

Methods and Principles of Developing Physical Abilities of Young Athletes

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Abstract: In the article, it is described that during the process of forming the physical culture among teenagers, young athletes master movements and related knowledge, develop their physical abilities and physical qualities. The article also describes psychological, physiological and morphological characteristics of young athletes.

Keywords: physical ability, physical quality, mode, movement, morphological feature, training, physical exercise.

In the process of forming a teenager's physical culture, young athletes not only improve their movements and related knowledge, but also develop their physical abilities.

Currently, the terms "physical abilities" and "physical qualities" are used to describe the movement capabilities of athletes. Although these concepts are somewhat similar, they are not the same.

Physical abilities are a set of psychological, physiological and morphological characteristics of athletes that meet the requirements of this or that muscle activity and ensure its effective performance.

First of all, it should be noted that the concept of "quality" is always used in relation to something, and it expresses its characteristics that distinguishes that thing from other things, especially goods, raw materials, food products, quality of life, the quality of a person, knowledge. and so on. In the field of physical education, this term should be used in the same sense.

Therefore, it is possible to check the physical qualities of young athletes in relation to some forms of physical abilities, such as some characteristics of their movement capabilities.

A young athlete can have a variety of abilities that differ in quality. It is the qualitative uniqueness of these various physical abilities that testifies to his physical qualities. In life, in physical training and in sports, the characteristic features of the quality of the athlete's abilities are reflected in the expressions "strong", "quick", "agile", "flexible". The importance of these qualities in sports was considered a criterion for their separation. In fact, physical qualities are considered the level of achievement of individual physical abilities, their accuracy, uniqueness, importance. For example, the strength skills of a young athlete: They are manifested in strength exercises with a high level of muscle tension, and a relatively small rate of contraction. Essentially, strength skills describe strength qualities such as "slow strength," "compressive

strength," and "static strength." Speed-power skills come to the fore in exercises that require serious muscle tension and high contraction rates. The development of speed-strength abilities is primarily reflected in the so-called "explosive" strength.

The above-mentioned qualities of strength make it possible to determine and differentiate the strength abilities of a young athlete in a holistic way. Similarly, qualitative differences can be expressed in other physical abilities. There is a significant relationship between physical abilities and qualities. The same ability can manifest different physical qualities, and different abilities can describe only one of them. For example, the quality of "agile" is based on many abilities: coordination, speed, strength, etc. Speed-strength abilities are reflected not only in "strength", but also in "speed".

Thus, the physical qualities of a young athlete are inextricably linked with their physical abilities and are, on the one hand, determined by the characteristics of their manifestation during various activities. financial supply of training places, methods of their development and so on. On the other hand, genetic factors related to the specific reaction of the organism to various influences (targets of "motor" ability) have an effect which results in appearing anatomical, physiological and mental characteristics of the athlete's body as a sign of physical ability. In the process of performing an activity, "motor targets" are improved based on the adaptive changes of the organism and turn into the corresponding physical abilities.

It should be noted that "motor targets" are multifunctional and can develop in one or another direction depending on the conditions of muscle activity and provide the development of physical abilities in one or another form. For this reason, it is useless to look for some special mechanisms responsible for the development of endurance or speed of movements in the athlete's body. At the basis of their improvement lies an adaptive effect, a whole adaptive reaction, which leads to the morpho-functional specialization of the organism of a young athlete. Morpho-functional reconstructions cover the whole organism. However, this applies to the greatest extent and primarily to the muscle groups that carry the main workload and the physiological systems that ensure their performance. This feature of selection of functional specialization mainly depends on the mode of operation of the organism under certain operating conditions, and the level of its manifestation depends on the intensity and volume of physical loads.

There are a number of laws specific to the directed development of all physical abilities which include the following:

I. The leading factor in the development of motor-physical abilities of a young athlete. In the formation of abilities, both innate and environmental factors are of great importance. However, in the development of physical abilities under equal conditions, movement activity aimed at improving the mental and physiological nature of young athletes plays a decisive role. That's why athletes who have done physical exercises have higher morphological and functional indicators of various organs and systems, as well as movement readiness. Jean Lamarck was the first to show the importance of activity and exercise as a necessary factor for the functional and morphological improvement of the organism. In formulating his First Law, the "Law of exercise," he wrote: "Frequent and unremitting use of any organ or part of the body will gradually strengthen, develop, enlarge, and give that organ strength that will extend the longer it is used." , and regular disuse of the organ will insensibly weaken it, lead to degeneration, consistently narrowing the faculties, and finally causing its disappearance. In this way, Jean Lamarck expressed one of the general laws of living nature.

Physical abilities develop in the process of activity, which requires not only their manifestation, but also a certain mode of their performance. A regimen is defined as the performance of some physical exercises within a training or training and resting system between them. First of all, the swing of stages in the performance of a young athlete is important in establishing the necessary routine. In the process of performing physical exercises, the level of work capacity decreases due to the consumption of energy and functional reserves of the body.

Recovery of work capacity occurs during rest (after exercise). At this time, the athlete's body experiences several conditions: the stage when the working capacity is reduced; working capacity goes through a stage of full recovery and, finally, an extremely recovered stage, that is, a stage of increased working capacity. Each of the listed stages will have a certain length depending on the characteristics, intensity and duration of the work performed, among other conditions.

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