

Management of the Training Process for Highly Qualified Athletes

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Abstract: The theory and methodology of athletes' preparation are based on the specific guidelines, namely paradigms and governing ideas which are based on a set of special principles – sustainable and recurring relationships between the natural potential and capabilities to achieve a high level of development of the components of sports mastery, between training and extra-training factors influencing the athlete's body and its feedback, between motor qualities, components of different aspects and types of preparedness, between the components of preparedness and optimal structure of competitive activity. They play a central role in implementation of rules that specify the behavior in situations typical of athletes' training and limit to a reasonable extent the creative part of coaching. Not less important is their use in planning and performing research, interpreting the results, especially in the part that deals with disciplines of biomedical profile, where we often meet with cases of detachment from the realities of modern sport.

Keywords: sports preparation, sports training, specific guidelines and rules.

The paper presents possible ways to optimize the process of training athletes of high sports qualification on the basis of biomedical characteristics, in particular, by studying the level of energy metabolism in the brain of athletes, as an indicator of the adaptive capabilities of their body. Athletes during the training process revealed a multidirectional nature of the correlation relationships between various parameters of the immune system.

In order to rationally build a long-term training process, one should take into account the time required to achieve the highest sports results in a particular sport. As a rule, capable spotters achieve their first big achievements - after 7-9 years of specialized training.

In the process of long-term preparation, three age zones are distinguished:

1. First big successes.
2. Optimal features.
3. Maintain high results.

General physical training is aimed at increasing the level of physical development, broad motor fitness as prerequisites for success in various activities. Special physical training is a specialized process that contributes to success in a specific activity (type of profession, sport, etc.), which imposes specialized requirements on a person's motor abilities. The result of physical training is physical fitness, which reflects the achieved performance in the formed motor skills and abilities that contribute to the effectiveness of the target activity (to which the training is oriented).

The purpose of training as an idea of the expected sports result of the joint activities of the coach and athletes in a particular competition or series of starts. Criteria and varieties of classification of means of sports training. Competitive, special preparatory and general preparatory exercises as the main specific means of training. Characteristics of general preparatory and other means of training athletes. Classification criteria for sports training methods: by type of training, method of application, nature of

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physical activity, etc., their content and characteristic features. Basic pedagogical patterns and principles of training athletes. Principles of orientation to the maximum of achievements, in-depth specialization and individualization; unity of general and special training of an athlete; continuity of the training process; the unity of the gradual increase in loads and the tendency to limit loads; waviness and variability of loads; cyclicity of the training process, unity and interconnection of the structure of competitive activity and the structure of preparedness. Characteristic features of the principles and ways of their implementation in the practice of sports.

Since training and competitive activity always require the maximum possible activity of cellular structures and the interaction of various body systems, it is of great interest to analyze the correlation dependences of a number of indicators of the blood system of athletes. Clear positive correlations were established between the level of immunoglobulin M and the phagocytic activity of neutrophils ($r = 0.90$). At the same time, the correlation of indicators of the immune system with indicators of peripheral blood in adult athletes has a negative sign between indicators of phagocytic activity of blood cells and indicators of erythrocytes, leukocytes, and hematocrit. Athletes during the training process revealed a multidirectional nature of the correlation relationships between various parameters of the immune system. So, logically determined direct correlations between cellular factors of nonspecific resistance are weakly expressed. A clear relationship between the level of immunoglobulin M and phagocytic activity, a moderate inverse relationship between the number of leukocytes and albumin on the level of production of immunoglobulin M, indicate cooperation between nonspecific cellular and humoral immunity in organizing an adequate immune response to infectious agents. Based on the foregoing, the following conclusions can be drawn: 1. The development of scientific and methodological foundations for optimizing training loads based on health-saving technologies will allow achieving high sports results without endangering the health of athletes. 2. The optimal response of the body to various loads is to increase the energy exchange of the brain up to 25% of the initial level. When the body turns on adaptive reserves, the level of relatively stable functioning increases up to 50% of the initial level. An increase or decrease in biopotential over 50% is an indicator of the presence of maladjustment. 3. The selection of tall fencers, along with the individualization of the style of their combat activity, is a reserve for improving sportsmanship. The average group Quetelet index in the group of cadets is 274 g/cm, in the group of juniors - 370 g/cm, and in the group of adult athletes - 420 g/cm. When evaluating the differences in weight and height indicators, one can assume the possibility of substantiating and directed pedagogical selection of means of combat, based on the pronounced features of the physique. As an example of such an approach, the following recommendation will be quite convincing: for athletes with high values of the Quetelet index (over 430 g/cm), include a large percentage of actions based on the predominant manifestation of speed-strength qualities, fight quickly. 4. High-skilled fencers were found to have lymphocytosis with a normal number of neutrophils, which indicates the tension of adaptive mechanisms, defined as a zone of increased activation, which is closer to a stress response than training. 5. The decrease in the phagocytic activity of neutrophils revealed by us may indicate.

Sports training is a preparation for sports competitions, built in the form of a system of exercises and representing, in fact, a pedagogically organized process of managing the development of an athlete (his sports improvement). The content of sports training includes, although not completely, all the main aspects of an athlete are training: physical, technical, tactical and special mental. The effect of systematic training is embodied in the acquisition and increase in the level of fitness of an athlete. It forms the basis of his readiness for sports achievements (general and special fitness).

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