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# METHODS OF MULTI-YEAR TRAINING OF ATHLETES

***Valieva Aynura Irshat qizi***
*4 years students, Undergraduate degree*
*Nukus State Pedagogical Institute named after Ajinyaz*
*(Nukus, Republic of Karakalpakstan)*
***Seytniyazova Alfiya Bekpolat qizi***
*4 years students, Undergraduate degree*
*Nukus State Pedagogical Institute named after Ajinyaz*
*(Nukus, Republic of Karakalpakstan)*
***Ayimbetova Zina Markabay qizi***
*2 years students, Undergraduate degree*
*Nukus State Pedagogical Institute named after Ajinyaz*
*(Nukus, Republic of Karakalpakstan)*
***Bekbosinova Ayjamal Maxmud qizi***
*2 years students, Undergraduate degree*
*Nukus State Pedagogical Institute named after Ajinyaz*
*(Nukus, Republic of Karakalpakstan)*

**Abstract**: This article is about the long-term training of athletes and their methods, results.

**Keywords**: sports, sports training, sports specialists, athletes, methods of multidimensional analysis.

Information support for the training of athletes of various qualifications - one of the most complex components of scientific and methodological support of the training process - involves the collection, accumulation, processing and analysis of information about the training process in order to develop practical recommendations for correcting the training of athletes. Objectively speaking, over the past four decades, it has been practically impossible to create a full-scale information system in modern sports that meets the requirements of modern sports and is able to successfully solve the tasks of coordinating the activities of scientific and methodological support services for the training of young athletes. In this regard, the search for promising directions and methods of information support seems relevant for improving the system of training the sports reserve of national teams.

Back in the mid-1980s, sports experts repeatedly stressed that the improvement of the information support system for the training of the sports reserve should be focused on the final goals and results of training; it was also believed that the information support system itself developed without proper scientific justification,

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which led to a number of problems. An extremely low degree of implementation of the main functions in the structure of the sports reserve training system was also noted: only one of the 16 main functions was fully implemented, nine - mainly and six - only partially. Recent studies also show that such a state of affairs inevitably affects the quality of sports reserve training - omissions and costs of training promising young athletes are observed at the stages of initial specialization and in-depth training. It is during these stages of long-term training that the directed work on the formation and improvement of the technical skills of young athletes is often replaced by intensive training, which was emphasized in previous works. It is shown, in particular, that in the structure of athletic fitness at the stages of long-term training, the significance of its various components is transformed from the most conservative to the most labile signs.

In this regard, it should be noted that with the improvement of the qualification of athletes, their technical and tactical indicators within the annual training cycle, as is known, are becoming more stable compared to functional indicators. Therefore, for a timely and informed decision on the correction of the training process, it is necessary to systematically receive information on the dynamics of indicators characterizing not only the physical, but also the functional and psychological state of the athlete at the current time. The provision of these (primary) links of information support of the training process contributes to the rationalization of the way to achieve intermediate goals of sports training. At the same time, it was pointed out that even during a period of high level of athletic fitness, the range of variation of each of the indicators for different athletes can be very significant. Therefore, in order to determine the individual characteristics of regulatory processes, it also seems necessary to have objective initial information about the training process.

From a biological standpoint, the development of fundamental issues of selection, and in particular individual constitution and somatotyping in sports, is largely due to the improvement of the system of comprehensive control of the fitness of young athletes. Using the methods of complex control, the system-structural connections of various characteristics of young athletes are revealed, the methodology of the program-normative approach to the implementation of the function of complex control is developed, the possibilities of practical use of sports selection methods are revealed. With regard to the individualization of sports training, it is believed that the most informative feature of somatotyping is still dimensional and component variability. Three main constitutional types of athletes have also been identified for the formation of experimental groups, teaching children sports skills, and in the future - the purposeful development and improvement of motor abilities. The study of individual typological and psychological-pedagogical characteristics reflecting the peculiarities

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of the manifestation of various abilities of children and adolescents is becoming increasingly important.

Thus, based on the research results of the listed authors, as well as a number of other sports specialists, it seems possible to outline the defining structural components of information support for the long-term training of young athletes.

