

FEATURES OF DEVELOPMENT OF PHYSICAL QUALITIES IN THE PROCESS OF SPORTS TRAINING OF STUDENTS

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Abstract: *The content of the article reveals the essence of education of the basic physical qualities of athletes, the necessary competitive and training activities. Valuable recommendations are given on the development of strength, speed, endurance, etc.*

Key words: *sport, physical qualities, strength, speed, endurance.*

INTRODUCTION

In the process of modern sports training of students, the level of achievement of high results is ensured by specific adaptive changes in the organs. These changes are expressed in the development of the basic physical qualities of the athlete's body. In competitive activity, the functional readiness of students of athletes can be effectively implemented if: is the result of the application of specific training influences; acquired in the process of non-specific exercises and with the help of a set of special tools and adequate methods transform specific changes, basic physical qualities like strength, speed, endurance, etc.

MATERIALS AND METHODS

Nurturing strength. Any movement of a person is associated with the manifestation of power, but the ways of its manifestation are different and depend on the specific type of power abilities. In martial arts, strength is the dynamic and static efforts of individual muscle groups in various movements and poses. In this case, the force is characterized by power, unequal mode of development of power efforts. Probably, power endurance can be subdivided into proper power, static, speed-power, and endurance to combined manifestations of power [1].

In our opinion, this concretization helps to increase the efficiency of the use of scientific developments in sports practice.

Strength training has a complex structure and includes almost all of the noted types of strength abilities. The significance of the elements of this structure for martial artists of different weight-bearing groups is different. The role of the ability to explosive manifestations of force, which directly affects the efficiency of performing favorite technical techniques in the context of modern competitive activity, has increased. Of great importance is the absolute strength. This confirms the comparison of the results, testing the power abilities of highly qualified

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combatants with the level of sports maximum achievements. The main tasks of the development of strength training are as follows:

-increase power capabilities, which are a general prerequisite for improvement in the chosen sport; and ensure their preservation to the necessary extent with regard to the abilities of the stages of training and the stages of the multi-year process of sports improvement:

-to educate strength abilities that meet specific requirements and their effective use to the extent that it is necessary to achieve the target result.

For the development of absolute strength, the preferred use of the maximum effort method is recommended. Moreover, according to the recommendations of specialists, dynamic modes should prevail (85 payiz or more). The average and slow pace of exercise when the resistance value is 70-100 payiz maximum helps to improve mainly intramuscular coordination due to synchronization of muscle fiber activity. [2].

Explosive force is determined by power and speed components. To strengthen it, it is recommended that the methods of short-term maximum effort, variable, circular and repeated 3-5. The magnitude of the external resistance when using the repeated method varies significantly, for example, 20-40%, 50-80% of the maximum, etc. Apparently, the substitution of concepts is more likely due to the imperfection of our terminology. We are inclined to believe that 50-80 payiz reinforcement carried out, with maximum speed with a small number of repetitions is an explosive force.

In practice, the development of strength of 20-40% of the effort is usually associated with a relatively large number of repetitions and, therefore, to a greater extent develop strength endurance for high-speed work. A certain effect in the development of explosive power can be achieved by using the competitive method.

As with the development of absolute strength, with the improvement of explosive, muscular coordination is of great importance within and between.

The main criteria in the selection of means and methods for the development of explosive strength of qualified combatants is the compliance of the spatial and dynamic structures of exercises with the requirements of competitive activity. A high effect is the use of "shock type" exercises, which are associated with preliminary stretching of the loaded muscle and subsequent concentrating explosion, as well as special simulators. The combination of different muscle modes positively affects the topic of increasing strength indicators. [3].

Strength endurance is determined by the functional capabilities of the cardiorespiratory system, the ability of working muscles to efficiently utilize oxygen, the body's ability to produce energy through glycolysis, and psychological resistance to overcome feelings of fatigue. Strength exercises not only develop these components, but increase the athlete's ability to implement them with appropriate work. Therefore, the general issues of increasing strength endurance suggest a solution to the problem of increasing other types of endurance.

Improving strength requires determination, perseverance and perseverance. Classes with a lot of weight and exercises of an explosive nature significantly depend on the ability to concentrate.

As speed abilities, it is customary to single out the speed of individual movements, the themes of movements.

Some discrepancies in a number of textbooks on raising the strength and speed of general theoretical sports literature. So, calling the speed of an individual motor act as one of the speed abilities, L.P. Matveev adds that she is "a change in speed and acceleration when performing individual movements that are not burdened." At the same time, in martial arts, the rules of the competition of which require constant active influence on the

opponent, the proportion of contactless positions and movements is very limited. This, in turn, means that most of the movements of athletes are weighed down by external resistance. When it comes to speed qualities, for example, in recommendations on the sections of physical training, the athlete's speed and speed-power fitness are often equated. [4].

