Outdoor games as an auxiliary means in training water polo players at the stage of initial training of athletes

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Abstract
Purpose: to study individual training of players, applying mobile games at the stage of initial training. Individual training is an important part of the process of skill development, but many young water polo players lack such qualities as determination, perseverance and especially the desire to work independently.
Methods: The study used such methods as analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, instrumental method, heart rate measurement, pedagogical experiment and methods of mathematical statistics.
Results: Individualization in sport is sometimes interpreted as training, carried out taking into account individual characteristics of the athlete psychophysiological', morphological, functional, etc. Such an approach has brought its positive results in solving specific tasks of individualization in the process of training and education of athletes of different qualifications. However, in the training of highly qualified athletes it is not enough to take into account their individual adaptation to training loads. It is equally important to know how expedient the performed training tasks are for skill growth.
Conlcusion: The experience of coaching and teaching confirms that individual training is not very attractive for students of sports schools and it seems that the most important reason for this is the lack of knowledge. Therefore, the aim is to provide young coaches, teachers and players with the necessary knowledge to train on their own. From the above, it can be seen that on this issue, the importance and necessity of individualized approach to player-athletes is emphasized. But, on the other hand, in essence, the ways and forms of individualization of the training process in the conditions of team training are not indicated, except for the allocation of certain time within the framework of team work for individual work.
Keywords: water polo, player, mobile games, technique, tactics, coach, training.

Introduction

In the training of young water polo players mobile games are still used as an auxiliary means to provide the necessary emotional background of the lesson, to activate the attention of students, etc. This problem has become especially acute and relevant in recent years in connection with the active involvement and specialized water polo training of children of primary school age. The question of expediency of using mobile games for the purpose of teaching technical and tactical actions in water polo is not sufficiently developed [1,3].

This article provides a basis for generalizing experience, classification of technical and tactical actions in water polo, there is a description of mobile games that will assist coaches, physical education teachers and students of physical education institutes for the organization of educational and training process in water polo.

Results and discussion

The key to high skill - is individual work to realize the intended goal, proper planning and control of training. When it comes to individual training, it is necessary to touch upon the issues of psychological preparation, for example, whether the player has a strong motive to individually improve skills, whether he has enough will, perseverance in difficult training to overcome their weaknesses and achieve the intended goal, whether there is enough strength to overcome the first failures. Different questions arise for a water polo player who wants to become a master of sports, world champion. Most of them will be answered when we analyze the peculiarities of individual training, determine the abilities and desires of each athlete.

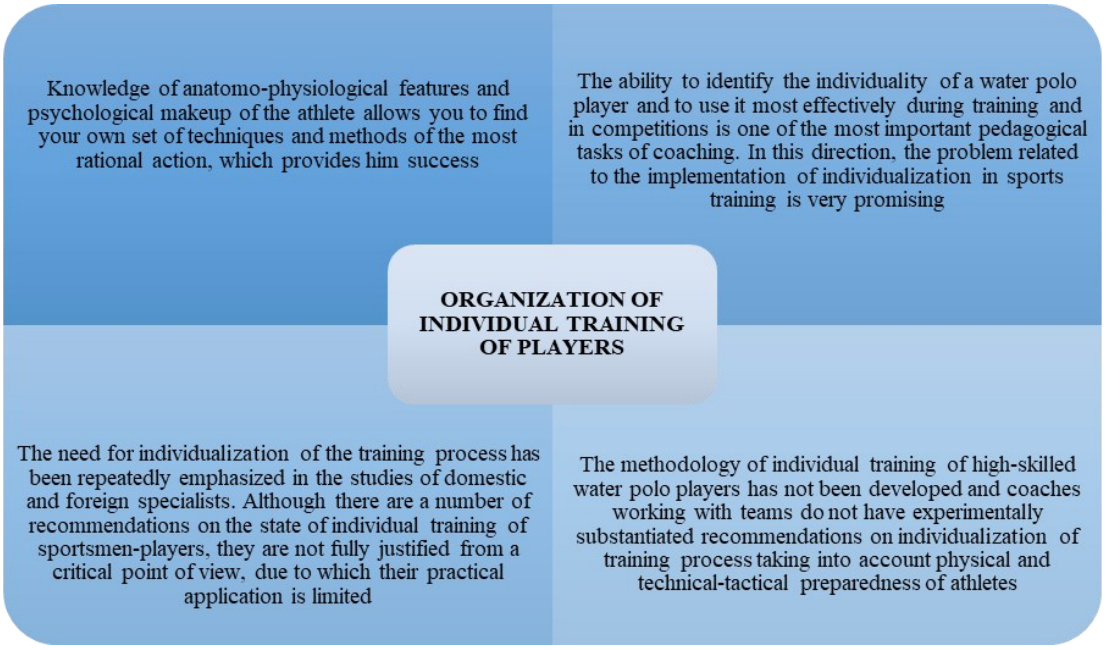
Outdoor games in the water: “Tugboat”, “Kayaks”, “Canoe”, “Carp and seine”, “Pipers and pike”, “Pump”, “Frogs”, “Who will boil water in the boiler more”. “Train in the tunnel”, ‘Tugs’, ‘Hit the target with a torpedo’, ‘Screw’, ‘Dolphins’, ‘Fountain’, ‘Who will slip farther’, ‘Who is better...’. “Jumping into a hoop”, etc. Exercises: 1. Take a breath and, having lowered the face into the water (chin pressed to the chest), lie down on the water, raising the pelvis and legs to the surface of the water. 2. The same as the previous exercise, but after the legs and pelvis are raised to the surface of the water, push off the edge with your hands.

