

SYSTEM OF CONVERGENCE OF GYMNASTIC TECHNIQUES DURING BASIC TRAINING OF ATHLETES OF SPORTS RESERVE

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One of the areas of enhancement of training of elite and sports reserve athletes, set forth in the Strategy for the Development of physical culture and sport in the Russian Federation until 2020, is the development of youth sport, qualification and training of Olympic reserve athletes. The rising level of sports achievements, increased international competition in Olympic sports require of specialists improving management of athletes' training at all stages of the long-term training process.

Training children at the basic training stage requires special attention, as the process of biological maturation of the body and the psyche of children is underway, a foundation is created of health and overall working capacity, reliability and well-coordinated functioning of all the systems of the body – that is, of all that ensures further success of a person in any sphere of activity including sports one. During this period the correct posture and strong and economic motor skills of children should be formed that will in the future serve as foundation of their motor fitness [3, 5, 6, 7, 8].

However, trainers do not always adhere to program regulations and research and methodology recommendations imposed on the content of training sessions with children. In pursuit of fast sports results the basic training stage transforms into a basic sports specialization stage for many athletes in terms of its content, or, even worse, into a profound specialization one, at which stage excessive demands in terms of physical, technical and psychological fitness are placed on the trainees. This leads to the fact that a narrow sports specialization at the basic training stage helps achieve high sports results at first only, and later on leads to reduction of the increase rate of the results and often to a complete cessation of sports activities due to injuries, overstrain and overtraining.

In addition, in the last decades there is a tendency of health deterioration of sports reserve in our country, statistics show a lot of sports injuries and musculoskeletal deformities of beginner athletes [5, 6].

Insufficient levels of physical development and physical fitness at the basic training stage along with the targeted sports training, without regard for individual characteristics of the trainees, result in leading Russian athletes often finishing their sports career early, never succeeding in the global arena. Barriers of physical fitness that athletes were not able to overcome in due time can be a hindrance to achieve maximum results, along with professional musculoskeletal deformities caused by the targeted sports specialization.

At the same time it should be noted that gymnastics has a historically developed set of specific techniques and methods of harmonic physical education of trainees. Gymnastic exercises are different from other types of physical exercises in that most of them are specifically designed for targeted and effective impact on individual organs and systems of the body.

As shown by the analysis of the methodological literature, as well as hands-on experience, nowadays many specialists use gymnastic exercises in athletes' training to make the training process more effective [1, 2].

However, despite the importance and scientific development of the problem by particular authors, to date the scientifically substantiated system of convergence of gymnastics means in the process of training of sports reserve is lacking in the theory of sport.

The purpose of the study was to provide the scientific substantiation for the system of integration of gymnastic techniques into the process of basic training of athletes of the sports reserve.

We understand the system of convergence of gymnastic means in the course of basic training of athletes of the sports reserve as a set of interrelated and interconnected structural and functional elements, which serve the basis for the formation of a certain integrity and unity, aimed at the interpenetration of gymnastic exercises and techniques, focused specifically on the prevention of deformations of the musculoskeletal system, as well as the elimination of barriers to the growth of sports skills in view of specifics of particular sport and modeling characteristics of top athletes.

Results and discussion. The proposed system of convergence of gymnastic techniques into the process of basic training of the sports reserve includes four levels (determining, modeling, didactic and resulting), each of which consists of several elements (Figure 1).

The first, determining level presents the base that forms the target orientation of the system – theoretical and methodological basis of the sports training system; target settings of convergence of gymnastic techniques into the basic training of athletes; the structure and content of the convergence of gymnastic techniques into the training process of beginner athletes.

The second (modeling) level presents the base related to design of possibilities and trends for implementation of target orientations: model characteristics of athletes; the model of convergence of gymnastic techniques into the basic training; modeling of the dynamics of athletes' fitness; modeling of training plans of athletes with regard to convergence of gymnastic techniques.

