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Primary Preparing Group in Sports Schools for Children and Adolescents

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Abstract:

Formation and development of various qualities in students in primary physical education classes is the main issue. This article talks about the qualities of resilience and its formation in students.

Keywords: economy, game, speed, endurance, general, distance, health, sports, training, special.

Introduction. Body mass index in 10-year-old boys can give a lot of information about the somatic system. It is related to the size of the circle. The average correlation of this sign with length parameters and body diameters is observed. The circumference of the wrist is correlated with the circumference of the body at the level of r=0.70-0.90, with the dimensions of length r=0.40-0.60, and with the diameter of the body.Thus, all circumference dimensions of the body have a high correlation with each other in 10-year-old boys.

As for the length of arms and legs, their degree of correlation is equal to r=0.78-0.87. Shoulder diameter also depends on these signs. Length dimensions have an average correlation with the remaining diameters. The parameter representing the level of fat accumulation also has a low correlation. The diameters of the body are interconnected at the level of r=0.60-0.70. The degree of fat accumulation is highly correlated with circumference measurements and to a lesser extent with length parameters and body diameter.

The obtained data indicate that a high degree of correlation is observed between body circumference, body mass and fat accumulation level, length parameters, and body diameter.

A somewhat different relationship is observed between the studied signs in 11-year-old children. The most informative marker - body mass - comes in second place, and the first place (in terms of information) is chest circumference. The difference in correlation between them is not big, r=0.12 is the correlation. These traits are highly correlated with all others—circumference, length, and body diameter.

Except for the weak correlation between body weight and transverse breast diameter. Circle sizes, like previous ages, are highly correlated. This relationship is at the level of r=0.60-0.70 with length parameters, r=0.5-0.70 with diameters, and r=0.70-0.80 with fat accumulation.

Length parameters are highly correlated, as in previous ages. Between the diameters of the body, there is an average correlation in one case, and a low correlation in the other case.The degree of fat accumulation has a high correlation with circumference dimensions and a low correlation with length and body diameters.At the age of 12, the correlation between the factors of the

somatic system decreases somewhat, that is, there are no significant changes in information. Similar to previous youth, circumference measurements and body mass are informative and highly correlated.The greatest correlation is observed between body mass, shoulder and wrist circumferences. Circumference and body mass have a weak correlation with length parameters. In some cases it is very weak. At the same time, the length of the body, arms and legs is 0.80-0.90 dependent on the total length factor. There is a decrease in correlation between the diameters of the body. Fat accumulation has a high, low correlation with length parameters and body diameters.

Correlations of internal length, girth and body diameters correspond to the level observed in previous youths. Their information value has changed somewhat.

Thus, in 11, 12, 13-year-old boys, changes are observed in the relationship between the growth and development of the organism and signs. During training, the heart rate is around 130-150 beats per minute. The work is carried out under severe static conditions in the oxygen regime and can be performed without reducing efficiency. Swimming is mainly used at low speed with fully coordinated movements. According to the authors, general endurance is developed with the following techniques: fluent or distance technique. In 20 minutes, the pulse of an athlete in a smooth (smooth) mode is around 150-160 beats per minute. When cross-country running, skiing or rowing (up to 3 hours) lasting from 20 minutes to 1 hour 10 minutes on land, the heart rate increases to 165-180 beats per minute, depending on the intensity of work. This mode of operation is effective for increasing overall endurance. The duration of work is set at 45-90 seconds, i.e. 50-100 m. The rest interval is defined in such a way that at the end of the break the heart rate should decrease to 100-120 beats per minute. Rest between distances can be slow (distance style) or active (variable style).