Water games “Ball around the circle” Players stand in a circle and throw a light, non-absorbent ball to each other. “Volleyball in the water” The task of the game: the same as in the

previous game. Depending on the preparedness of the participants, the game can be played in a shallow or deep pool. “Salki with a ball” Players move randomly in the water. One of them (“salka”) light rubber ball tries to hit someone of the players. The one who is hit by the ball becomes the “salka”. Depending on the preparedness of the participants, the game can be played in a shallow or deep pool. “Fight for the ball” Participants are divided into two equal teams. One of them has a light ball. Players of this team, moving in any direction, throw the ball to each other, and the opposing team tries to take the ball away from them. The team that takes possession of the ball more times wins. and improving swimming technique. Crawl on the chest: 1. Swimming with the help of leg movements crawl on the chest, on the side and on the back with different positions of the hands (both in front, one in front, the other at the hip, both at the hips), as well as with a board in hand. Outdoor and sports games: Games and relay races with elements of general gymnastic exercises, running, jumping, throwing, such as: “Wrestling in squares”, “Guarding the river”, “Wrestling for flags”, “Centipede”, “Jeopardy”, “Fighting for the ball”, “Relay races with jump ropes”, “Tug of war”.

Fundamentals of technique of leading, passing, throwing, receiving and catching the

Fig. ·Organization of individual training of players



“Ball to your coach” Players are divided into two teams and line up in rows opposite each other: the first - on one line, the second - on the other. Each team has a coach who takes part in the game, standing on the opposite mark from his team. At the signal of the referee, players of both teams try to take possession of the ball, which is in the center of the field, and, throwing it with one or two hands, try to give the ball into the hands of their coach. The team that manages to do this more times wins. “Ball Race”

Players get into pairs and take a ball in their hands. At the leader's command they swim crawl on their chest with their heads held high and chase the ball through the water ahead of them. The swimmer who swims the agreed distance the fastest and does not lose the ball wins. Both players in the competing pair must have the same level of fitness. Exercises for teaching ball under simplified rules (mini-basketball, mini-football, etc.). Acrobatic exercises: Exercises are performed with insurance. Rolls to the sides from a kneeling position or from a prone position; rolls backward and forward. Tumble forward in a grouping; tumble forward from a step; two tumbles forward. Bridge from a supine position. Semi twine. Stand on the shoulder blades. Tumbles back and forward in grouping. Tumbling over the shoulder. Long somersault forward. Several somersaults forward in a row. Rolls to the sides, forward and back in a prone position; rolls forward and backward bent, and grabbing the feet of bent-knee legs with hands (“arc of the train”). Stand on the head and arms. Bridge with a backward bend (with help). Twine with support on hands General strength training [2,4].

It is of particular interest to classify those features on the basis of which individual differences of athletes can be determined. Although the sports pedagogical literature has repeatedly noted the need to take into account the individual characteristics of athletes, nevertheless, in most cases, it is not clearly stated which individual differences should be taken into account first of all.

Conclusion

The steadily increasing level of sporting achievements in water polo, and the intense competition in the struggle for the Asian championship, requires improving the quality and efficiency of the level of specialists in this sport. For further growth of achievements in water polo, the possibility of successful performances in major competitions is necessary. For this purpose, it is necessary to increase the number of personnel graduating from higher educational institutions, and it is also necessary to conduct scientific research aimed at improving the process of sports training of high-class water polo players.

In modern water polo, many components that make up the training process have reached their maximum development (it is almost impossible to increase training time, volume of loads, etc.). In this regard, there is an active search for new forms of organization of the training process and methods in the training of water polo players of high qualification.

Sports achievements nowadays largely depend on how fully realized in the conditions of training and especially in the conditions of competitive activity the opportunities of athletes due to their individual characteristics are realized.

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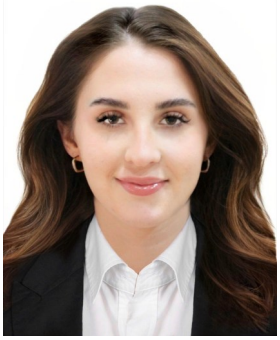
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