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Application of the current control for the improvement of the training process of sportsmen-acrobats of 8–9 years old

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Purpose: *to reveal the dynamics of changes of the level of development of special motive preparedness of children of 8–9 years old in acrobatics on the basis of the current control.*

Material & Methods: *materials of the research, which was conducted by means of pedagogical testing of acrobats of 8–9 years old on the basis of children's and youth sports school No. 6 of Kharkiv, are considered in the article.*

Results: *the developed experimental technique of improvement of special motive training of acrobats of 8–9 years old and the introduced in it amendments on the basis of the current control affected the level of development of special motive preparedness of acrobats.*

Conclusions: *the use of the systematic current control allows defining accurately to what special motive exercises and physical qualities in the training process is paid not enough attention and allows correcting it due to the increase in number of exercises and their variability.*

Keywords: *current control, sportsmen-acrobats, special motive preparation, testing.*

Introduction

Different approaches to the use of control in the training process are analyzed and offered in modern scientifically-methodical literature [5; 8; 10; 12]. It is caused by the fact that current trends in sports preparation are based on the subsequent growth of the total and special amounts of training and competitive loads, the individualization of the training process, the improvement of the system of selection of talented sportsmen, the increase in role of means of renewal and rehabilitation [9]. The solution of these tasks, according to V. N. Platonov [5], is possible only at the appropriate organization of control which provides the objectivity of management of the process of training of a sportsman. Its role significantly grows in modern conditions as the tendency to the rejuvation of sport and much earlier beginning of classes is observed, which makes much more strict requirements to the organization of the whole process of training of sportsmen.

Scientists (V. O. Sutulaya, V. G. Alabin, V. G. Nikitushkin) consider the concept of sports control as observation, test or survey of sportsmen which are conducted for the purpose of check or assessment of the level of their preparedness [10; 12]. In their opinion, the role of the main part in feedback chain is assigned to the control in sport that provides formation and correction of the training process [12]. V. N. Platonov considers that efficiency of the process of training of a sportsman in modern conditions is, in many respects, caused by the use of means and methods of complex control as to the instrument of management. It allows carrying out the return communication between a coach and a sportsman, and to increase the level of administrative decisions when training sportsmen on this basis [5]. In his opinion, the purpose of control is optimization of the process of preparation and competitive activity of sportsmen on the basis of the objective assessment of different parties of their preparedness and functionality of the major systems of organism.

The improvement of the competitive program which demands high reliability and stability of technical skill of sportsmen is characteristic for modern sports acrobatics [1; 6]. The technique and the organization of training of acrobats is based on the general principles of the modern system of sports training, features of technique of sport and wide practical experience of coaches [4; 7]. These factors cause the search of new ways of improvement of the training process of sportsmen-acrobats which can be reached due to the increase in level of their physical, technical, tactical, mental, integrated sports training and level of special motive preparedness. The structure and the content of control of the training process at different stages of preparation in acrobatics have to change according to regularities of the biological development of sportsmen, depending on their abilities and growth of sports results. The accounting of all these features is provided with the organization of control as the complete system which organically logs in long-term training of sportsmen-acrobats. The efficiency of functioning of such system at all stages is defined by the quality of control at the selection of perspective sportsmen, and also the professionalism of their preparation [5; 10; 12]. The chosen subject is urgent as efficiency of the training process of acrobats, especially at the stage of initial preparation, is defined by the quality of control. At the same time modern researches demonstrate the existence of problem of not systematic use of control in the training process of young acrobats.

The purpose of the research:

to find dynamics of changes of the level of development of special motive preparedness of children of 8–9 years old in acrobatics on the basis of the current control.

Material and Methods of the research

The researches were conducted on the basis of children's and youth sports school No. 6 of Kharkiv, in which 12 acrobats of 8–9 years old took part. The testing of physical qualities of young sportsmen was conducted by means of the current control at the beginning of the experiment, on the basis of which the technique of improvement of special motive preparation was developed. This technique was used in the training process within half-year. The current control was carried out in 12 weeks of trainings with application of the offered technique by which results amendments in the training process of young acrobats were introduced. The following current control was carried out for the detection of efficiency of the offered technique and brought corrections at the end of the experiment.

