

**SUSHKO R., IBRAIMOVA M.**

*National University of Physical Education and Sport of Ukraine*

## **Innovation technology in the initial training of children by the example of sport games**

**Abstract. Purpose:** to determine the characteristics of innovative technologies and the current state of organizational work with children at the initial stage of training in sports. **Material and Methods:** to understand the application of innovative technologies used coaches poll and summarized expert assessment specialists in the field of sports. **Results:** the current state of the question concerning the possibility of the initial training of children in early specialization in sports for example basketball, volleyball and tennis. Clarified the importance and necessity of innovative activities for children at the initial stage of training in sports. **Conclusions:** the identified innovative approaches for constructing the process of initial training in tennis, which are not observed in other kinds of sports.

**Keywords:** sport games, mini-basketball, mini-volleyball, mini-tennis, training, innovation technology.

**Introduction.** The progress of achievements of a sportsman-professional in sports games at the stage of the maximum realization depends on many factors: technical and tactical preparedness, anthropometrical data, physical and psychological qualities, experience of performances at competitions of a high level, partners, and the methodical-organizational level of sports training of children at the stage of initial preparation is considered not less important [1; 5; 12].

In sports games technical-tactical preparation has the most difficult structure in comparison with other sports. Differences of the game activity in defense, in attack; ensuring interaction of these components of the game activity depending on the course of a competitive fight; ensuring interaction of a significant amount of players but other needs ensuring of a professional approach to problems of training of young sportsmen and the subsequent realization of the acquired technical policy strokes in the competitive activity [8; 14].

Modern trends of the development of sports games raise questions not only opportunities of the improvement of the educational-training and the competitive processes for experts, but also a moderate and better approach to questions of the qualified preparation of a reserve at the expense of the increase in the initial stage of preparation and training of children in the conditions of early specialization (the generally developing exercises with elements of sports games) [3; 10]. After all thanks to sports the harmonious development of physical qualities of children is reached, especially coordination abilities, the fund of motive skills extends, the reserve of functional systems of an organism considerably increases, the activation of the development and strengthening of the musculoskeletal device takes place, the functioning of the main systems and internals improves [2; 4; 7].

In this regard the necessity of application of the latest scientific development and programs for the educational-training process of children grows, especially at the stage of initial preparation without which it is impossible to make the worthy competition to the leading countries of the world in different aspects of training of players [5; 11].

**Communication of the research with scientific programs, plans, subjects.** The research is a part of the research work which is carried out according to the built plan of the RW in the sphere of physical culture and sport on a subject 1.2. "Modern professional sport and ways of its development in Ukraine" according to the plan of the research work of the chair of sports games of National university of physical training and sport of Ukraine.

**The objective of the research:** to define features of innovative technologies and a current state of the organizational work with children at the initial stage of preparation in sports games.

**Material and methods of the research.** In the work the following methods of researches are applied:

1. Theoretical analysis and synthesis of data of scientifically methodical literature and Internet (information from the official sites of federations).
2. Poll.

3. Expert assessment of experts in the field of sports games.

4. Pedagogical supervision.

**Results of the research and their discussion.** Sports games are complicatedly coordination sports therefore demand an application of such techniques and means of study which would be adapted for the age, the level of physical development and physical fitness of children. Innovative technologies are sets of methods and means which support stages of the realization of innovations: introduction, training, consulting, and transfer. Usually it is necessary several years before a child learns to own adequately knowledge and skills for a game, because of what young sportsmen often lose interest in classes at the stage of initial preparation.

The analysis of the educational-methodical literature and studying of a practical experience of leading experts and coaches in the field of sports games from a subject of researches gave the chance to understand that the discrepancy to modern requirements of training programs of preparation in CYSS (legal document) is one of the problems of the first stage of selection in sports. The set of children in groups of initial preparation occurs from 8–9 years old in basketball, 8–9 years old in volleyball, only in tennis of 5–6 years old. At that time when a fight for coordinate, physically developed, according to the age of children begins in other sports much earlier (swimming of 4–5 years old, gymnastics from 3 years old). The widespread modern negligence of parents to the harmonious physical development of a child and a tribute to fashionable tendencies of the society (dances, computer literacy and learning of foreign languages) take away a great share of exceptional children much earlier of the beginning of an advertizing company of a set in sports games. Besides, the age of 6–7 years old – is the sensitive and favorable period for the development of flexibility, dexterity and coordination of movements. Coordination of movements is a fundamental principle, the base of any physical activity, especially in sports games. Each technical element in sports is under construction tissues, of motive elements familiar to a person. Therefore an ability to carry out quickly and precisely new movements in the majority depends on what stock of these coordination communications a person already has. Respectively there is a task of the creation will reserve different physical actions on the earliest age.

