

# The research of tactics of the competitive activity of the qualified sportswomen in long jumps

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**Purpose:** to research features of competitive tactics of the qualified sportswomen in long jumps from the running start.

**Material & Methods:** such methods were applied in researches: analysis of scientific and methodical literature, pedagogical supervision, content analysis (analysis of protocols of competitions). Results of 152 jumpers in length, who executed 886 attempts, are analyzed for the solution of the stated purpose.

**Results:** options of competitive tactics of the qualified sportswomen in long jumps are defined. It is established when studying tactics of conducting a competitive fight of the strongest sportswomen of the world that questions of tactics of competitive activity of sportsmen in hopping types become of current importance at the present stage of the development of track and field athletics.

**Conclusions:** the analysis of the obtained data demonstrates that it is necessary to adhere to such tactical option which testifies to need of achievement of the maximum result already in the first attempts, but at the same time to conduct an active fight before the last attempt.

**Keywords:** tactical actions, sportswomen, long jumps.

## Introduction

The achievement of high sports results and the growth of the competition in professional sport make new increased requirements not only to technical and physical preparedness, but also to the formation of tactical style of the competitive activity [1; 4; 9].

The increase of reliability of realization of sports-technical potential is the important factor of the growth of results in difficult coordination sports, to which track and field athletics jumps belong [2; 3; 8].

The research of ways of conducting a competitive fight can define ways of an individual approach of formation of a tactical style of the competitive activity.

The research of physical and technical preparedness was defined by the problematic issues at the need of individualization of training of sportsmen, and also the evidence-based recommendations, concerning ways of conducting a competitive fight [5; 6].

The analysis of materials of the research of the system of training of the qualified sportsmen demonstrates that the choice of a tactical style of conducting wrestling depends on individually strengths of preparedness [7; 10; 11].

Unfortunately, such approaches to training in high-speed and power types of track and field athletics remain insufficiently reasonable.

Due to the above, the need grows for the development of tactical models of the competitive activity of jumpers in length.

## The purpose of the research

The research of dynamics of sports results of jumpers in length for the definition of tactical models of the competitive activity.

*Research tasks:*

1. To learn features of technical and tactical preparedness of the qualified jumpers in length from the running start on the basis of the analysis of scientifically-methodically of literature.
2. To find features of tactical options of a competitive fight in highly skilled jumpers in length from the running start.

## Material and Methods of the research

The analysis of references, video with application of the biomechanical computer analysis, pedagogical supervision, the content analysis (the analysis of protocols of competitions of the championship, the Cup of Ukraine of 2010–2011), and methods of a mathematical statics were used in the research.

## Results of the research and their discussion

The analysis of modern researches and publications demonstrates that now the leading sportsmen of the world rating act in continue to year more than in thirty competitions in connection with the expansion of a winter and summer calendar of competitions and increases in number of starts by the individual invitation. The constant aspiration to achieve high sports results and prize-winning places within different competitions

is connected with psychological and physical activity that promotes decrease in reliability and stability of the competitive activity. The optimization of tactics of the competitive activity is one of means of the increase of reliability of the competitive activity.

Analyzing materials of scientifically-methodical literature, the lack is felt in the researches of tactics of the competitive activity in the jump types of track and field athletics.

In this regard the problem of the definition of tactical options of the competitive activity in the jump types of track and field athletics becomes relevant and represents scientific and practical interest.

Analyzing materials of scientific publications and pedagogical supervision of the competitive activity of the leading athletes of the world, the following is established:

- the considerable attention is paid to questions of tactics of the competitive activity in the jumps types on the modern development of track and field athletics;
- the physical, technical, intellectual and psychological preparedness of sportswomen is the connected link of tactics of the competitive activity, which is directed to the achievement of good results in the jumps types of track and field athletics;
- the important factors which influence the tactical competitive activity represent not only the level of preparedness, behavior of sportswomen, but also external conditions;
- the tactical actions in the jump jumps of track and field athletics are always directed to the solution of the previously created task;
- the condition of the nervous system can lead both to confidence in own and to good results, and to low results;
- the underestimation of a condition of the rival can lead to the decrease in result;
- the individual level of preparedness defines the direction of tactics of its realization.

