

Organizational foundations of preparation and selection of athletes

Oksana Shynkaruk

National University of Physical Education and Sport of Ukraine, Kyiv, Ukraine

Purpose: to determine organizational conditions for the preparation and selection of a remote reserve in modern conditions of development of sports.

Material & Methods: method of research – analysis of scientific-methodical literature, documentary and regulatory documents and Internet data, systematization and generalization, observation.

Results: the article considers the problem of selection, orientation and training of athletes in the course of many years improvement, the location of the system children and youth and reserve sports in the process. Identifies three levels of training, selection and orientation of athletes: distant and the nearest reserve of national teams on sports.

Conclusions: the efficiency of preparation of sportsmen depend on creating organizational conditions that are based on a rational distribution of material and technical, financial, personnel, scientific-methodical and medical support at all levels of training athletes.

Keywords: training, selection, orientation, levels, children, youth and reserve sports, organizational conditions.

Introduction

The comprehensive analysis of these long scientific researches and references allows to claim that bases of long-term preparation for the highest achievements in the development of difficult system of children's sports schools, specialized classes, and specialized nurseries sports and schools of the highest sports skill, boarding schools of sports profile, schools of the Olympic reserve and physical culture, experimental groups of the Olympic preparation, strong points of the Olympic preparation, the centers of the Olympic preparation, national teams of sports of the country, departments and so forth were formed within several decades in Ukraine [5; 7; 9].

In general the system of preparation of the remote reserve was rather stable and effective, though not always economic of positions of scale of training of children for the system of the Olympic sport. The development of science in the branches of sports preparation and results of the last performances of athletes on the international scene confirm need, taking into account modern conditions of transformation of the Ukrainian sport, to improve the process of training of athletes by the realization of reasonable system of selection of the remote and next reserve, and also athletes-contenders for getting to the national team of Ukraine.

The system of children and youth and reserve sport is basis for the subsequent purposeful preparation for the main competitions in elite sport [1; 8; 10]. Centralized preparation in children's and youth sports schools and sports schools of the Olympic reserve create prerequisites for a young athlete to get to the specialized schools of the Olympic reserve, the centers of the Olympic preparation and national teams of Ukraine which are the most important components of the structure of purposeful system of the Olympic preparation [3; 4; 6].

Training of a athlete is carried out through the basic structural

elements: children's and youth sports schools, schools of sports profile, school of physical culture, centers of the Olympic preparation where athletes train and full-fledged conditions for their preparation and study, opportunity to effectively combine preparation and participation in competitions in structures of national teams to full preparation on places are created [7].

The existence of such centers allows creating necessary conditions for perspective sports reserve by involvement of the most talented athletes from sports schools and boarding schools (schools, lyceums) before the centralized preparation. The basic in this case is subordination of all activity of the centers and the structures interacting with them for children and youth sport, tasks of multi-phase selection of perspective athletes and organization of their full preparation for competitions.

Communication of the research with scientific programs, plans, subjects

The work is performed according to the thematic plan of MES of Ukraine by the subject 2.34. "Technique of selection and orientation of athletes-beginners in different types of sport" No. of the state registration is 0114U001483.

Purpose of the research

To define organizational conditions of preparation and selection of the remote reserve in modern conditions of development of sport.

Material and Methods of the research

Methods of the research – are analysis of scientifically methodical literature, documentary and normative documents and data, the Internet, systematization and generalization,

supervision.

Results of the research and their discussion

The optimization of the organizational structure (national teams, centers of the Olympic preparation, SHSS, specialized schools, CYSS and SCYSOR, and so forth), ensuring compliance with number of basic provisions is important when forming organizational bases of rational system of long-term preparation at its different levels – in national teams, the next and remote reserve. It is necessary for realization of successful preparation and long-term selection of athletes that all organizational structures, all stages of long-term improvement had equally necessary material, financial, personnel, scientifically methodical and medical support [7; 9]. Concentration of attention on the main structures of national teams and neglect to work with the next and remote reserve is inefficient way, which will inevitably negatively be reflected in efficiency of the subsequent preparation.

Providing optimum ratio of number of children who play sports, at different stages of long-term improvement and continuous elimination of those athletes, who are insufficiently perspective from the point of view of the subsequent preparation, and replenishment by perspective children is important. The implementation of this provision demands attraction of the maximum number of children in the system of testing, namely to state of their health, features of constitution, physical capacities and short-term initial study.