The negative ratio of the main methods of swimming training (smooth, variable, intermediate, repetitive) is important in training the general endurance of young athletes. According to the author, the main condition for increasing general endurance is long-term performance of training loads in a mode corresponding to low and high-intensity work. The volume of the training load should be large, because the basic composition of the general endurance requires it to be maintained for a long time. In accordance with these basic principles, training aimed at developing general endurance can be used in both fluid and variable techniques. The author recommends using fluid and variable techniques in training aimed at developing general endurance. Even-style training means long continuous swimming for distances of 1500 m and more with a heart rate of 140 to 150 beats per minute (for example, 1 time 500 m, 2-3 times 300 m). Cross-country running from 20 m to 3,000 m in the first half of the training period when training on land implies load exchange of various intensities. This exchange can be rhythmic (equal periods of high-intensity work followed by equal periods of rest) or arrhythmic. One of the types of arrhythmic exchange is "Fartlek" (speed games). In the first phase of the preparatory period, "Fartlek" involves the passage of rather large blocks (YUQT from 150 to 170 strokes per minute). The sections that are passed close to the competition period are much shorter, the speed increases, the heart rate reaches 170-180 beats per minute. Based on the above-mentioned points, it can be concluded that, according to the opinion of many authors, it is necessary to develop the general endurance with the help of uniform and intermediate methods. However, one cannot be indifferent to how these styles are combined in the macro cycle. Their combination is effective as follows, that is, the ratio of exercises performed in different styles is measured: first (in the first part of the preparatory period) the total volume of work is based on smooth (smooth) swimming, and then at the end of the preparatory period and at the beginning of the competition period done in style. This ratio contributes to the comprehensive development of aerobic capabilities and has a positive effect on the development of other qualities and abilities.

The following main methods are used during training: flat, variable, interval, repetitive, competition methods. They differ from each other depending on the length of the distance, the intensity of running, the number of swimming distances and the nature of rest. By changing the

size of the load, the training will be focused mainly on training speed, general endurance or specific endurance. 1500-3000 m. flat swimming at a low speed is aimed at developing general endurance, swimming 6x200 m at 85-90% of maximum speed with 1.5-2 minutes of rest - training special endurance. Flat training style 400 m. from 1500 m. refers to swimming at a constant speed for distances up to and greater than This type of swimming helps all systems of the body to work in harmony and teaches the swimmer to move economically in the water, as well as to alternate the tension and grip of the working muscles, the pulse is around 20-25 beats in 10 seconds.

The length of the distance depends on the level of training. For example, III and II grade athletes 800-1500 m. up to, highly skilled swimmers swim more than that.

The alternating method consists of alternating loads of different intensities. An athlete runs a distance (for example, 500 m) at a high speed and continues at a much lower speed. The ratio of the length of the high-speed and calm running sections depends on the athlete's fitness. At moderate speeds on high-intensity runs, this method helps to increase general endurance, and much faster - to train special endurance.

In interval training, two directions are distinguished - development of general and special endurance.

Thus, as a conclusion to the above, it can be said that in order to educate the general endurance, it is necessary to use complex methods of sports training, and in order to develop endurance, it is necessary to choose running and swimming equipment in accordance with the age and level of training of the participants.

According to literature sources, the mobility of the aerobic energy supply system was characterized by the speed of the intensity of continuous work that is intense and long enough.

Mental qualities have a great influence on the manifestation of endurance. They are characterized by the strength of motives and the strength of the instruction to the result of the activity, as well as willful qualities: striving for the goal, determination, diligence, endurance, the ability to bear large negative changes (that is, situations that arise in the course of work - characterized by an increase in oxygen debt).

The correlation coefficient between general and special endurance was equal to r=0.48-0.70. The correlation between general and speed, endurance was found to be the lowest (r=31-0.62).

In children aged 10, a slightly different relationship is observed between the studied signs. The most informative marker - body mass - comes in second place, and the first place (in terms of information) is chest circumference. The correlation difference between them is not big - it is 0.12. These traits are highly correlated with all others—circumference, length, and body diameter. It is recommended to use fluid and variable techniques in training aimed at developing general endurance. Smooth (even) training style beats per minute for distances of 1000 m and more 140 to 150 strokes are considered long continuous swimming and running.

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