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Svazek XLIII mezinárodní kolektivní monografie

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§7.4 SPORTS TRAINING AS A LONG-TERM PROCESS AND ITS STAGES

(Protsenko A., Bogdan Khmelnytsky Melitopol State Pedagogical University, Kotova O., Bogdan Khmelnytsky Melitopol State Pedagogical University, Tsybul'ska V., Bogdan Khmelnytsky Melitopol State Pedagogical University, Oliinyk M., Bogdan Khmelnytsky Melitopol State Pedagogical University, Sukhanova H., Bogdan Khmelnytsky Melitopol State Pedagogical University, Kyriienko O., Bogdan Khmelnytsky Melitopol State Pedagogical University, Nepsha O., Bogdan Khmelnytsky Melitopol State Pedagogical University)

Introduction. The process of long-term sports training from a beginner to a master can be presented in the form of successive stages alternating with each other, including separate stages of long-term training related to the age and qualification indicators of athletes. It should be noted that in some sports there are no clear boundaries between the stages and phases of the multi-year process, and there are no strict time limits for these stages and phases.

The long-term training of athletes is conditionally divided into 4 main stages: preliminary training, initial sports specialisation, further specialisation in the chosen sport and sports improvement.

The duration of the stages of long-term training is determined by the specifics of the sport and the level of athletes' sports training. There is no clear boundary between the stages. When deciding on the transition to the next stage of training, one should take into account the biological passport and age of the athlete, the level of his/her physical development and fitness, and the ability to successfully perform age-related training tasks.

The rational construction of long-term sports training is based on the following factors: optimal age limits at which the best results in the chosen sport are usually achieved; duration of systematic training to achieve these results;



predominant training emphasis at each stage of long-term training; passport age at which a specific training began; individual characteristics of the athlete and the rate of growth of his abilities

Presentation of the main material. Sports training is a long-term process that covers several periods of an athlete's development in accordance with his or her age. Achieving high results is only possible with persistent and rationally organised training over several years. The process of long-term sports training is usually divided into separate stages, usually consisting of several annual cycles. Its content and structure change in accordance with the age characteristics and logic of sports development [7,8].

The duration and structure of long-term training depends on the following factors:

- the average number of years of regular training required to achieve the best results in a given sport or its individual disciplines;
- the individual and gender characteristics of athletes, the pace of their biological maturation and the rate of growth of sportsmanship, which are largely related to them;
 - optimal age limits at which athletes' abilities usually develop best and achieve the best results;
 - the age at which the athlete started training, when special training began;
 - the structure of competitive activity and training of athletes, which ensures high sports results;
 - regularities of formation of various aspects of sportsmanship and formation of adaptation processes in the main functional systems for a particular sport;
 - the content of the training process - the composition of means and methods, the dynamics of loads, the use of additional factors (special nutrition, simulators, means of restoring performance, etc.) [7,8,9].



The process of long-term training of athletes is divided into 6 stages:

- 1) Preliminary training.
- 2) Initial specialisation.
- 3) Advanced specialisation.
- 4) Sports improvement.
- 5) Higher achievements.
- 6) Sports longevity.

The long-term process of sports training from a beginner to the heights of mastery can be presented in the form of successive large alternating stages, including separate stages of long-term training associated with the age and qualification indicators of athletes (Table 1) [4].

Table 1

Exemplary structure of a long-term training process [4]

Stages	I	II	III	IV	V	VI	VII
	Preliminary training	Primary specialisation	Advanced specialisation	Sports improvement	Higher achievements	Maintaining achievements	Maintaining fitness
Years of classes	1-2-3	4-5	6-7	8-9-10	from 4 to 12 years	-	-
Stages	Basic training		Basic training Maximum realisation of individual capabilities			Sporting longevity	

There are no clear boundaries between the stages of long-term training, and their duration can vary somewhat, which is primarily related to the individual capabilities of athletes, as well as the structure and content of the training process. Each of these stages has its own goals, objectives and content.



The stage of preliminary preparation. The objectives of this stage are

- strengthening the health of children;
- comprehensive physical training;
- elimination of deficiencies in the level of physical development;
- primary sports orientation;
- development of interest in sports;
- teaching the technique of the chosen sport and the technique of various auxiliary and specially prepared exercises [5].

