

Methodological and Organizational Features of Construction of the Training Process in Rowing

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Annotation: Rowing is widespread throughout the world. The attractiveness of this sport lies in its versatile health benefits, which help improve the level of functional capabilities of the body.

Key words: modern training system; qualified athletes; rowing; emotional state; well-being; activity; mood.

Rowing is a cyclic sport, during activities in which athletes sit in boats, promoting its movement by working with oars, using physical training for this, in particular, the muscles of the arms, back, and legs. Distance rowers walk backwards. Rowing is generally represented by several disciplines, one of which is rowing. This discipline, in turn, is divided into pairs and swing it. The steam room is performed with two oars, the swing - with one. The boat can have 1, 2, 4, 8 rowers. Competitions in Olympic program are carried out in 12 classes.

Rowing differs from other types of this sport in terms of the method of movement and the loads received. Academic rowing is a sport in which the competitor uses up to 95% of all his muscles. For timely identifying adverse psychological conditions that may lead to negative results, studying the level of mastery of the necessary skills, ensuring individual approach, the coach must take into account the psychological characteristics of athletes when creating psychological conditions for successful training and preparation. A promising direction in improving functional readiness is development of programs based on psychological and pedagogical ideas about the peculiarities of the dynamics of functional indicators preparedness of athletes within individual cycles.

The main methodological task in training athletes in groups for improving sportsmanship is the complete preparation of athletes, the creation of the necessary conditions to achieve future high results. It should be noted that the research part is based on provisions of the institutional approach (sport as a social institution; Zh. Kudryavtseva, L. Lubysheva, Yu. Okunkov), sociocultural approach (sport as part of the culture of society, international sport as a global phenomenon; S. Morin, D. Marshall, J. Friedman, J. Dumazedier), as well as the ideas of a differentiated approach training load of athletes (V.A. Ermakov, P.V. Kvashuk, I.I. Suleymanov).

The training cycle, according to the theory of L.P. Matveev, consists of three periods: preparatory (ensuring the development of sports form); competitive (creating conditions for maintaining sports form and implementation of acquired optimal capabilities in sports achievements) and transitional (maintaining fitness at a certain level by means of active rest), which is the link between two training cycles. Note that the growth in sports results in the near future will depend mainly on the progressive increase in the physical performance of the body, mastering sports techniques exercises and the art of competitive wrestling indicators with due attention to the psychological preparedness of rowers.

The educational and practical aspect of training qualified athletes consists of technical training, technique training safety and educational work with sports students institutions.

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Technical training of qualified athletes within the discipline of "rowing" consists of the formation of motor skills, which in the future allow Take full advantage of your own body's capabilities athlete. Since rowing is a cyclical sport sports, then the technique of performing movements in a boat involves formation of a closed cycle aimed at rational organization of internal and external forces to increase speed boat movements .

The methodological task of the trainer is to develop the rower has the skill of movement, mastering the technique in such a way, modern research on social problems so that rowing occurs almost automatically for him, providing greater variability and reliability. In teaching rowing technique includes a visual demonstration of the stroke, learning the elements of the stroke, connecting the elements into a single whole, improving the skill.

It is important that the methodology of teaching and developing technical skills is aimed specifically at the correct implementation stroke, in particular, a wide amplitude, horizontal drive and skid, full extension of the oar and energetic execution of the drive should be performed.

One of the methodological aspects of the modern system of training qualified athletes in rowing is to avoid gross mistakes and the reasons for their occurrence in the process of training athletes. In this case, it is necessary to take into account that errors can be caused by a lack of understanding of the motor task, insufficient physical training, defects in the execution of stroke phases, as well as fear and fatigue. To avoid such problems, the athlete must be familiar with equipment, training environment, he must be able to swim.

The next step in the professional training of a qualified athlete in rowing is detailed learning, clarification of motor skills, which should gradually become a habit. Methodological aspects at this stage are the formation of a deep understanding of the laws of the sport being studied, clarification of the technique and improving motor rhythm.

The next stage of technical training for athletes is rowing is to consolidate and improve motor movement. At this stage, it is important to methodically ensure the consolidation of the skill, expanding the number of options for the technique used for high-quality and effective performance movements. It is important to avoid doing exercises incorrectly athletes, in particular, should not have distortions of trajectories, stroke rhythm.