Experts of the theory of sport saved up a significant amount of scientific data which allow carrying out sports games training of children taking into account features of the development of the growing organism. These data cover not only an organism in general, but also the development of its separate systems which, anyway, feel on themselves influence of physical activities [6].

A lot of foreign scientists from the leading countries in sports games, such as H. M. Buseta (Spain), A. Avakumovich (Serbia), M. Mondoni (Italy), M. Spencer (England) [9; 10], M. Tennat, M. Crespo consider that the age of 6–7 years old is successful to start classes. It is an ideal way of the involvement of children to basketball, volleyball, tennis [9; 12; 13].

At the age of 5–7 years old, playing the adapted equipment it is necessary to develop and train touch feelings and motive abilities of children. Motive abilities of children will be better to develop from a significant amount of the offered gestures and movements. It is necessary to avoid an analytical study to bases of sports games at the age of 6–7 years old in different ways, offering the generally-developing actions and motive exercises in a game form.

It is important to continue to pass training and development of basic movement skills that they had opportunity gradually to acquisition specific to a sport of movement skills (especially coordination of the general mobility and the development of functions of a body) for young sportsmen of 8–9 years old. Children have to play, carrying out specific exercises, and a coach takes rules of mini-game (mini-basketball, mini-tennis, mini-volleyball) for a starting point. But before analyzing rules it is important to achieve the understanding of the following components from children:

- movements what they carry out in the space and time;
- feeling of the space limited for a game;
- actions for an attack;
- actions for a defense;
- rules which have to carry out.

Only when children are ready for it, rules of the game which will become a basis of the chosen sports game later can be presented to them.

Historical information testifies to an essential time lag and the organization of training of children in sports games. For example, mini-basketball gained the official international recognition in 1967 at the initiative of

leaders of the world basketball of Spaniard Anselmo Lopez, Englishman William Jones and Frenchman Robert Byusnel. In a year in FIBA the committee on mini-basketball which in 1991 received the status of Mini-basketball of FIBA was created and began to hold regular international festivals under the name "Jamboree". In "Jamboree" there was no those who loses, after all the main idea of the establishment to mini- basketball is proclaimed by FIBA is following: "Game mini-basketball is a satisfaction and an entertainment, but not competition!" In 1973 the federation of basketball of the USSR founded the committee on mini-basketball. The organization of the management of the mini-basketball movement in the country became the beginning of carrying out official actions for young basketball players. The first All-Union festival of mini-basketball was in Leningrad.

Features mini-basketball include adapted one for the school age: a platform size, game time, balls, height of designs change according to different age groups. There is a study of a game in basketball, but not of a set of techniques which in the future will make study to a game. The simplified rules allow acquire easily them and a long time to maintain an interest of a game, according to the age, and the prohibition of application of command tactical schemes promotes the development of tactical thinking, individual opportunities of a player, orientation on a platform.

The federation of basketball of Ukraine holds a basketball festival of mini-basketball for children of the younger group age of 9-10 years old and the senior younger group age of 11 years old once a year in summer in sports fields of Ukraine. Groups are formed according to requirements of the International federation of basketball associations (FIBA) and taking into account the submitted applications. The purpose – is to collect all leading mini-basketball collectives of the country and to define the perspective one by the following results of a season at the end of every year. Competitions are considered as the first selection in a national team of Ukraine, thereby giving an effective help to future coaches of the cadet national teams. Unfortunately, either festivals, or competitions aren't carried out for children of younger than 9 years old.

In Ukraine affairs with mini-volleyball take place also unseemly rank. Mini-volleyball – is a game for children till 14 years old. It is included into the school program of many countries. For the first time it appeared in GDR in 1961. In the USSR rules were officially approved only in 1972. There are two levels of a game: mini-3 and mini-4. There are 3–4 players and 2 reserves in a team. A team can consist in boys and girls so that the ratio was identical. According explanations of experts in the field of volleyball, a difficult material situation and a shortage of the qualified pedagogical specialists don't allow to create the condition for full training of children at the initial stage, reducing this stage and by that going to a section with modern requirements which are dictated by foreign experts of a favorite game of millions of people in our country.

According to a subject of the research it isn't found information concerning the application of well-known innovative technologies which are important for introducing in the process of training of children at the initial stage in mini- volleyball, but opposite tendencies which lead to the reduction of number of competitions, CYSS and professional clubs are found out (because of a shortage of the prepared reserve).

