

PHYSICAL QUALITIES DEVELOPMENT IN THE SPORTS ACTIVITIES PROCESS

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Abstract

This article describes the strength and speed, endurance, flexibility, agility, physical qualities and physical qualities developing methods in the sports activities process.

Keywords: strength, speed, endurance, flexibility, agility, physical qualities.

Introduction

Extensive works are being carried out in our society aimed at the healthy lifestyle formation, modern conditions creation for regular participation of the population, especially the younger generation in physical culture and mass sports, strengthening confidence in the will, strength and young people abilities through sports competitions, courage and patriotism, the devotion feelings development to the motherland, talented athletes selection from among the youth and the further development of physical culture and mass sports. Of course, in carrying out these tasks, it is natural that there will be a number of problems in directing children to sports.

The training effectiveness of qualified athletes in a multi-year sports process depends on how the initial training phase is organized and how systematically this phase is implemented. The sports training practice reserves is dominated by situations where some coaches who train young athletes do not pay much attention to the initial training phase. They intend to train qualified athletes in a short time period, train and improve, increase the exercises application duration and intensity, the children physical and functional capabilities are often overlooked. As a result, excessive exercise in size and intensity terms, exercise loads lead to negative functional changes in the body of children engaged in exercise, stress and extreme fatigue symptoms in the internal organs, muscles, cardiovascular system, lungs, kidneys, liver, etc.

Main part

It is known that prolonged physical activity gradually leads to a decrease in the ability to work and causes fatigue complications. Bioenergetic resources are reduced, cardiovascular, respiratory, muscle activity is inactive. However, as a rest between exercises result or after training, the functional activity of the body, as well as the ability to work, gradually begins to recover. Within the functional capacity range, or in turn - a little more and a little less, the load in volume and intensity terms, the organism adapts to this load, the ability to work goes from

the initial level. In addition, excessive use of large-volume and high-intensity workouts can lead to negative consequences such as stress, deep fatigue.

In sports practice, "working ability" means a high physical and technical-tactical training combination of the athlete. Thus, the high results achievement in sports competitions depends on the physical qualities and technical and tactical skills formation level. During the competition, which athlete will be able to maintain their work ability in quality and efficiency terms, or for how long or if he has the 'power' to increase it, success will inevitably feed him so much 'success'. In other words, the quality level and work ability efficiency is more or less maintained for a long time is determined by the general and special endurance qualities types, speed, strength, speed - strength endurance, jump endurance, "technical - tactical endurance". Properly planned physical training is one of the most important factors in the sports skills formation and achieving high results during the competition. However, in sports practice, there are always cases when planned exercise does not give the expected result in the appropriate movement qualities development.

Therefore, taking into account the physical load used in the training process, the exercise compliance with the functional capabilities of the trainee's body, it is possible to plan this load in accordance with the purpose.

In recent years, scientists have become increasingly interested in the physical fitness role in the qualified athletes training, including the physical qualities interdependence and their impact on sportsmanship. In order to increase the physical fitness of school-age children and their need for physical education and sports, the school needs to improve the form, physical education means and methods.

The rapid updating indicators in modern world sports requires the search for new, more effective means, methods and forms of training young athletes.

The above data show that the increase special physical training of young athletes plays an important role in their technical skills formation.

It has been proven before that the strength and agility qualities formation in a mutually compatible way has a positive effect on the athlete readiness.

Research has shown that the technical and tactical skills and other wrestlers' abilities can be significantly formed as a long-term regular training result with exercises aimed at developing the agility - strength qualities and special endurance.

Strength and agility - the need to develop the strength endurance qualities very carefully in young athletes, it is emphasized that the effort to develop these qualities by force with a large load is not unlikely to lead to negative consequences.

When it comes to the movement, speed, strength, endurance, agility, flexibility qualities shaping importance in physical training, and especially in the athletes training, it is worth emphasizing the agility quality.

On the basis of the movement skills performed in each sport, speed - the strength quality is an important decisive source. For example, in volleyball, quick to execute an attacking shot on the net - the power quality is a factor that ensures this skill success; in combat, however, this quality helps in offensive or counter-offensive methods application with great force in a short time period. In fact, according to the observation results, most wrestlers who won the fight were those with a highly developed speed - strength ability.

Endurance is a person's ability to cope with fatigue from one or another movement activity, to perform exercise for a long time without reducing its effectiveness. For example, running for a long time without slowing down the pace, a person's endurance will depend on the working muscle capacity to supply energy, the respiratory and circulatory systems.

Various exercises can be used to develop endurance; the main criterion in choosing them is not load amount, but the performance time. Therefore, in the endurance development in training, choose exercises that can be performed for a relatively long time.

To develop special endurance, the wrestler will have to perform special technical exercises for a long time, even when there are fatigue complications. General endurance is formed on the basis of moderate-intensity multi-volume exercises such as long-distance running, rowing, swimming and cycling.

Flexibility is formed slowly, in return for long-term exercise. This quality can be abruptly lost or diminished if flexibility training is interrupted for a while. The techniques used in wrestling shape the technical skills themselves into flexibility. However, this in itself does not allow for the full development of this quality. To effectively improve this quality, it is necessary to gradually and regularly apply special exercises such as stretching, bending, tension, squeezing, twisting muscles, joints, and bunches. It is advisable to form resilience from a young age. At the same time, this quality development requires caution. Violence - exercises that are applied violently or abruptly can lead to muscle, joint, and bunch injuries, and even severe injuries.

Flexibility can be general or specific:

1. General flexibility is the mobility in all human body joints, which is to perform various movements at high amplitude.
2. Special flexibility is a very large movement in individual joints that meets the activity particular type requirements. The flexibility development degree depends on the joints shape, the joint steps thickness, the muscles and the bunch flexibility, the joint head; the joints activity affects the human muscles relaxation.

Flexibility exercises should be done initially until you are well warmed up and sweat appears, so that muscle injury is not expected; the exercises amplitude should be done slowly, first slowly, then faster, gradually increasing the amplitude.

Agility: The main human movement types or activity are walking, running and jumping. The commonality between these species movements is that they are performed at the depressing expense the body in a vertical position and leaning on the legs. For a person to use these movement types successfully, a balance sense must be well developed.

The most stagnant movement type is normal walking. When a person is walking, he always leans on the ground as he moves his legs in turn. When a person is running, it is as if he is flying in the air, stepping on a support, breaking or rising from it. Therefore, a person's body will be less stable during walking than when walking. When running, you need to run at a high speed to increase your body stability. The least stagnation type in movement is jumping. They have not only a flight phase, but also a landing phase, during which the hull stability during flight is extremely low. After a jump, the muscle needs extra tension to maintain balance.

One has to use different walking, running, jumping methods throughout one's life. For example, walking sideways or backwards, running up a hill, running from top to bottom, jumping over ditches. To do all of this successfully, it is important to engage in regular exercise that helps develop balance.

The following definite conclusions can be drawn on these issues.

- physical qualities include strength, speed, endurance, agility, and flexibility.
- strength qualities from physical qualities are developed by lifting heavy loads, exercises on simulators, exercises with partner resistance, exercises on rubber expanders.
- the agility quality is developed through short-distance running and rapid exercise.
- agility can be improved through movement games and sports games as well as gymnastic exercises.
- endurance quality is developed with cross-country and long-distance running exercises..
- acrobatics and gymnastics exercises are widely used in developing the flexibility quality.

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