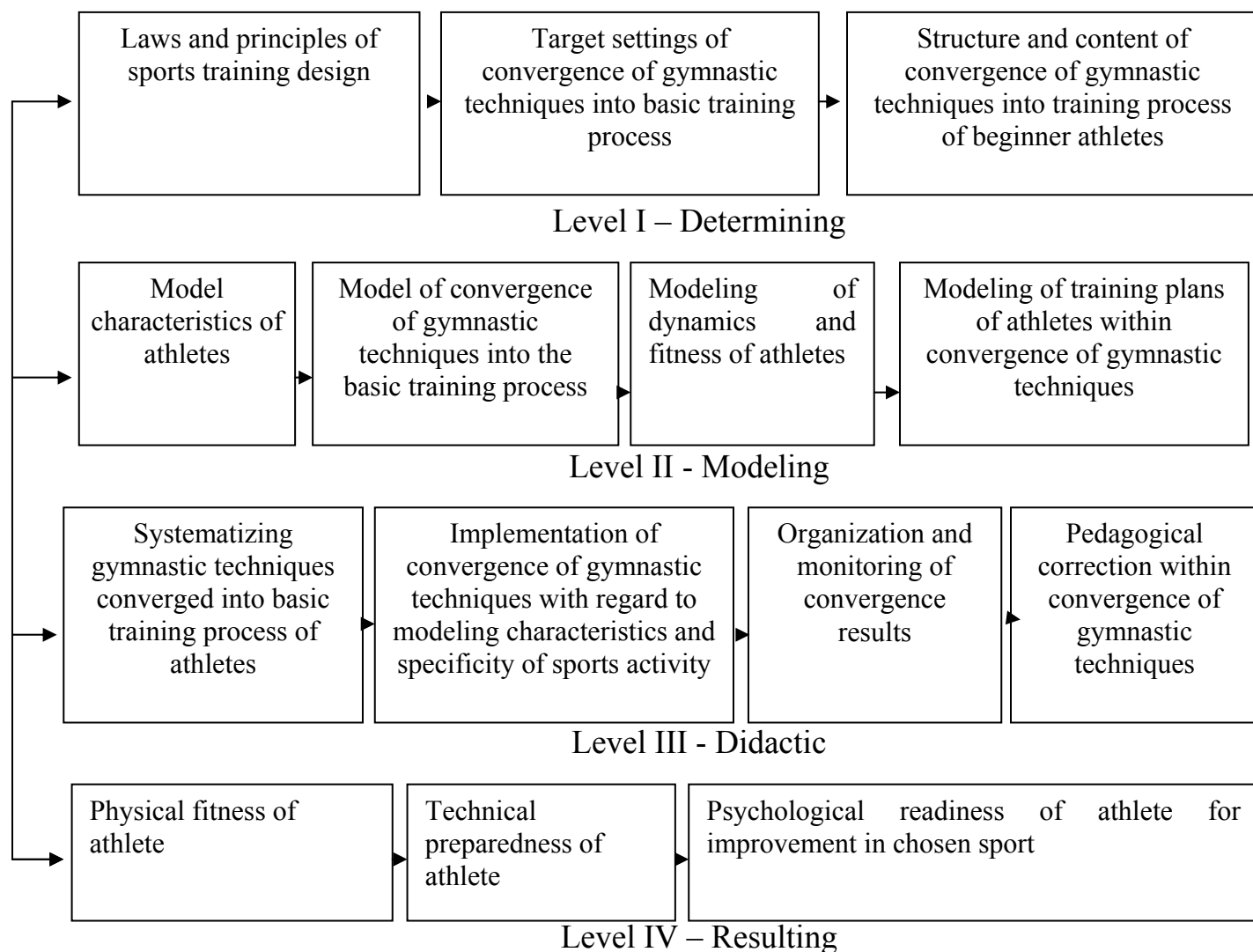


Figure 1. *System of convergence of gymnastic techniques into the process of basic training of athletes*

On the third (didactic) level there are basics that help provide the necessary pedagogical conditions of managing the training – systematizing gymnastic techniques that are converged into the basic training process of athletes; implementation of the convergence of gymnastic techniques with regard to modeling characteristics and specificity of sports activity; organization and monitoring convergence results, pedagogical corrections in the process of convergence of gymnastic techniques.

The fourth level is represented by a resulting base and reflects requirements of the optimum readiness of athletes to achieving the targeted model results expressed in quantitative and qualitative terms.

The optimum readiness (that is, the presence of all the characteristics of the state of athletes) as a resulting indicator is determined by all the bases of the system and by means of feedback influences the formation of the bases of all levels.

The relationships between the system components ensure procedural organization of the grounds by means of determining and coordinating interactions, and with regard to the feedback – self-development of the entire system.

Conclusion. The presented system of convergence will help optimize the interpenetration of gymnastic means into the process of training of sports reserve. Gymnastic exercises and techniques used in the training of athletes within the framework of this system will be put into order and purposefully included in the training plans with regard to specific sport, individual characteristics of those involved, training goals and objectives, training period, modeling characteristics of top athletes. Specially selected control gymnastic exercises will help objectively estimate the quality of training of beginner athletes.

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