



## WAYS TO INCREASE THE PHYSICAL FITNESS OF YOUNG ATHLETES

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**ANNOTATION:** The article presents the results of the analysis of scientific and methodological literature, pedagogical observation and conversations with coaches on the issues of building the training process of young athletes. It was revealed that there is no common opinion about the means and methods of physical training of athletes of the initial stage groups. Also, that the used arsenal of training means does not have the proper impact on physical qualities, which is the basis for disharmonious development. We believe that in the classroom it is necessary to use means aimed at the conjugated development of endurance, speed and strength abilities with coordination abilities.

**KEYWORDS:** athletics, initial training, training process, comprehensive education.

### INTRODUCTION

Athletics is a "multifaceted" sport, in which each of the aspects of training (physical, psychological, tactical, etc.) solves its own important specific tasks. Considering physical training, we note that, despite the large number of scientific works, the question of building a system for the training process of young athletes remains open. This is evidenced by the study of scientific and



methodological literature, in which to date there is no consensus on approaches to the system of physical education of young athletes<sup>1</sup>.

## **MATERIALS AND METHODS**

However, it is known that the development of physical qualities must be carried out in a complex manner due to the fact that the use of isolating exercises is not effective. To the above A.P. Morozov writes that the problem of the development of physical qualities is also a rather limited range of influences. And, as a result, there is a tendency to a decrease in physical fitness and disharmonious development.

In our opinion, the main problem that hinders the complex physical development lies in both the unidirectional effect on physical qualities and the limited use of training means<sup>2</sup>.

The purpose of the study is to scientifically substantiate the integration of conditioning and coordination training means into the educational and training process of athletes of the initial stage groups.

## **RESULTS AND DISCUSSION**

**In today's society, young athletes are inundated with daily stressors that can adversely affect their sports performance.** From over-scheduled days and decreased physical activity, to fast foods and electronics, young athletes are suffering from imposed societal pressures. As parents, we want the best for our child, and coaches and trainers are no different. How can we, collectively,

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<sup>1</sup> Proprioceptive training in the process of physical rehabilitation of football players after arthroscopic autoplasty of the anterior cruciate ligament / N.M. Valeev, M.I. Gershubg, N.L. Ivanova, H. Mohammed // Therapeutic exercise and sports medicine. - 2012. - No. 5. - P. 26–32.

<sup>2</sup> Zdanevich, A.A. Development of speed and coordination abilities of schoolchildren aged 9-10 years by means of game orientation / A.A. Zdanevich, L.V. Shukevich // Physical culture. Sport. Tourism. Motor recreation. - 2016. - T. 1. - No. 1. - P. 32–37.



mitigate societal pressures and influences on our young athletes, while keeping them healthy? Back to basics.

### **Basic 1: Sleep**

There does not seem to be enough hours in the day for adolescent athletes to accommodate long school days plus activities. With homework and studying, commute time to and from school, and commitments to sports programs and activities, something has to give. Unfortunately, for young athletes, that “something” is usually sleep. According to the National Sleep Foundation, adolescents (ages ten to seventeen) need between 8.5-9.25 hours of sleep per night. Yet, the average adolescent gets only 7-7.25 hours of sleep per night.

### **Basic 2: Cross Training**

With rising cell phone usage and the availability of electronic games, children do not go out to play as they once did. **When a sport season is over, the tendency is for young athletes to return to a more sedentary lifestyle, rather than maintain their fitness or activity level (competitively or recreationally).** Coaches and trainers should encourage cross training, both in-season and off-season.

### **Basic 3: Nutrition**

In this era of fast foods and convenience foods – all of which are readily available, easily purchased, and instantly gratifying for young athletes – coaches and trainers must educate adolescent athletes on proper nutrition.

### **Basic 4: Hydration**

Water comprises approximately 55-70% of our body. **Because young athletes produce more metabolic heat and cannot cool their bodies as**



**efficiently as older athletes, they are at an increased risk for dehydration, as well as other heat-related illnesses<sup>3</sup>.** Water should be the first and foremost hydrating liquid for a young athlete. Water acts as a cooling agent for the body, carrying nutrients and oxygen to the cells in the body and protecting vital organs. Coaches and trainers need to ensure that young athletes have water and are drinking it during activity. Because younger athletes are more likely to consume flavored drinks rather than water, they are less likely to replenish their body with water as they sweat.