To achieve a high speed of movement, the formation of an appropriate speed stereotype, you can use training with a partner of slightly less weight. Comprehensive improvement of all components of speed training is achieved in fights, primarily with the task of advancing the actions of a partner.

RESULTS and DISCUSSION

Endurance training. Modern conditions of competitive activity make high demands on the endurance of an athlete. A qualified athlete should be able to conduct the fight and the whole tournament with sufficient activity, to maintain the stability of technical and tactical skills with increasing fatigue, which can be considered as a very strong knockdown factor. In essence, fatigue is a protective reaction that protects the body from an excessive degree of functional exhaustion. At the same time, it is the most important factor in the training of physiological and biomechanical compensatory mechanisms, creates the prerequisites for recovery processes and a further increase in the functional capabilities and working capacity of the body. The presence of a significant degree of fatigue is an almost mandatory requirement to work on increasing endurance. [5, 86 articles].

Stamina, i.e. the ability to resist fatigue depends on the functional state, aerobic and anaerobic reserves of the body, on the degree of mastery of technical skills and on the level of development of all volitional qualities. Researchers note that the level of cardiac output, determined by the minute volume of blood, plays a leading role in providing the body with oxygen at maximum loads. The larger the volume of the heart, the higher the aerobic performance and the more economical blood circulation at maximum loads.

For the ability to resist fatigue, interactions of various organs of the system, in particular cardiovascular and respiratory, are of considerable importance. Therefore, when working on increasing endurance, attention should be paid primarily to the development of these systems.

Improving the functional reserves of anaerobic energy supply mechanisms, under the current rules, has become one of the leading tasks in improving special performance. An increase in anaerobic endurance, in essence, means an increase in the anaerobic capacity of the body and is associated with an increase in the corresponding energy sources, the activity of enzymatic systems, the effectiveness of compensatory reactions that maintain homeostasis, and tissue resistance to oxygen deficiency. So, the creation of an oxygen reserve in the muscles is possible as a result of an increase in the content of myoglobin, which is more active with respect to oxygen than hemoglobin. With intense short-term loads in competitive fights, glycolysis is used, which causes a significant increase in the concentration of blood lactose. [6, 51 articles].

For development, anaerobic endurance and the ability to withstand the effects of an increased concentration of lactose in training, it is necessary to use high-intensity drugs when the heart rate reaches 175-180 beats / min or more. This is, first of all, competitive fights. Depending on the complex of problems solved in the course of fulfilling the assigned tasks, fights can have various durations. In those cases when the increase in special working capacity is put in the first place, 5-6 bouts are planned in three to four minute periods.

An important component of the overall endurance of athletes, as noted above, is its strength endurance. To increase it, weights are recommended within 40-60 points from the maximum, the number of repetitions is up to 10-20.

In practice, under the qualified athletes, such a method of increasing strength endurance as circular training, including exercises for all major muscle groups, is currently common. The composition of the exercises is selected taking into account the tasks, as well as the qualifications of the athletes. It is necessary, of course, to take into account the presence of compliance and the availability of appropriate equipment. Observations show that even at the level of higher sportsmanship due to the lack of shells of different weights and sizes, significant individual adjustments have to be made to the general plans in accordance with the weight-bearing characteristics of the athletes and their level of strength preparedness. It should increase with advanced training of athletes, as well as within the annual cycle and as you approach the competition.

Nurturing agility. Agility in martial arts, as the ability to rationally and rationally modify muscle activity in relation to the requirements of a dynamic situation, is one of the most important factors in achieving victory. Dexterity is a complex entity. It depends on the coordination qualities, the amount of motor skills skills, on the development of the vestibular apparatus, muscle tone and a number of other indicators. Coordination characteristics can probably be considered a leading component of this structural formation. The main tasks of developing coordination abilities, and at the same time dexterity, can be formulated as follows.

Systematic expansion of the athlete's motor arsenal; improving the functions of motion analyzers;
Improving the ability to regulate muscle tension in certain spatio-temporal conditions.

The composition of the means used to solve these problems, with the beginning of a specialized training, is limited to the means that solve the problems of physical and technical-tactical training.

As a result, martial artists picks out specific agility. Improving coordination mechanisms determines the speed of development of new technical elements. Any exercise can be considered as a means of educating coordination abilities, if it is associated with overcoming coordination difficulties. After it becomes habitual, it is necessary to choose new exercises.

CONCLUSION

The determining criteria for the selection of motor tasks for the development of coordination abilities is the novelty, custom and the degree of coordination difficulties caused by them. The leading line in the methodology of developing coordination abilities as an athlete's qualifications grow is the introduction of an unusual factor in the performance of technical actions. Such as unusual starting positions, changing the speed and pace of movements, complicating actions with movements and combining actions in unusual combinations, varying tactical conditions, shifting the spatial boundaries in which the exercise is performed, etc.

Physical training contributes to the overall physical development of the assimilation of technical and tactical training of martial artists. Therefore, a physically prepared athlete is less likely to be injured.

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