SCIENTIFIC RESEARCH OF THE SCO COUNTRIES: SYNERGY AND INTEGRATION

上合组织国家的科学研究：协同和一体化

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这些会议文集结合了会议的材料 – 研究论文和科学工作者的论文报告。 它考察了职业化人格的技术和社会学问题。一些文章涉及人格职业化研究问题的理论和方法论方法和原则。
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划船和划独木舟训练过程的个性化
INDIVIDUALIZATION OF THE TRAINING PROCESS IN ROWING AND CANOEING

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注解。 文章重点介绍了白俄罗斯赛艇运动员在高质量皮划艇和独木舟上的个人训练过程中存在的问题。 它讲述了在不同时期的运动员训练中应该考虑制定计划的主要陈述。 皮划艇和独木舟划船者训练的个性化是由每个运动员的形态，功能，心理和许多其他特点引起的。 个人训练方法包括方式，时间和强度，可以为运动员提供实现计划目标的方法。

关键词：运动员，皮划艇和皮划艇，训练设施，强度，训练过程的个性化。

Annotation. *The article focuses on the problems of individual training process of Belarusian rowers on kayaks and canoes of high qulification. It tells about the main statements which should be considered making plan in different periods of sportsman training. Individualization of training of kayak and canoe rowers is caused by morphological, functional, psychological and many other peculiarities of each individual sportsman. The individual method of training including ways, time and intensity, can provide a sportsman with achieving planned aim.*

Keywords: *athletes, kayaking and Canoeing, training facilities, intensity, individualization of the training process.*

Problem statement. Management of training kayak and canoe rowers with high qualification has a relevant issue - to form adequate content of training and its structure organization during a year-period. Sports science has not yet revealed a clear relationship between the amount of the made training and the degree of adaptation of the athlet's body [1].

Individualization of sports training is caused by morphofunctional, psychological and many other features of the athlete. And only individual method of training including ways, time and intensity, can provide a sportsman with achieving planned aim. Nowadays the tendency to to make training individual is connected to the elaboration of year-models and longterm-models [3]. The creation of models involves the integration of experience of technique elaboration, the amount of facilities and the intensity of training and contests during the year cycle for the athlets of different qualifications. [2]

The aim. To define individual approach to chose facilities, methods, amount and intensity of training for kayak and canoe rowers.

Results and discussion. The analysis of scientific and methodical literature and the conducted researches allowed to define the directions of individualization of training of qualified rowers on kayaks.

The main provisions were identified:

1. The main tasks of the a year-training cycle are to train of speed, special endurance and strength of an athletes as well as to improve technical skills in rowing and canoeing. However, the specifics of rowing (short, medium and long competitive distances) make certain differences, both in the amount of training orientation as well as in the choice of facilities for each type of training.

2. The structure of training of rowers of high qualification, both men and women has no valuable differences (except for total amount of training for separate facilities.) But the organization of training for sportswomen should consider specific biological peculiarities of a female body.

For this purpose an algorithm to make decisions about trainings of rowers of high qualification was made. It was a system of logical actions of the real training process of a concrete athlete. On the basis of the mentioned before statements and made decisions during the individualization of training, the models were elaborated and during pedagocical experiment they were tested at qualified athletes. When the models were elaborating the fact that every rower should be trained according to his/her individual plan considering their individual peculiarities was taken into consideration. The creation of models was based on the General principles defining the most rational forms of training construction.

The effectiveness of these models was assessed according to improvement of sports skills, health and psychological stability of athletes. For these purposes, each pedagogical experiment in which qualified rowers who specialize in different competitive distances participated, was conducted in two stages. On the first stage, the connection between the amount of training and functional condition of an athlete has been being assessed by means of this method during a year (from September to August). Training and its individual influence on athlete's body were recorded in accordance to the groups of facilities used in a particular type of rowing. The tests were made twice and at the particular stages three times a month.

Studies have shown that the form of the relationship between the condition of the individual rower and the training is ambiguous and extremely complex. Meanwhile, the decisions to choose the optimal variant of training to achieve the aimed level of special performance of an individual rower requires knowledge of the dynamics of its his morphological and functional condition. Ths is the central notion reflecting the content of the concept of individual training. Also it is the main factor which in directly connected to the content, amount and division of trainings in structural stages of a year-preiod. It is a key to scientific solvation of the individual training problem as well as it it a key to manage it.

At the end of the first stage of the experiment, together with the coach of a particular rower, the results were analyzed, and on their basis, as well as on the basis of the calendar of competitions and training tasks for the next year, an individual model of the dynamics of the athlete and the system of training effects for its implementation were elaborated. At the same time, the training was planned considering the specific orientation in the individual dynamics of the level of special training of an athlete and it was organized in such a way as to achieve the desired level of relevant indicators by the time of the most important competitions in the upcoming season.