Levels of long-term preparation, selection, and orientation which display the aimed orientation of all long-term preparation are proved by us for practical realization of the system of selection of athletes and orientation of their preparation in the course of long-term improvement:

- preparation, selection and orientation of the remote reserve;
- preparation, selection and orientation of the next reserve;
- preparation, selection of athletes for national teams to teams of sports and their orientation.

Each of these levels of the system of long-term preparation has to be rigidly connected with stages of long-term training of athletes. Respectively and activity of different structural cells of system of sport has to be organically connected both with stages of long-term preparation, and with levels [9].

Preparation, selection and orientation of the remote reserve, begin directly after mass study to sport bases.

The period of mass study to bases of sport lasts 2–3 months in volume of 20–30 trainings and precedes the first level. The existence of such approach allows to fill up CYSS with perspective children and to resolve issue of preparation of full-fledged sports reserve.

Selection and orientation of athletes as the important component of this process is not considered now. It calls into question efficiency and rationality of long-term preparation in a number of sports. The set of children for sports activities is carried out to sports groups irregularly. Annually 20–22 thousand perspective children, who were selected as a result of 2–3-month-old mass study to bases of sports, have to be attracted in the system of CYSS for preparation at the first biennial

stage of long-term improvement.

The advanced practice and sports science allow claiming that from 10–15 children who learned the course of initial study in CYSS, on average only one child who has an obvious soft corner in the heart for trainings by this sport can draw to himself attention of experts. Thus, it is necessary to attract not less than 220–250 thousand children in the system of mass study, to attract 20–22 thousand children in CYSS annually. This ratio can be changed only sideways increases in number of the children involved in mass study that will appear by guarantee of increase of prospects of children who are admitted to children's sports schools [2; 9].

The need of implementation of the wide program of mass study of children to bases of different types of sport demands reorganization of system of physical training of school students towards the increase of role of sports specialization, close to interconnection of activity of comprehensive schools and CYSS. The considerable part of school students who learned one or several courses of mass study, but have not got to CYSS is capable to active participation in the system of mass sport not only at school, but also in the subsequent life. Thus, wide prerequisites are created for improvement of the system of school physical training in the most perspective and attractive direction to children – sports, with formation of system of intra-school and out-of-school competitions.

The gradual elimination of not enough perspective children is at the stage of the initial preparation, and 10–12 thousand children start till the second year of preparation.

The most part of children is deducted from CYSS and transferred to the system of mass school sport upon the termination of biennial stage of the initial preparation. Only every fourth child, who found obviously expressed abilities to effective trainings by this sport, can be transferred to the second stage of long-term improvement – the stage of the previous basic preparation. Thus, only 2500 most perspective children have to be at the beginning of the third year of study in CYSS, and in the end of the year – 2000 children who are translated to the fourth year of study.

The special place belongs to preparation, selection and orientation of the next reserve. This level covers four years and answers on time to the stage of specialized basic preparation and preparation for the highest achievements. Selection has an accurately directed character. It is connected with training of athletes in concrete disciplines and need of orientation of preparation for the greatest possible manifestation of abilities of athletes.

The considerable part of children (75%) pass into CYSS (level of preparation of the remote reserve) for the fifth year of study and the following stage of long-term improvement – three-year stage of specialized basic preparation after the termination of the fourth year of study. Most of children at this stage of long-term preparation differ in the expressed tendency to the achievement of good results in this sport, strong health, and obviously expressed motivation. Therefore the percent of children who are deducted from CYSS at this stage sharply decreases: from 1500 children who didn't start implementation of the curriculum of the fifth year of study in CYSS, about 80% of children – 1200 persons remain in the end of the year, and upon the termination of the program of the sixth year, –

1000 (83,3%) who start the development of the curriculum of final year of this stage of long-term preparation [9].

The third level – preparation, selection for national teams to teams on kinds of sports and orientation, – covers the period in four years and more, includes stage of the maximum realization of individual opportunities, stage of preservation of achievements and stage of gradual decrease in achievements. Selection is made on condition of transition to the third level, when forming national team of Ukraine.