Mini-tennis – is a study of tennis with the use of implements and equipment, adaptive to the age, the level of preparedness and physical capacities of those who is engaged is one of the essentially new approaches in a technique of study of tennis. For today the International federation of tennis developed the program of training of young tennis players divided into three levels: red, orange and green which received the name "Play and Stay" – (Play and remain in a game forever) [9].

The program "Play and Stay" of the International federation of tennis is directed on the optimization of the training process for children till 10 years old. It provides a variation of the sizes of court and rackets, heights of a grid, use of different balls (behind a compression) and changes in rules of a game, during competitions. In our country the program of the development under the name "mini-tennis" acts as an analog of this program.

The foundations for the creation of the mini-tennis program were laid at the time of the Soviet Union, in connection with the growth of popularity of tennis, different authors, in particular, techniques of the creation of classes were described by P. M. Maydansky [8], I. Shokin which provided the mass character and the facilitated study by means of adaptive implements. They received the name "small tennis", and by the analogy with a game in mini-football, mini-basketball and later became to be called as mini-tennis. From small tennis began, and further and propagandized its use among youth the famous Soviet tennis players – N. N. Ozerov, S. P. Belits-Geyman, G. A. Kondratyeva and others. The Soviet experts were engaged in the development of a technique of study and rules of small tennis, standardization of implements. However then, despite a big experimental and educational work, mini-tennis didn't gain the serious development.

For today the International Federation of tennis actively propagandizes the application of the program of study of mini-tennis “Play and Stay” worldwide, since 2012 for children of 10 years old and younger. The main goal of the program is tennis promoting as a sport among children of preschool and younger school age thanks to the essentially new approach to a study technique to a game through mini-tennis, and also the introduction of mini-tennis in educational institutions and sports schools.

The program of mini-tennis allows applying a game approach in study from the first training classes – children learn to keep a ball in a game, and different game situations which arise thus, help them to understand its sense quickly enough. Such approach excludes need of difficult, often inaccessible for children’s perception of explanations, doesn’t demand a special storing. In game situations it is easier to seize various techniques and tactics, to understand rules of a game, to learn to keep a score independently.

As a result of classes of mini-tennis all necessary basic skills and knowledge fix gradually at children which in the subsequent transition to standard forms of trainings will allow to improve sports skill and to reach good results or to continue classes at the amateur level depending on goals and tasks.

One more important factor is that by use of courts, smaller by the size, easy balls and rackets, harmful loadings and early traumatism at children are excluded.

The program of mini-tennis includes:

- multi-level system of a study of tennis;
- study to a game in tennis, but not to a set of technique;
- ease of assimilation of game skills and rules that promotes a long maintenance of interest in classes;
- courts and implements are smaller by the size, which answers the age opportunities of children;
- use of different by the speed and height of a rebound of balls that allows to create the correct technique at the initial stage of preparation;
- special system of competitions directed on mastering skills of a game and development of tactical thinking;
- possibility of use of the program at study of adults.

The analysis and the generalization of scientifically methodical literature specifies that technical and tactical training of players in sports gains the increasing value at the stage of initial preparation where there is a bookmark and a formation of the base for the achievement of high sports results in the future. Tendencies to early sports specialization of sportsmen who can be solved due to the adaptation to the age features of players of the equipment, rules of a game, and rules of competitions in sports are observed.

#### **Conclusions:**

1. On the basis of the analysis of literary data we can note that we found innovative approaches of the creation of the process of initial preparation in tennis which aren’t observed in other types of sports games, and current trends of the development of sports games need revision of the organizational structure of preparation of the initial stage in the conditions of early specialization in basketball and volleyball.

2. Today in Ukraine the acquired traditions to mini-basketball are lost relatively and appropriate conditions for the development and the introduction of mini-basketball at the initial stage of preparation aren’t created for children which is negatively displayed on result of skill in the future at the stage of the maximum realization of opportunities of skilled sportsmen.

3. The difficult material situation in Ukraine and the deficiency of the qualified pedagogical specialists slows down the distribution of mini-volleyball, as to means of the effective organization of an initial study.

4. The use of mini-tennis as an innovative technology consists in the following factors: simplicity of a study, financial reach, reduction of time of a study, expansion of a social base of players (inclusion in a game of children from needy families), attraction of a large number of players which will promote an effective selection for the subsequent classes by tennis.

**Prospects of the subsequent search** of the use of innovative technologies in the form of mini-sports games at the stage of initial study will consist in the development of practical recommendations for introduction of these types of sports in programs of a study in CYSS for training of high-class sportsmen.

