



METHOD OF CIRCLE TRAINING IN PHYSICAL TRAINING OF STUDENTS OF SECTIONAL EMPLOYMENT OF GAME SPORTS

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Abstract. The research paper sets out certain methodological requirements for the use of circular training for students' motor preparedness at a university.

Keywords: physical preparation, circle training, technique, requirements.

Introduction

Physical training is an essential part of the gamer training process. It is aimed, on the one hand, to achieve a diverse harmonious development of an athlete, strengthening and hardening the body, increasing the level of basic physical qualities and functional capabilities, and, on the other hand, developing physical qualities specific to a game sport.

General physical training is versatile education physical abilities, the development of which contributes to the general increase in functional capabilities, the expansion of the volume of motor skills and increase the sportsman's athletic performance.

Materials And Methods

There are exercises that have a diverse effect on the body of sportsmen. At the same time, each exercise should have a more or less clearly expressed predominant focus on the development of any quality.

In their focus, physical exercises are divided into exercises for the development of strength, speed, endurance, agility and flexibility. In game activity, these qualities are manifested in close connection.

Game sports are characterized by high dynamism in the development of situations, the constant alternation of defensive and offensive phases of the game, the continuous switching of players from one motor action to another, a variety of methods for their implementation, variability of speed and direction of movement. All this requires the players to perform multiple game actions in various combinations of the activity of an individual player.

Thus, the diversity of the content of the game activity of athletes requires the integrated development of basic physical qualities and functional improvement of the activity of all body systems, which is achieved in the process of versatile physical preparation.

In many studies, the fact of the high efficiency of using the circular training method is noted and confirmed.



Circular training is widely used in training athletes. She received her theoretical and methodological substantiation in the works of domestic scientists.

It is universally recognized that circular training allows you to quickly develop basic physical qualities, but it is even more effective in improving complex manifestations of motor qualities.

Circular training involves the organization at the place of employment of several so-called "stations", that is, places with special equipment and inventory. At each "station", the students carry out a specific program of physical, technical or tactical training. All students are distributed according to various criteria, depending on the number and program of "stations".

Circular training is a methodically very capacious concept, its foundation is the multiple fulfillment of the prescribed movements in conditions of strict dosing of the load and the precisely established order of its study and alternation with rest. This form of training allows you to flexibly use the main training methods (uniform, variable, interval, game, etc.) in relation to exercises that are different in content and nature, giving a multilateral effect.

This method differs from the game and competitive methods, which are characterized only by approximate load regulation and an indicative program of actions depending on the game situation or competition conditions.

A very valuable feature of the circular training is the combination of strict rationing of physical activity with its individualization. A prerequisite for organizing a circular training session is to constantly take into account the load performed and to systematically evaluate the achievements of each student.

The following main varieties of circular training are distinguished:

- by the method of continuous exercise (predominant focus on endurance);
- by the method of interval exercise with hard rest intervals (primary focus on power and speed endurance);
- by the method of interval exercise with full rest intervals (primary focus on speed, strength, coordination abilities).

Travin, B.N. Kondratiev believe that in order to circular training was most beneficial, the rules must be followed:

- simplicity, accessibility and security;
- repetition and cyclicity;
- consistency and comprehensiveness of exercises;
- alternating load and rest;
- dosing load.



Results And Discussion

Organizational and methodological instructions:

1. It is necessary to use a circular training session in classes throughout the entire training process of the year, since physical qualities quickly lose during long breaks in training.
2. Circular training should be combined with other forms and methods of physical education and reasonably alternate them. In the process of circular training, students develop skills for independent exercise and the ability to control movements.
3. To improve the speed-power qualities of students, the most effective are motor modes with a heart rate of 130 to 160 beats / min. The specified mode should be the main one in physical training classes, using the forms and methods of strength training circular training
4. When conducting classes using circular training methods, it is necessary to use a wide range of different sports equipment, contributing to the development of both various physical qualities (strength, dexterity, flexibility, endurance), and the improvement of motor skills.
5. Circular training must be used in the competitive period, even immediately before the game (per day). Such an application gives a leap in physical preparation before the game.
6. The complexity of the tasks to increase gradually, take into account the level of preparedness of students: tasks should be feasible.
7. As the exercises are mastered, conduct them in the form of competitions on the quality and speed of execution, include mastered tasks in relay races and outdoor games

Conclusion

Briefly, following rule of simplicity, accessibility and safety is that for a circular training, complexes of affordable age, technically simple exercises that do not require insurance or assistance should be selected. In this case, those involved, not being distracted by the task of mastering complex equipment, get the opportunity to focus on the development of physical qualities.

The method of circular training is fundamental in the functional and motor preparedness of students at the university, as this method sets the task of comprehensive education of physical abilities with active independent students' exercise and monitoring its effect on the body system.



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