Conclusions

The system of knowledge of long-term preparation, selection and sports orientation as the only whole, is based on need of long preparation for the achievement of high sports result and requires special attention to athletes, who are in the system of for children and young people and reserve sport, elite sport;

the accounting of regularities of sports selection and the directions of orientation of training process for the increase of its efficiency as for the benefit of the preparation, and physical training in the system of preschool and school education; providing optimum ratio of number of athletes at different stages of long-term improvement which provides continuous selection of perspective children; creation of organizational and methodical conditions for effective ontogeny of found is sports exceptional children and effective realization of opportunities of the competitive sports activity focused on the maximum achievements.

Prospects of the subsequent researches. The defined organizational conditions of preparation and selection of the remote reserve in modern conditions of development of sport will allow proving and introducing the technique of selection and preparation of beginners in different types of sport.

Conflict of interests. *The author declares that there is no conflict of interests.*

Financing sources. *This article didn't get the financial support from the state, public or commercial organization*

References

1. Balsevich, V. K. 2010, [Principles of long-term sports training in the context of the implementation of the duality principle], *XIV Mezhdunar. nauch. kongr. «Olimpiyskiy sport i sport dlya vsekh»*, 5–8 okt. 2010 g. [XIV Intern. scientific. Congr. "Olympic Sport and Sport for All", October 5-8. 2010], Kyiv, p. 41. (in Russ.)
2. Bulgakova, N. Zh. 2010, [Theoretical and methodological bases of preparation of sports reserve (for example, swimming)], *Sovrem. olimp. sport i sport dlya vsekh: XIV Mezhdunar. nauch. kongr.* [Modern Olympic Sport and Sport for All: XIV Intern. scientific Congr.], Kyiv: Olimp. lit., pp. 161. (in Russ.)
3. Guba, V. p. 2003, *Osnovy raspoznaniya rannego sportivnogo talanta* [Fundamentals recognize sporting talent early], Moscow: Terra-sport, 208 p. (in Russ.)
4. Davydov, V. Yu. 2002, *Teoreticheskiye osnovy sportivnogo otbora i spetsializatsii v olimpiyskikh vodnykh vidakh sporta distantsionnogo kharaktera*: avtoref. doktora biol. nauk [Theoretical Foundations of sports selection and specialization in the Olympic aquatic species remote nature of sport : doct. of sci. thesis], Moscow, 40 p. (in Russ.)
5. Nesterova, A. & Shinkaruk, O. 2008, [Preconditions of formation of an effective system of cooperation of educational and youth sports schools in Ukraine], *XII Mezhdunar. nauch. kongr. «Olimpiyskiy sport i sport dlya vsekh»* [Modern Olympic Sport and Sport for All: XII Intern. scientific Congr.], T.III., pp. 144–145. (in Russ.)
6. Nikitushkin, V. G. 2010, *Teoriya i metodika yunosheskogo sporta* [Theory and methods of youth sports], Moscow: Fiz. kultura i sport, 203 p. (in Russ.)
7. Platonov, V. N., Shinkaruk, O. A. & Dragunov L. A. 2005, [Some features of the modern system of youth sport in Ukraine], *Nauka v olimp. sporte* [Science in Olympic sport], No 1, pp. 129–132. (in Russ.)
8. Semenov, L. A. 2005, *Opredeleniye sportivnoy prigodnosti detey i podrostkov: biologicheskiye i psikhologo-pedagogicheskiye aspekty* [Definition of sports fitness of children and adolescents: biological, psychological and pedagogical aspects], Moscow: Sov. Sport, 142 p. (in Russ.)
9. Shinkaruk, O. A. 2009, [The modern system of youth and reserve sport in Ukraine], *Materialy Mezhdunar. nauch.-prakt. konf. «Aktualnyye problemy podgotovki rezerva v sporte vysshikh dostizheniy»* [Materials Intern. scientific-practical. Conf. "Actual problems of training provision in the sphere of sports"], Minsk, pp. 64–67. (in Russ.)
10. Brown, J. 2001, *Sport talent*. Champaign, Ili Human Kinetics, 300 p.

Received: 20.04.2016.

Published: 30.06.2016.

Oksana Shynkaruk: *Doctor of Science (Physical Education and Sport), Professor; National University of Physical Education and Sport of Ukraine: Physkul'tury str. 1, Kyiv, 03680, Ukraine.*

ORCID.ORG/0000-0002-1164-9054

E-mail: shi-oksana@yandex.ua