

# Determination of the level of tactical readiness of qualified runners at 800 m

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**Purpose:** determine the change in the level of tactical preparedness and tactics of competitive activity of qualified runners at 800 m.

**Material & Methods:** theoretical analysis and generalization of literary sources; pedagogical observation; analysis of competitive activities; method of expert evaluation; methods of mathematical statistics. To determine the level of tactical preparedness of the runners, 20 experts were involved (10 coaches and 10 highly qualified athletes). The study involved athletes I category and CMS, specializing in running at 800 m aged 17–21 (10 boys and 10 girls).

**Results:** revealed a low level of tactical preparedness of runners at 800 m. Improved tactical readiness indicators, namely the ability to analyze information about their rivals and the ability to use it during competitions, increase the diversity of the arsenal of tactical actions, increase the ability to impose their tactics and ability to quickly respond to the situation, which has changed, and instantly change tactical techniques depending on the opponent's behavior.

**Conclusion:** shows the positive effect of specially designed exercises on the level of tactical preparedness of athletes. The redistribution of efforts of athletes at a distance, an increase in the average competitive speed and sports result.

**Keywords:** endurance, runners, tactical preparedness.

## Introduction

Recently, in athletics, the number of competitions has significantly increased, which is a consequence of the commercialization of sports. A large number of competitions, in turn, leads to the fact that the achievement is not the achievement of a concrete result, but only a victory [3; 8; 9]. The high level of achievements in the race necessitates the constant search for new forms of training. Experts are increasingly asserting their opinion about the impossibility of an infinite increase in loads, and are constantly looking for new ways to improve the training system. One of the directions of such a search is a purposeful improvement of the tactical training of athletes [1]. In this regard, great importance is acquired by the tactical skill of athletes [3; 9; 10].

The goal of tactical training is to teach an athlete to conduct a sports competition in competitions, to correctly assess his capabilities and the capabilities of an opponent, to adapt skillfully to the conditions that were created in the competitions, using them for victory [5; 6]. A very important indicator of the tactical skill of an athlete is the evaluation of the effectiveness of tactical thinking during competitive activity and the degree of effectiveness of using specific tactical actions in the context of an instantaneous change in the situation [11].

At the same time, it should be noted that most of the work is devoted to the training of highly qualified athletes, and little information is available on the study of lower-skilled athletes. In this regard, in our opinion, there is a need to conduct research in this group of athletes, as they are a reserve of the national teams of Ukraine [8].

**Relationship of research with scientific programs, plans, themes.** The research was carried out according to the thematic plan of the research work of the Kharkov State Academy of Physical Culture for 2016–2018. on the topic 3.1.

"Information-synergetic substantiation of the individual norm of human capabilities in physical education and sport".

**Purpose of the study:** determine the change in the level of tactical preparedness and tactics of competitive activity of qualified runners at 800 m.

## Material and Methods of the research

In the course of the research, the following methods were used: theoretical analysis and generalization of literary sources; pedagogical observation; analysis of competitive activities; method of expert evaluation; methods of mathematical statistics. To determine the level of tactical preparedness of the runners, 20 experts were involved (10 coaches and 10 highly qualified athletes). The study involved athletes I category and CMS, specializing in running at 800 m aged 17–21 (10 boys and 10 girls).

## Results of the research and their discussion

Special tactical training is provided by solving two interrelated tasks - studying the conditions of the "battlefield" and, on the basis of this, drawing up a plan for wrestling (tactical plan), which should answer the question of how to achieve victory or the best result [2].

In order to determine the level of tactical preparedness of runners, a study was conducted, the results of which are presented in Table 1. The results given in the table indicate a low initial level of tactical preparedness of athletes.

To improve the level of tactical preparedness, athletes performed a set of developed exercises, namely exercises with various tactical tasks: overcoming the distance with a constant and variable speed; overcoming the distance, using the tactics of the leader or finisher; choice of position when run-

**Table 1**  
**Indicators of tactical preparedness of runners at the beginning of the study**

| Indicators of tactical preparedness  | Girls (n=15)                  | Boys (n=15) | Girls (n=15)            | Boys (n=15) |
|--|-------------------------------|-------------|-------------------------|-------------|
|  | At the beginning of the study |             | At the end of the study |             |
| Ability to analyze information about their opponents and be able to use it during competitions, score  | 2                             | 2           | 4                       | 3           |
| Presence of personal arsenal of tactical actions, score  | 2                             | 2           | 4                       | 4           |
| The ability to impose their tactics on a rival, a score  | 2                             | 2           | 4                       | 4           |
| Ability to respond quickly to a situation that has changed, and instantly change tactical techniques depending on the opponent's behavior, score | 2                             | 3           | 4                       | 4           |

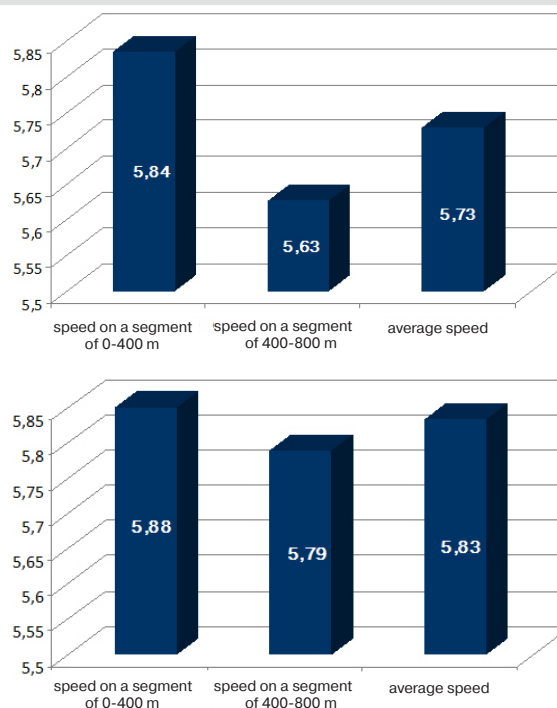
ning in a group; independent choice of athletes tactical options for various situations that arise during the race [4; 8].