Content. Training of young athletes is characterised by a variety of means and methods, as well as the widespread use of the game method. The game method helps to perform exercises in an emotional and natural form, to maintain the interest of children during the repetition of educational tasks [4,5,9].

At the stage of initial training, it is not necessary to plan training sessions with significant physical and mental stress, involving the use of monotonous and monotonous materials. Particular attention should be paid to the formation of a stable interest of young athletes in purposeful long-term sports improvement.

In addition to mastering the basics of the technique of the chosen sport and other physical exercises, special attention is paid to the development of those physical qualities and motor skills that are necessary for successful specialisation in the chosen sport.

Training sessions at this stage should usually take place no more than 2-3 times a week, lasting 30-60 minutes. These sessions should be organically combined with physical education lessons at school and be built mainly in a game form [9].

The amount of work for young athletes at the initial stage of training is small and usually ranges from 4-6 hours per week to 280-310 hours per year. The annual amount of work largely depends on the duration of the initial stage of training,



which, in turn, is related to the time of the start of sports. The work is carried out in the initial training groups of a children's and youth sports school for 1-3 years [2]. This solves the problem of teaching technique and developing skills necessary for performances at the youth level. The percentage of general physical training to special physical training is 70/30.

The stage of initial specialisation. The main training tasks at this stage are

- comprehensive development of the body's physical capabilities;
- improving the health of young athletes;
- eliminating deficiencies in the level of physical development and fitness;
- creation of motor potential, which involves mastering various types of motor activity (in accordance with a specific sports specialisation);
- training.

Content. Special attention is paid to developing a sustainable interest in long-term and focused sporting activities in young athletes. Comprehensive training at this stage, with a small number of specialised exercises, is more conducive to further sporting improvement than specialised training. At this stage, to a greater extent than at the previous one, technical improvement is based on a variety of material from the sport chosen for specialisation. As a result of work at this stage and at the next stage of long-term training, a young athlete must master the technique of several dozen specially prepared exercises. Such an approach ultimately develops the athlete's ability to quickly master the technique of the chosen sport, which further enables the athlete to vary the main parameters of technical fitness in accordance with the conditions of specific competitions. Particular attention should be paid to the development of various forms of speed, as well as coordination and flexibility [1].

Training at this stage is gradually specialised, acquiring a general training orientation. The main feature of the dynamics of tasks is a steady increase in their



total volume and intensity with each major training cycle, especially at the end of the stage. Training is conducted in groups of children and youth sports school for children aged 1-4 years. This solves the problem of full physical training and ensures the free performance of the 2nd sports category. The volume reaches 15 hours per week and 700-800 hours per year. The ratio of general physical training and special physical training is 60/40.

The stage of in-depth specialisation. The main tasks are:

- improving the technique of the chosen sport and special physical qualities;
- raising the level of physical fitness;
- preparation for and successful participation in competitions;
- gaining competitive experience in the chosen sport;
- improvement of volitional qualities.

Content. At the beginning of this stage, the focus is on general and auxiliary training, with extensive use of exercises from related sports and improvement of technique. In the second half of the stage, the training becomes more specialised and the subject of future sport specialisation is determined, which athletes often come to through training in related numbers of the programme. For example, future sprint cyclists often specialise first in road racing, and future marathon runners in shorter distances [10]. At this stage, the means of increasing the functional potential of the athlete's body without using a large amount of work, as close as possible to competitive activity, are widely used [10].

The planning of functional training at this stage, which is characterised by high training loads, should be approached differentially, taking into account the future specialisation of the athlete. Training takes place in sports improvement groups of children's and youth sports schools and solves the problem of performing at the level of a master of sports by increasing the volume of specialised tasks. The duration of training is 1-3 years. The volume of specialised tasks increases to a



ratio of general physical training and special physical training of 50/50. The amount of work per week is 18-21 hours and up to 1000 hours per year.

The stage of sports improvement. The main tasks are:

- maximising the use of training resources that can cause rapid adaptation processes;
- improving the technique of the chosen sport and special physical qualities;
- improvement of tactical training;
- achievement of sports results characteristic of the area of the greatest success in this specialisation (standard of a master of sports);
- improvement of competitive experience and psychological readiness.

Content. The share of special training means in the total volume of training work increases significantly, and competitive practice increases sharply. The total volume and intensity of training work reaches a maximum, classes with high loads are planned on a large scale, the number of classes in weekly microcycles can reach 15-20 or more [3]. Mastering appropriate training loads.