In the course of the analysis of the scientific and methodological literature, we were able to reveal that in the education of motor formations in young athletes there is no solution to the problem of a rational combination of means, methods, ratios of loads of different intensity. Previously developed methods are outdated and do not have the desired effect.

When choosing the means and methods of physical training, experts disagree. A.A. Guzhalovsky recommends that when working with children, focus on a variety of outdoor and sports games. F.O. Kudu also believes that it is necessary to use various sports in complex training. For the purpose of harmonious development, it is also recommended to use a large number of general developmental exercises.

There is no clear system for building the training process. So, A.P. Morozov, when developing the physical qualities of young athletes at the initial training stage, suggests using a system of sequentially used training blocks. In turn, V.A. Kudinov and M.S. Kozhedub recommend adhering to the principle of "Develop lagging physical qualities" in complex development. A.I. Filyakov

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<sup>3</sup> The effectiveness of jump training in the training process of athletes aged 9-10/ E.Yu. Dyakova, G.S. Lalaeva, A.N. Zakharova, A.A. Mironov // Bulletin of the Tomsk State University. - 2012. - No. 363. - P. 172-174.



expresses the opinion that during one training session the following ratio of training means should be observed: 35% of the session for the development of speed, 30% should be given to the development of strength and 35% to endurance. V.P. Filin believes that endurance should not be developed, because this happens indirectly during the development of other physical qualities.

We know that children of primary school age are more susceptible to the development of such abilities as speed, strength and coordination, however, as noted by V.P. Guba "... a comparative analysis of the study of the growth rates of physical qualities showed an insufficient degree of development of children. The data obtained testify to the uneven development of physical qualities in children."

In the course of a conversation with coaches and pedagogical observation of the educational and training process of athletes from elementary training groups, it was possible to reveal that the arsenal of physical exercises sometimes used by coaches has a limited range of influences, not contributing to complex physical development. We assume that this is due to an insufficient material base, on the one hand, and a lack of understanding of the principle of complex physical development, on the other<sup>4</sup>.

Based on the foregoing, we assume that in relation to the physical training of young athletes, the integration of conditioning and coordination training means is quite promising. We include exercises that are performed on unstable surfaces "BOSU", which is a hemisphere, where one surface is flat and rigid, and the other is convex and unstable, and the "track of speed and

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<sup>4</sup> Kozhedub, M.S. Study of the physical fitness of young athletes. / M.S. Kozhedub // Actual problems of physical culture of sports, tourism and recreation: a collection of proceedings of the conference. – Tomsk, 2017. – P. 43–46.



coordination". The predominant direction of exercises is the conjugated development of endurance, speed and strength abilities with coordination abilities.

The main advantages of performing these exercises are greater muscle recruitment; increased requirements for sensory and functional systems, prevention of injuries of the musculoskeletal system. Exercises performed on the "BOSU" and the "speed and coordination track" contribute to the development of coordination abilities that are important for athletes: the ability to rhythm, kinesthetic differentiation, balance and orientation.

In the educational and training process of athletes of initial training groups, these means must be used in the main part of the lesson, devoting 15–20 minutes to them based on the tasks set. Exercises performed on unstable surfaces and the "track of speed and coordination" can be used for the muscles of the shoulder girdle, lower extremities, and torso. According to the number of support points, exercises can be performed with one support, two supports and with additional support, also with additional weights (balls, gymnastic sticks).

When compiling sets of exercises on the "BOSU" and "track of speed and coordination", it is necessary to strictly follow the pedagogical principles for the full development of the motor program and the prevention of great mental stress.

## **CONCLUSION**

In the course of the analysis of the scientific and methodological literature, we found out that by now there is no consensus on the construction of the educational and training process for athletes of primary training groups.



A conversation with coaches and observation of the training sessions made it possible to reveal that the complex development of physical qualities is not fully implemented. This problem can be solved by means of coordination and conditioning training, in which the main direction is the combination of strength abilities, speed abilities, endurance and coordination abilities.

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