The results showed an increase in the level of tactical preparedness of athletes. Analysis of the results of the study showed an improvement in the ability to analyze information about their opponents and skills to use it during competitions, increase the diversity of the tactical arsenal, increase the ability to impose their tactics and abilities on the opponent to react quickly to a situation that has changed, and instantly change tactics depending on the behavior rival. According to A. I. Polunin, knowledge of the details of rivals, their strengths and weaknesses is a step to success. Such information will help to develop the right tactics, which will minimize the strengths of the opponent and with the most efficiency, will allow to use its weaknesses in the main competition [6].

On the tactics of competitive activity can be judged by the dynamics of running speed, and more objectively – by the dynamics of the deviation of the actual speed from the average competitive speed, that is, its deviation from the uniform variant of running along the distance [7].

The results indicate that at the beginning of the study, runners at 800 m ran the first half of the distance faster than the second. After using the exercises aimed at improving the special physical and technical-tactical preparedness, a similar situation was observed, but the deviation of the running speed from the mean values was much smaller (Figure 1). Perhaps, this is due to the increase in the level of high-speed preparedness and special endurance of athletes under the action of the proposed set of exercises.

The practical implementation of theoretical running schedules is complicated by the increasing competition in the competitions, and also by the fact that for the victory it is necessary to own the ability to change the running speed, especially at the finish. The need for the distribution of effort at a distance is based on physiological processes, since it takes about 40



**Figure 1. Dynamics of the average competitive speed at a distance of 800 m in girls at the beginning and at the end of the study (m·s<sup>-1</sup>)**

seconds for the oxygen received during inspiration to enter the working muscles and begin to participate in oxidative processes. Therefore, it is recommended to run the distance at a speed close to the average, avoiding a sharp drop in it until the end of the race.

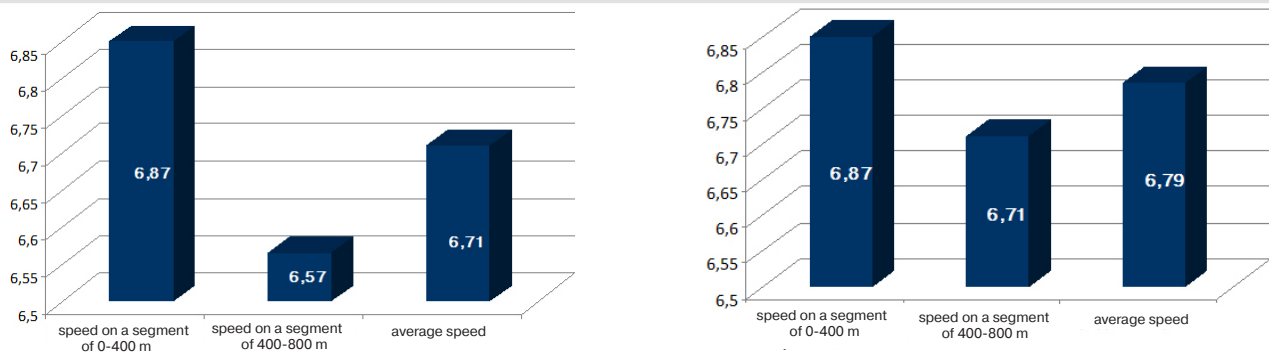
The results indicate that at the beginning of the study runners at 800 m ran the first half of the distance faster than the second. At the end of the study, a similar situation was observed, but the deviation of the running speed from the mean values was much smaller (Figure 2). A re-analysis of competitive activity indicates an increase in the average competitive running speed. This, in our opinion, can be explained by an increase in the level of special physical and technical-tactical preparedness of qualified runners at 800 m.

## Conclusions

The results obtained during the study showed that the ability to analyze information about their rivals and be able to use it during competitions improved in girls from 2 to 4 points, and in boys from 2 to 3 points. Indicators of the availability of the arsenal of tactical actions and the ability to impose their tactics on girls and boys increased from 2 to 4 points. Ability to respond quickly to a situation that has changed, and instantly change tactical techniques depending on the behavior of an opponent has improved in girls from 2 to 4 points, and for boys from 2 to 3 points.

Use of qualified runners in the training process for 800 m of specially designed exercises helped to redistribute the efforts of the athletes at a distance, which resulted in an increase in the average competitive speed throughout the course of the race and, as a result, in improving the sporting result.

**Prospects for further research** are to improve the tactical training of runners in the marathon.



**Figure 2. Dynamics of the average competitive speed at a distance of 800 m in boys at the beginning and at the end of the study (m s<sup>-1</sup>)**

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