating functional condition, and physical training levels of young shooters. It also delves into strategies for enhancing their general and specialized physical preparation through targeted physical exercises.
It is aimed at increasing the level of physical development and physical training of young shooters through specially regulated physical exercises.
Methods: The study used analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, the methods of mathematical statistics.
Results: Shooters in the initial training stage, through the variable use of general physical training tools, sports and movement games, relays, track and field exercises, cyclic exercises, and strength-building exercises, achieved an improvement of 11.10 seconds in the 60-meter run in the experimental group, which was 11.44 seconds at the beginning of the study. In the control group, it was found that it was 11.49 seconds before the study and 11.41 seconds after the study. In the 1500-meter run, the experimental group ran 8.05 minutes before the study and improved to 7.40 minutes after the study. In the control group, it was found that it was 8.01 minutes before the study and 7.55 minutes after the study.
Conlcusion: The general physical fitness indicators of the shooters in the experimental and control groups were analyzed before the study. According to Table 2, the 60-meter run time of the experimental group was 11.44 seconds at the beginning of the study, and improved to 11.10 seconds after the study. In the control group, it was found that the 11.49 seconds before the study were 11.41 seconds at the end of the study. In the 1500-meter run, the experimental group ran 8.05 minutes before the study, and improved to 7.40 minutes after the study. The control group ran 8.01 minutes before the study, and 7.55 minutes after the study.
Keywords: shootres, initial training, physical training, physical qualities, training process.

Introduction

The world is in need of necessary exercises and general principles of their implementation, including the age, gender composition and level of the shooting athlete, in order to train promising and talented shooters. The most important exercises that help to more effectively strengthen the main muscles of the body, increase physical fitness and general development are used in the training process. The purpose of recommending special shooting exercises is to develop and strengthen the main muscle groups, create the opportunity to perform control exercises. The effective use of exercise techniques and methods by athletes independently at home, as well as by coaches, is one of the urgent problems of strengthening the health of athletes, increasing their fitness for training, and improving their skills and qualifications.

In the world, it is considered a sport in which athletes compete in shooting with firearms and pneumatic weapons, and a number of scientific studies are being conducted on this sport, in which the shooter shoots at targets with rifled weapons at a range and at special flying targets with smooth-bore weapons at open shooting ranges. During shooting, the shooter's body is under strong tension due to static movements in a rhythm. The specific features of stand and shooting, including the lack of active dynamic muscle activity with static pressure, the uneven distribution of muscle tension in different parts of the body with prolonged holding of the weapon, create the need to develop high sensorimotor control.

Methods

The experiment was carried out on 11-12-year-old (48 people) shooters involved in the initial training of the Vatanparvar school in Tashkent region.

R.Horeneber, H.E.Montgomery, P.Clarkson, H.Hemingway, J.P.Folland, K.Hawker, B.Leach, I.Nazarov, D.Woods, H.Montgomery, O.Schneider, V.Kazakov, N.Tomilin, V.Rogozkin, H.Reinkemeier, G.Buhlmann, M.Eckherdt conducted a number of scientific studies on the inextricable link between shooting techniques and the development of coordination skills of a shooting athlete, and general physical training exercises aimed at developing strength, general endurance, and agility.

Results and discussion

Shooting sport imposes special requirements on the physical fitness of an athlete in terms of the level of development of certain physical qualities, functional capabilities and body structure. Therefore, in this or that sport, there are certain differences in the content and methods of physical training for athletes of different ages and qualifications. The ratio of UJT and MJT during training depends on the tasks that athletes solve, their age, qualifications and personal characteristics, the type of sport, the stages and periods of the training process.

Some coaches still pay attention to only one shooting exercise in the training process of a shooting athlete, without paying attention to general physical training and other types of sports. However, shooting exercises, which are characterized by the repetition of exactly one movement in the same way, become boring and tedious. As a result, automated processes and mobile skills are not enriched, and the opportunity to improve them, on the contrary, is reduced. Therefore, the training of a shooting athlete should include general and special physical training, as well as additional sports.

We have developed a 12-month training plan for shooters for the initial training stage for sports schools. According to it, the types of training for multi-year training stages are divided into annual training hours.

Table 1. Estimated annual schedule for allocating training hours for the initial training group (1st Year, 6 hours per week)

No	Type of Training	Months												Total Hours
		IX	*X*	*XI*	*XII*	*I*	*II*	*III*	*IV*	*V*	*VI*	*VII*	*VIII*	
1.	*General Physical Training*	9	10	9	10	9	9	9	9	9	9	9	9	110
2.	*Specialized Physical Training*	9	9	10	9	9	9	9	9	10	9	9	9	110
3.	*Technical-Tactical Training*	5	5	5	5	5	5	5	6	5	6	5	5	62
4.	*Theoretical Training*	2	2	2	1	2	1	1	1	1	1	2	2	18
5.	*Psychological Training*	1			1	1	1			1		1		6
6.	*Control Exercises*							2					2	4
7.	*Medical Checkups*	Conducted outside the scheduled hours												
	Total Hours	26	26	26	26	26	25	26	25	26	25	26	27	312

Fig 1. Estimated annual schedule for allocating training hours for the initial training group (2nd year, 9 hours per week)