Modern methodology for training a professional rower involves training the athlete not only in the technical part, but also teaching him safety rules. This is necessary, because the activities of a professional qualified athlete is carried out in non-standard conditions for a person, namely on the water. In this regard, it is necessary to know the basic rules of behavior in the event of a boat capsizing and other situations, which may be a consequence of turning over (convulsions, hypothermia, bruises, shock). It is necessary to build this way program for training qualified athletes so that they could, in a critical situation, immediately make decisions and save other athletes. It is important that methodological work on teaching safe behavior skills on the water was carried out in accordance with clear regulations and in in tandem with a rescue team and distance guards. Necessary ensuring constant access to the rowing vessel traffic pattern on the water during training and competitions. The rowers must be informed about the local waters and possible obstacles and restricted areas in the area where training and competition activities take place. An important aspect of training athletes is the personal responsibility of the coach for inspecting equipment, confirmation of its serviceability and suitability for the use of life-saving equipment.

The specificity of a coach's work in preparing qualified athletes lies in his exceptional influence on wards. The coach's responsibility is to monitor the psychological state of the athletes. One of the main conditions successful training of rowing athletes is the rational distribution of training loads, the ability find the right combination of all components of sports training. Including the regulation of emotional states during intense physical and mental stress. To achieve for best results, it is necessary to use a set of techniques, such as: including exercises in the warm-up, individual characteristics are taken into account, switching coach attention athlete to objects not related to the upcoming start, viewing the competition starts of other athletes with error analysis. Candidate of Pedagogical Sciences D.I.



Obbarius recommended most of the athlete's training is carried out on the ground with using a variety of exercises that increase the emotional level.

To measure emotional states during training camps and competitions, the CAN methodology was used, on a group of eight academic rowers (2015–2016). Among them, five women and three men holding candidate master titles sports and masters of sports and playing for the regional team at rowing competitions. Athletes have different years of experience in this sport: from 3 to 8 years. Calculation of the results of the questionnaire filled out according to the instructions, is carried out as follows. Each letter in the name of the questionnaire denotes a certain state of a person: C – well-being, A – activity, N – mood. The letter "C" corresponds to the following pairs of words – 1, 2; 7, 8; 13, 14; ... and so on, i.e. every two pairs to the third. Letter "A" – 3, 4; 9, 10; 15, 16; ... etc., i.e. through the same interval. Letter "H" – 5, 6; 11, 12; 17, 18; ...etc.

The given pairs add up to the assessment of each state. In digital form it looks like this. Mentally (at the beginning of work for practice - in writing) is entered score each cell, then those cells that were crossed out subjects are summed up based on this scale. Please note that for "C" and "H" the scaling is on the right to the left, and for "A" from left to right.

Finally, to convert the data into a generally accepted nine-point scale, the total results obtained must be divided by 10 (according to the number of questions about each condition). Six periods were selected for testing, marked as the most important for recording the emotional state of athletes:

- arrival at the site of the training camp, initial preparation period;
- the middle of the training camp, the end of the basic preparation cycle;
- pre-competition period of the first competitions;
- post-competition period of the first competitions;
- pre-competitive period of the second competitive cycle;
- post-competition period of the second competitive cycle.

We can see that emotional states during periods of intense physical activity, athletes are not stable and change depending on the stage of preparation, the results of competitions and the duration of periods between individual competitions and competitive cycles. Yes, the highest indicators for the studied parameters are monitored at the initial stage of preparation and in the period before the first competition. In the first case, the result obtained is due to the fact that the athletes were just getting used to intense physical activity and have not yet had time to feel the accumulation of fatigue, both physical and as well as psycho-emotionally. In the second case, the indicators due to the importance and concentration of athletes during the first competitions of the competitive season. Lowest indicators were obtained after the second competitive cycle. This can be explained by the accumulation of fatigue, short temporary the interval between the first and second competitions, which showed not very high results. In fairness, it is necessary note that the second competition was not a separate competition, but a whole cycle, lasting a week, which undoubtedly exhausts the athlete. Relative decline quantitative data can be seen during the periods of the end of the basic stage (compared to the initial stage) and pre-competition stage of the second competitive cycle compared to the first competitions. Here, the results of the first competitions, relatively frequent travel, a short preparatory period for the second competitive cycle, accumulation physical and emotional fatigue.

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