In our opinion, it is advisable to single out seven main sections of information support in the system of long-term training of young and qualified athletes:

1 - assessment of biological development;

2 - analysis of competitive activity;

3 - programming and modeling of training and competitive loads and out-of-training means of influencing the body of young athletes;

4 - scientific substantiation and development of criteria for different types of preparedness of young and qualified athletes and the development of a unified set of tests at the stages of long-term training;

5 - system-structural analysis and development of training models for young and qualified athletes at the stages of a multi-year training process;

6 - development and coordination of a database system for the main sections of training of young and qualified athletes representing the main specializations in five groups of Olympic disciplines;

7 - development of a package of analysis and reporting documents.

It is advisable to evaluate biological development in accordance with established age characteristics and patterns. The analysis of the competitive activity of an athlete should include not only the definition of traditional indicators, but also the identification of individual characteristics of the performance of competitive exercises in the main and related specializations - to identify the leading and lagging links in the structure of athletic fitness. These data serve as a starting point for the development of models of training and competitive activities, fitness criteria and a unified set of control tests at the stages of long-term training of young athletes.

One of the most important sections in the information support system for the training of young athletes is a comprehensive modeling of options for building not only annual, but also multi-year training cycles for young and qualified athletes. Modeling is carried out on the basis of a system-structured analysis of the training process and the structure of the athlete's fitness at each stage of long-term training using standard methods of mathematical statistics and other computational methods.

The importance of the quality of the initial information should be emphasized. Apparently, it is objectively necessary to switch to a temporary criterion for assessing physical activity in all five groups of Olympic sports. The time criterion makes it possible to apply coupled methods of analysis, to unify the means of monitoring the educational and training process at all its stages. The main distinguishing parameters

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of various types of analysis are the time and intensity of exercises performed in chronological order. In this regard, instead of traditional indicators, it is proposed to register a universal characteristic - the time of the exercise, as well as its intensity and orientation, reflected depending on the sport and specialization of the athlete. At the same time, it is necessary to take into account such categories as the state of the body's systems and functions, physical, functional, technical, tactical, psychological and other abilities, parameters of training and competitive loads, which are programmed and analyzed taking into account adjustments for the conditions and content of training. Consequently, the quality of the initial information preceding the system-structural analysis of the preparedness of young and qualified athletes essentially determines the expected quality of scientific, methodological and practical recommendations for the correction of the training process.

It is also necessary to form and work out the connecting functions of information support in the management system of long-term training of athletes. Periodic professional development of sports coaches and specialists, apparently, will eliminate the obvious misunderstanding of the fact that simply copying the training process, in essence, excludes the guarantee of its success due to the biological uniqueness and high degree of individuality of each organism.

Based on the above, the Department of Theory and Methodology of children's and youth sports of VNIIFK has developed a universal approach to the analysis of various dependencies, functions and their content, including cumulative type, which reflect the results of dynamic observations of the characteristics of athletic fitness of young and qualified athletes.

The approach is based on the formation of matrix-type initial data - a standardized set of informative characteristics and parameters reflecting different aspects of athletes' fitness in the time range from one training task to large training cycles, including stages of long-term training. In this case, as a rule, various dynamic characteristics are used - the fitness and condition of the athlete's body, correction of these characteristics by varying training methods and load parameters.

The processing and analysis of the initial data can be carried out on large arrays of initial data using computational methods based on automated calculations in a spherical coordinate system, which as a result of calculations makes it possible to adequately formalize the spatial relationships of the studied characteristics and assess the extent of their mutual influence over a significant time range. The number of characteristics is not a limiting factor in the course of calculations.

The scientific novelty of the proposed approach and its differences from others, often used in practice, are as follows:

1) informative and clear display of the features of the training methodology, the content of training and the adaptation process;

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2) the ability to accurately determine the ratio of loads of different directions at any time in any time range;

3) ensuring a direct transition to training modeling based on methods of system-structural analysis, programming and modeling of the training process at the stages of long-term training of young and qualified athletes.

Methods of multidimensional analysis allow visualizing, interpreting and calculating the necessary additional indicators and characteristics in relation to assessing the relationship of groups of indicators related to different hierarchical levels of the athletes' fitness structure. The successful implementation of the proposed approach presupposes, therefore, the search for ways to rationalize all components of the training process, the implementation of periodic comprehensive diagnostics of athletic fitness, programming and correction of the training process of young and qualified athletes at the stages of long-term training.

The proposed approach allows you to directly proceed to modeling the parameters of the training process, provides unification of analytical schemes, methods and methods based on the time factor, creates the basis for a gradual transition to the typification of models of each adaptive type and, thus, creates prerequisites for effective individualization of the long-term training process.

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