As a result of the content analysis of protocols of the championship and the Cup of Ukraine from long jumps at women, it is established that there is a number of tactical actions which repeat and interact with each other. In this case two directions of manifestation of tactics of the competitive activity are defined.

## 1. The behavioral line of a sportsman:

- the previous psychological mood influences the solution of the previously put task (meditation, hypnosis, massage, intellectual and physical activity);
- during the preparatory part to start (an exit to the place of competitions, warm-up, behavior manner);
- in the course of competition (an observation by a performance of the opponent, communication with partners in a team, a behavior manner on the place of competitions);

– after the previous competitions (a behavior manner at an exit from the platform, an emotional state, ability to show it to the rival).

**2. The use of specially directed options of tactical actions** on the achievement of sports result. It is specially formed a behavioral action which depends on specific psychological features, preparedness and situations, which are formed during competitions.

Results of each attempt of long jumps from running start in special protocols were registered and tactics of competitions and efficiency of its use were defined in the course of competitions.

A number of typical actions for long jumps are established on the basis of the conducted researches:

1. The sportsman considers that he is ready to gradual improvement of result and can reach it in the last attempt.
2. The sportsman defines even before competitions, in what attempt he will achieve the best result.
3. He is adjusted psychologically on the best result in the first attempt.
4. The distribution of efforts in competitions through one attempt. From six attempts – 3 are with maximum effort.
5. The concentration of efforts to one of attempts. For example, having missed the 3 and 4 attempts, and in the fifth – is the maximum result.
6. Such combinations, one-two maximum are provided among six attempts: the first and the fifth, the third and the sixth.
7. The achievement of the maximum result in the first and last attempt.
8. The special concentrated mood on the third attempt, but the best result can be also in the following attempts.
9. All attempts are carried out with the maximum opportunities.

Materials aren't revealed in the analysis of references, which characterized names of options of a tactical fight of sportswomen in long jumps from the running start. We created 10 options of tactics of the competitive activity of jumpers in length from the running start on the basis of the analysis of protocols of competitions:

1. «Growing» (the gradual increase of result from an attempt to an attempt).
2. «Selective» (the best result in one of the attempts).
3. «Initial» (the best result in the first attempt).
4. «Final» (equal indicators in the first attempts, and in the last – the maximum effort).
5. «Breaking» (the distribution of efforts through one attempt).

6. «Risky» (the concentrated effort on one of attempts, previously having passed one, or several attempts).
7. «Step» (during all attempts maximum one, two).
8. «Rigid» (the maximum efforts in the first and last attempts).
9. «Concentrated» (the first two attempts at the same time are weak and the third maximum).
10. «Limit» (all attempts with the maximum effort).

The most applied options of tactics of the competitive activity were found and their names in jumpers in length from the running start were defined on the basis of the researches. The questionnaire «Wrestling tactics options» was developed for the establishment of their efficiency, which was offered 30 leading coaches.

Results of the poll of coaches are given in the table concern-

ing the efficiency of the options of tactics of wrestling which we offered jumpers in length.

The descriptive results of the efficiency and the frequency of use of options of tactics of conducting wrestling have considerable divergences. If the effective options of tactics “growing” and “selective” are defined by track and field athletics coaches, then “risk” and “final” options are chosen by sports-women in practice of applications.

## Conclusions

1. The tendency to the decrease in the efficiency of the carried-out attempts with a small gain of activity on the result of competitions is observed at the qualified jumpers in length.

2. Analyzing results of the poll of coaches and carefully applied options of tactical actions by sportswomen during the competitions, it is visible that jumpers in length choose tactics options depending on the specific features and the level of preparedness.

Percentage application of options of tactics of jumpers in length

Respondents	Options of tactics, %									
	«Growing»	«Selective»	«Initial»	«Final»	«Breaking»	«Risky»	«Step»	«Rigid»	«Concentrated»	«Limit»
Coaches (n=30)	11,79	11,84	10,96	8,86	10,24	9,64	10,41	10,15	8,09	8,00

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