

Special and Pre-Competition Preparation of Handball Players

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ABSTRACT

In the planning of sports training, in most types of sports training, the purposeful distribution of loads within the microcycles of special and pre-competition training stages is a relevant issue.

In the course of training, there are opportunities to combine the types of exercises, their load, the description of rest after training, the number of training sessions, different sizes and directions of loads, as well as to change the rate and direction of the return of the microcycle process. .

Therefore, the microcycle training structure of qualified handball players in the special and pre-competition stages of training can be quite different from each other (variation). In the special and pre-competition training stages of skilled handball players, the personal capabilities of athletes are widely used to eliminate factors that negatively affect the mental state of athletes, and to increase the effectiveness of training with the help of microcycle training. Therefore, the main task of microcycle training is to identify the conditions necessary to increase the effectiveness of the training effect and to develop their details.

The duration of microcycle training is weekly and biweekly in a variable state (microcycle system).

In the modern system of sports training processes, weekly microcycles adapted to the general exercise, rest and recovery of athletes are widespread. In practice, therefore, more weekly microcycles are used.

However, there are cases where weekly microcycles do not adequately meet the requirements of modern training.

They are limited only by the requirements of work skills and recreational processes.

That is why the content and system (structure) of the microcycles of special and pre-competition preparation stages are flexible, and the growth (dynamics) of changes during the training stages requires setting specific tasks of the sports preparation process.

Experiments in this direction have many years of research work, and the necessity of carrying

out the training process throughout the year has been shown in previous research works. The works in practice are devoted to the development of general planning principles of continuity, consistency, compatibility, etc. Later, in the planning of training processes of microcycles, attention is paid to general recommendations, and more attention is paid to the issue of the structure of microcycles.

According to the opinions of a number of authors, during the training of highly qualified athletes, it is necessary to reduce the volume of loads and maintain a high level of their intensity in the special preparatory stage of sports training, before the start of the competition (10-12 days before the competition).

I. V. Vrzhesnevsky, V. N. Platonov and D. I. Fomin say that compliance with the wave-like principle of load growth (dynamics) in microcycles is positively evaluated.

Among them, weekly training with high, small and moderate load exercises, and then alternate training with loads.

Nevertheless, there is a difference in opinions of experts regarding the content of microcycles.

A number of authors recommend the following options of microcycles. First day of training in some microcycles

- improving the technique of individual movements and methods (load - moderate), the second day - rest, the third day - physical training using sports games and gymnastics, the fourth day - rest, the fifth day - handball during competitions, it is recommended to improve handball technique (heavy load), on the sixth day - measures to restore the athletes' body (bath, sauna, massage, etc.), on the seventh day - rest.

In the analysis of this version of the structure of microcycles, we can see that the total volume of training loads is not very high, it increases gradually.

According to the above authors, it is important to consider creating conditions for full recovery of the athlete's body between training microcycles when planning athletes' training. If we analyze the opinions of other experts, the total amount of loads in the microcycle is much higher, and it is shown that athletes should have active leisure and use rest.

In other microcycles, it is recommended to use various exercises that help to gradually increase the load. Based on the content of such microcycles, training in a special direction is conducted using general physical training tools. It consists of alternating with exercises.

But different opinions about the structure and content of microcycles show the diversity of opinions about the size and direction of training loads. These differences indicate that, according to different authors, the use of tools in different directions and one after the other in microcycles in training planning gave the desired result.

In addition, many sports experts emphasize that it is necessary to pay attention to the number of exercises in which microcycles are carried out with a large and small load. For example, A.M. Kolesov recommends three such trainings during the week, and N.A. Lens and A.A. Novikov and others recommend two such trainings.

Based on the opinions of the authors, it can be concluded that the structure of microcycles is affected by various factors, therefore, replacing the work with rest is of particular importance and should be based on the laws of exhaustion and recovery occurring in the body.

It should be noted that in order to increase the effectiveness of planning microcycles, it is necessary to take into account and study the response of the athletes' body to loads of different sizes and directions in a targeted manner. For this, the following tasks are required in the planning of training processes:

- determination of the schedule of training intensity when the body's ability to work decreases;
- to determine the comprehensive effect of loads in different directions on the body in several trainings;
- the use of small and medium loads to speed up the recovery process of the athletes' bodies in cases where handball players' ability to work has decreased.

From the above, it can be concluded that there are no specific recommendations regarding the planning and replacement of loading exercises of different sizes and directions during handball microcycles.

Therefore, there is a need to determine the main issues of this problem, and it is necessary to study the results of investigations in other sports.

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