It is crucial to ensure that the period when an athlete is most likely to achieve the best results coincides with the period when training loads are most intense. If this coincides, the athlete is able to achieve the highest possible results, otherwise they will be significantly lower. The specifics of the sport and the gender of the athlete largely determine the rate of growth of achievements. The groundwork for achieving a master of sports or candidate for master of sports is created through in-depth specialisation and is carried out within the groups of higher sports skills at the school of higher sports skills. The ratio of general physical training to special physical training is 35/65. The duration is 1-4 years [5].

The stage of sporting longevity (the highest sporting level). The main tasks are

- achievement of not only progress, but also maintenance of sports results at the same level during a long period of professional sports activity;



– searching for hidden reserves of the athlete's body in various aspects of his/her physical condition and ensuring their manifestation in training and competition activities.

It is characterised by a purely individual approach. This is explained by the following:

Firstly, the extensive training experience of a particular athlete helps to comprehensively study the inherent features, strengths and weaknesses of the physical condition, identify the most effective training methods and means and options for planning a training task, which makes it possible to improve the efficiency and quality of the training process and thus maintain the level of sports achievements.

Secondly, the inevitable decline in the functional potential and adaptive capabilities of the body, caused by both natural age-related changes in systems and organs and an exceptionally high level of stress at the previous stage of long-term training, often not only prevents an increase in the load, but also makes it difficult to maintain it at the previously available level. This requires the search for individual reserves of physical fitness improvement capable of neutralising these negative factors [6].

This stage of long-term training of an athlete is characterised by the desire to maintain the previously achieved level of functional capabilities of the main body systems with the same or less training work. At the same time, great attention is paid to improving technical skills, increasing mental readiness and eliminating certain deficiencies in the level of physical and functional training. One of the factors in maintaining a sporting result is tactical maturity, which is directly dependent on the athlete's competitive experience.

It is characterised by a high degree of individualisation of an athlete's training in order to achieve maximum sports results over a long period of



professional sports activity. The ratio of general physical training to special physical training is 30/70, with up to 32 hours of individual work and up to 1500 hours per year.

Table 2 shows approximate sensitive periods of changes in height and weight indicators and development of physical qualities of school-age children.

Table 2

Exemplary sensitive periods of changes in height and weight indicators and development of physical qualities of school-age children [4, p.91]

Growth indicators and physical qualities	Age, years										
	7	8	9	10	11	12	13	14	15	16	17
Height						+	+	+	+		
Weight						+	+	+	+		
Maximum power							+	+		+	+
Speed		+	+	+					+	+	+
Speed and power qualities			+	+	+	+	+	+	+		
Endurance (aerobic opportunities)		+	+						+	+	+
Speed Endurance									+	+	+
Anaerobic capabilities (glycolytic)									+	+	+
Flexibility	+	+	+	+		+	+				
Coordination abilities			+	+	+	+					
Balance	+	+	+	+	+	+	+	+			

The predominant orientation of the training process at the long-term stages of training is determined taking into account these sensitive periods of physical qualities development. At the same time it is expedient to pay attention to education of those physical qualities which are not actively developed at this age. It is especially important to observe correspondence in the development of general strength and high-speed qualities of high-speed abilities, in the development of



general endurance and strength, that is those qualities which are based on which are based on different physiological mechanisms [4, p.90].

The predominant orientation of the training process on the stages of long-term training is determined by taking into account these sensitive periods of physical qualities development. At the same time, it is appropriate to pay attention to the education of those physical qualities that are not actively developed at this age. It is especially important to observe proportionality in the development of general endurance and speed abilities, in the development of general endurance and strength, i.e. those qualities based on different physiological components. In girls, sensitive periods for the development of physical qualities appear a year earlier.

In order to rationally build a long-term training process, it is necessary to take into account the time required to achieve the best sports results in a given sport. As a rule, capable athletes achieve the first serious successes at the age of 4-6 years, and the highest results - after 7-9 years of specialised training [4].

Conclusions. The duration of the stages of long-term training is determined by the peculiarities of the sport, the level of sports fitness of those involved. There is no clear boundary between the stages. When deciding on the transition to the next stage of training, it is necessary to take into account the passport and biological age of a sportsman, the level of his physical development and fitness, ability to successfully perform age-related training loads.

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