The purpose of the second stage of the pedagogical experiment was to increase the strength of the athlete's body in a specialized motor mode. It provided the improvement of the results at different competitive distances. Thus the strategic line of training provided priority increase of motor potential of athletes and improvement of ability to use it effectively on competitive distances of 200m, 500m and 1000m. The main methodological orientation of the individualization of rower training at the second stage of the pedagogical experiment was to organize the work mainly to increase the specific power of rowing. As the main time forms of organization of the training process were identified: the year-cycle, a separate cycle phases mesocycles. The dynamics of training facilities and methods of these structural units of a year-cycle is caused by the aim of training process.

The aims of the stages included changing of rower's condition as it was necessary. The number of changes was reached by means of training program, main effective criteria of which were: amount, intensity, content and organization of the training process. Considering individual perculiarities of athlete's organism, his physical level and knowing the amount of training which had been taken before it was possible to calculate required amount of training for mesocycle and the way of its division in microcycles. Then the task to calculate the amount of training at the stage was easier as there had been the experience of realisation of condition dynamic of the athlete in the previous year.

Regarding what was mentioned above, it is advised to organise training microcycles in such a way that would combine This required a strict individualization of training process

of each athlete hence it changed the requirements to the way of microcycle organization which have function of correction to make order that part of training which is required. In addition the specific aims of each stage of a year-cycle of training, state of training and the individual ability of a sportsman to recover influence the structure of microcycles.

During the first microcycle the training was planned to be given in little or middle portions according to their amount and intensity. They were approximately 8-9% of total month training. It is advised to take the same portions of training using game approach and increasing the rest intervals. It is acceptable to give local exercises to improve muscle strength of upper limbs. General training session was led without competitive atmosphere and additional training was meant to activate recovery processes. During the second microcycle, qualified athletes had to do lots of training with high intensity. It was supposed to improve their speed-strength abilities and special endurability. During the third microcycle the amount of training was not so big but it was approached to maintain speed.

The forth mycrycycle included the largest amount of training with the highest intensity for the athlets (40-42% of the total month amount). The fifth mycrocycle was supposed to reduce the amount of exercises with the highest intensity to a minimum as a result of exhaustment.

This construction of the training process taking into account the biological characteristics of the rowers, allowed to provide a higher total capacity. This created the prerequisites for achieving the necessary level of their special training. At the same time, monitoring of individual dynamics of functional indicators of athletes in different phases of the biological cycle and the orientation of the training process, taking into account the biorhythmics of the body, largely optimize strategic approaches in preparation for the main competitions of the season.

This model of training for rowers cause that rythmic changes of functional organism state of each athlete which seem like waves are same with the dynamic of training. The specified structure of training was mainly used in mesocycles of General preparatory and special-preparatory stages. As for the competition period, the content and amount of training for athletes was changed in accordance with the timing of the most important competitions. In accordance with this concept, a training program taking into account modern ideas about the rational dynamics was developed, .

The effectiveness of the program was provided by the feedback system which meant to control and check the current condition of an athlete regularly (2-3 times a month). Also the results should be compared to the real model characteristics. If necessary, the correction of the training program was carried out. It was also considered that during the training at a stage it was necessary to be oriented on elimination or maximal reduction of negative relations between different training effects. It is possible to save training effect by means of the system of introduction

of more effective facilities into training program. At the same time, the facilities consistently introduced into training are constantly replaced, "displacing" each other.

The main amount of training was performed at optimum capacity. Special facilities of strength training were used: exercises with weights, various kinds of training devices that set the dosed resistance in order to develop both muscle strength and various forms of its manifestation, in a particular mode of operation. And in the first and second preparatory periods the sequence of use of special training facilities was various.

The aim of the special preparatory period was to learn how to use growing motor potential effectively in conditions of gradually rising capacity of competitive exercise fulfilment. For this purpose the training was led in the zone of submaximum power (considering individual trained condition without too much tension for organism functions and breaks of its motor structure.

The aim of the general period was to learn how to use motor potential with maximum effect. And it was acceptable to work out the organism to its maximum capacity in specific motor mode by the moment of main competitions. For this purpose training process included competitive conditions (for example, the rest intervals between exercises, their amount, different tactic variants etc.)

Thus individualization of training program included realisation of the main methodological concept considering individual perculiarities of rowers.

Conclusion

1. Practical realisation of the individualization training model during the pedagogic experiment allowed to reduce total annual amount of different training.

2. The elaborated content and distribution of trainings allowed to organize and make the current and stage control easier. The current control lets to find and then correct (if necessary) the characteristics showing the reaction on the dominating at the moment training.

3. Phased testing of athletes more organically fits into the completion of a particular stage of training, on the basis of which it is possible to judge the permanent state in which a particular rower.

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