#### **References:**

1. Dubenchuk A. I. *Voleybol : Sportivni igri v shkoli [Volleyball: Sports Games at school]*, Kharkiv, 2010. (ukr)
2. Ibraimova M. V., Khanyukova O. V., Polishchuk L. V. *Suchasna shkola tenisu: pochatkova pidgotovka [Modern*

school tennis: initial training], Kyiv, 2013, 224 p. (ukr)

3. Kashuba V. A., Yarmolinskiy L. M., Khabinets T. A. *Fizicheskoye vospitaniye studentov [Physical education students]*, Kharkov, 2012, vol. 2, pp. 34–37. (rus)

4. Lazarchuk O. V. *Metodika pobudovi trenuvalnogo protsesu tenisistiv pershogo roku navchannya v umovakh klubnoi sistemi [Method of constructing the training process tennis players first year in terms of club system]*, Dnipropetrovsk, 2009, 48 pp. (rus)

5. Loboda V. S., Mulik V. V., Dugina L. V., Kharchenko T. P. *Vpliv trenuvalnikh navantazhen za programoyu DYuSSh na pokazniki fizichnikh yakostey yunikh tenisistiv 6–8 rokiv [The influence of training loads Coach program on indicators of physical qualities of young tennis players 6-8 years]*, Access mode : <http://www.sportpedagogy.org.ua/html/journal/2012-04/12lvstpy.pdf>. (ukr)

6. Mitova O. O., Onishchenko V. M. *Moloda sportivna nauka Ukraini [Young sports science Ukraine]*, vol. 18, iss. 1, Lviv, 2014, pp. 150–155. (ukr)

7. Poplavskiy L. Yu., Okipnyak V. G. *Navchalna programa dlya dityacho-yunatskikh sportivnikh shkil, spetsializovanih dityacho-yunatskikh shkil olimpiyskogo rezervu ta shkil vishchoi sportivnoi maysternosti (navchalno-trenuvalni grupi ta grupi sportivnogo udoskonalennya) [The training program for youth sports schools, specialized youth school of Olympic reserve schools and higher sports skills (teaching and training teams and groups of sports improvement)]*, Kyiv, 1999, 124 p. (ukr)

8. Onishchenko V. M. *Sportivniy visnik Pridniprov'ya [Sports Bulletin Dnieper]*, Dnipropetrovsk, 2014, vol. 2, 77–81 p. (ukr)

9. Matveyev A. P. *Programma obshcheobrazovatelnykh uchrezhdeniy. Fizicheskaya kultura [The program of educational institutions. Physical Education]*, Moscow, 2010, 206 p. (rus)

10. *Sayt Mizhnarodnoi federatsii tenisu (ITF) [Site of the International Tennis Federation (ITF)]*, Access mode : [http://www.tennisplayandstay.com/site/tennis\\_10s](http://www.tennisplayandstay.com/site/tennis_10s). (ukr)

11. *Tenis : Navchalna programa dlya DYuSSh, SDYuShOR, ShVSM ta SNZSP [Tennis: Curriculum for Coach, SDUSHOR, SHVSM and SNZSP]*, Kyiv, 2012, 160 p. (ukr)

12. Shokin A. I. *Mini-tennis v podgotovke yunykh tenisistov, oriyentirovannykh na dostizheniye vysokikh sportivnykh rezultatov: ucheb. posobiye dlya studentov RGAFK [Mini-tennis in the preparation of young tennis players, aimed at achieving high results]*, Moscow, 1999, 93 p. (rus)

13. *Ettore Messina: trenirovat detey – ogromnaya otvetstvennost [Ettore Messina: train children – a huge responsibility]*, 2013, Access mode : <http://vbasket.ru/news/ettore-messina-trenirovat-detej-ogromnaya-otvetstvennost>. (rus)

14. Buceta J. M. *Basketball for Young players. Guidelines for coaches / J. M. Buceta, M. Mondoni, A. Avakumovic, L. Killik. – Madrid : FIBA, 2000. – 358 p.*

15. Tennant M. *Play Tennis Manual. – ITF, 2008. – 86 p.*

Received: 24.02.2015.

Published: 30.04.2015.

**Ruslana Sushko:** PhD (Physical Education and Sport), National University of Physical Education and Sport of Ukraine: *Phyzkul'tury str. 1, Kyiv, 03680, Ukraine.*

**ORCID.ORG/0000-0003-3256-4444**

**E-mail: rskarlet@ukr.net**

**Maryna Ibraimova:** PhD (Physical Education and Sport), National University of Physical Education and Sport of Ukraine: *Phyzkul'tury str. 1, Kyiv, 03680, Ukraine.*

**ORCID.ORG/0000-0002-1023-6506**

**E-mail: rskarlet@ukr.net**