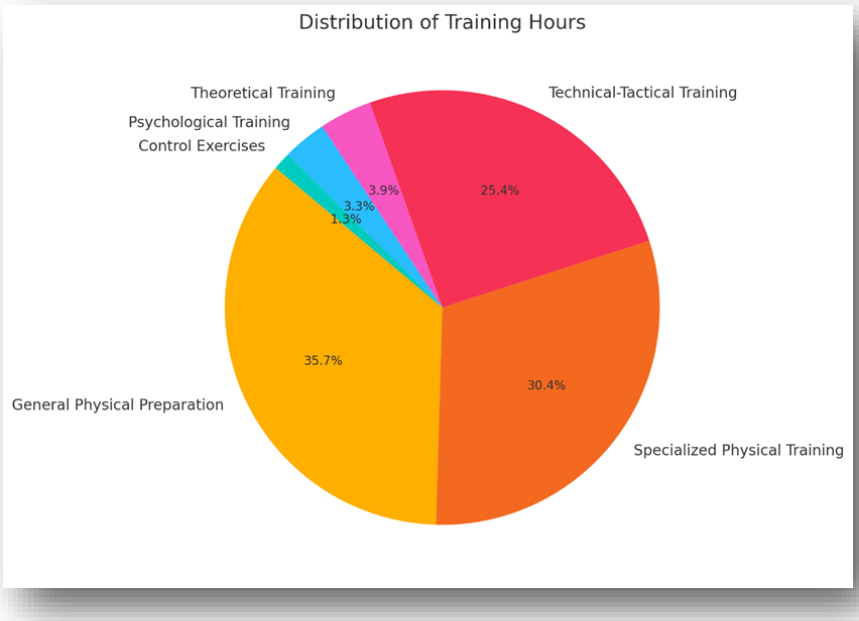


Table 2. General physical preparedness indicators of experimental and control group shooters during the study (n=48)

№	Control Tests		Before the experiment			Afer the experiment			t	P
			$\bar{X}$	s	V, %	$\bar{X}$	s	V, %		
1.	*60 m sprint (seconds)*	EG	11,44	1,3	16,4	11,10	0,5	10,4	3,74	<0,001
		CG	11,49	1,5	16,8	11,41	1,1	14,6	0,69	>0,5
2.	*1500 m run (min.sec.)*	EG	8,05	2,4	15,7	7,40	1,2	9,4	2,82	<0,01
		CG	8,01	2,7	16,2	7,55	2,5	15,4	0,73	>0,5
3.	*Pull-ups (reps)*	EG	4,82	1,7	14,8	7,42	1,1	9,2	2,06	<0,05
		CG	4,75	1,4	15,2	5,30	1,2	13,4	0,78	<0,05
4.	*Push-ups (reps)*	EG	18,41	2,4	18,5	23,11	1,8	12,5	2,91	<0,01
		CG	18,59	2,7	17,6	20,23	2,2	14,9	1,71	<0,1
5.	*Long jump (cm)*	EG	160,24	3,2	15,9	185,4	2,2	11,6	2,11	<0,05
		CG	159,92	3,4	15,1	165,8	2,9	14,8	0,70	>0,5
6.	*Shuttle run 3×10 m (seconds)*	EG	8,70	1,9	17,2	8,31	1,3	10,8	2,83	<0,01
		CG	8,61	2,1	16,2	8,55	1,9	14,8	0,73	>0,5
7.	*50 m swimming (min.sec.)*	EG	1,20	2,7	14,3	1,12	1,8	9,4	2,80	<0,01
		CG	1,17	2,4	15,4	1,15	2,0	13,8	0,85	>0,5

In these tables, in the 1st year of the initial training stage, attention was paid mainly to the development of general physical fitness and technical training. In the second year, most of the training hours were mainly allocated to the special and psychological training section. By using the model plan, positive changes were observed in the full mastery of shooting techniques and physical training indicators from the first year to the second year.

The general and special physical fitness indicators of the pre-test and control group shooters were analyzed. It was found that the average time for the 60 m running test was 11.44 seconds for the experimental group, and 11.49 seconds for the control group. The average time for the 1500 m running test was 8.05 minutes for the experimental group, and 8.01 minutes for the control group. In the pull-up on the horizontal bar, the experimental group pulled up an average of 4.82 times, and the control group 4.75 times. When performing the exercise of writing with bent arms lying down, the experimental group performed an average of 18.41 movements, and the control group 18.59 times. In the standing long jump test, the experimental group jumped an average of 160.24 cm, while the control group jumped 159.92 cm. In the 3x10 mock run, the experimental group ran an average of 8.70 seconds, while the control group ran 8.61 seconds. The experimental group completed the 50-meter swim test in an average of 1.20 seconds, while the control group swam an average of 1.17 seconds.

Conclusion

The experimental group performed the pull-up test 4.82 times at the beginning of the study, and improved to 7.42 times after the study. It was found that the control group subjects performed the test 4.75 times at the beginning of the study, but 5.30 times at the end of the study. The experimental group subjects performed the test of writing while lying down with their arms bent 18.41 times before the study, and 23.11 times after the study. It was found that the control group subjects performed the test 18.59 times before the study, and 20.23 times after the study. In the standing long jump, the experimental group subjects jumped 160.24 cm before the study, and 185.4 cm after the study. The control group subjects jumped 159.92 cm before the study, and 165.8 cm after the study. In the 3x10 meter sprint, the experimental group subjects ran 8.70 seconds before the study, and improved to 8.31 seconds after the study. It was found that the control group subjects ran 8.61 seconds before the study and 8.55 seconds after the study. The experimental group subjects swam 50 meters in 1.20 seconds before the study, and improved by 1.12 seconds after the study. The control group subjects swam 1.17 seconds before the study and 1.15 seconds after the study.

It is clear from the above indicators that positive changes were observed in the experimental group subjects. From this, we can see that the methodology used by us has yielded its results.

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