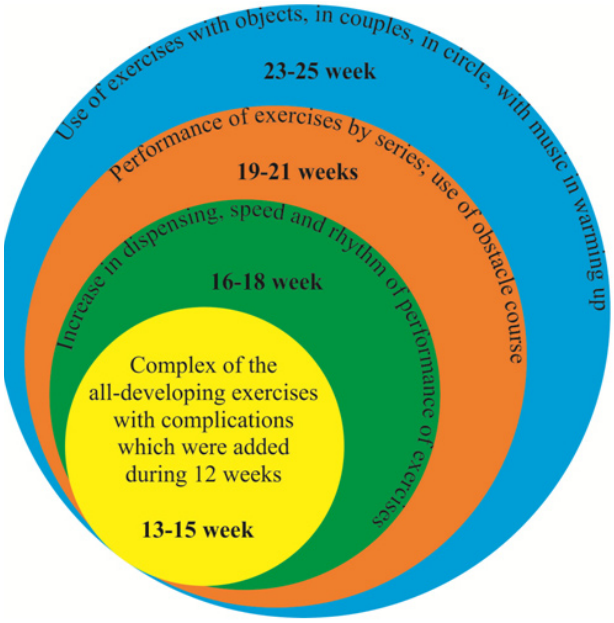
Research methods: analysis and generalization of scientifically-methodical literature, pedagogical testing, pedagogical experiment, methods of mathematical statistics.

Results of the research and their discussion

The testing of their physical qualities was held for the purpose of the determination of level of special motive preparedness of sportsmen-acrobats. The following tests were used for the detection of high-speed and power abilities during the research: "Standing long jump (sm)"; "Jump up from the place (sm)"; "Outleaps in a row on height (number of times)". For the definition of power abilities: "Holding of the provision "angle" (s)"; "Trunk raising on floor (number of times)"; "Bending and extension of hands in emphasis, lying (number of times)". For the definition of flexibility: "Trunk bending forward from situation, sitting (sm)"; "Exercise of "bridge" (sm)"; "Splits (points)". For the definition of coordination abilities: "Jump on 360° (points)"; "Coordination exercise (points)"; "Throwing over (points)". The analysis of the received results allowed developing the technique of improvement of special motive preparation of acrobats at the stage of initial preparation (pic. 1).

Pic. 1. The technique of improvement of the training process of acrobats of 8–9 years old at the expense of complication of means of special motive preparation

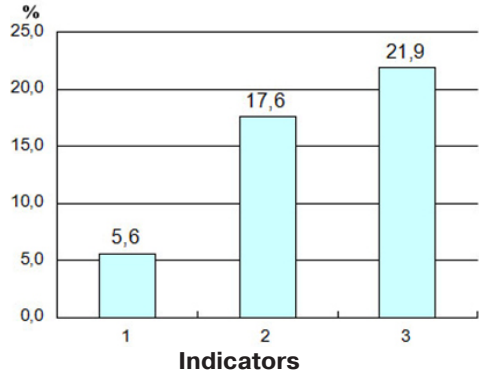
The following current control was exercised which allowed to estimate the efficiency of the chosen technique and to introduce amendments in the training process of acrobats for its optimization in 12 weeks of trainings (pic. 2).



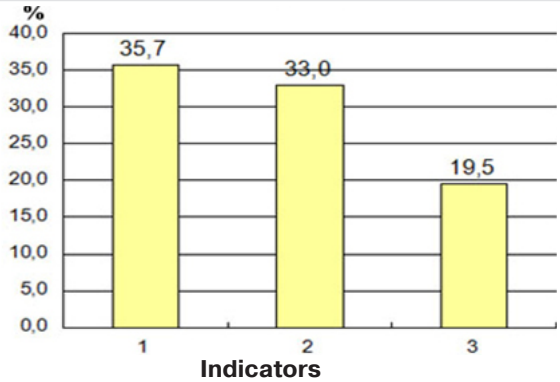
Pic. 2. Amendments of the technique of improvement of the training process of acrobats of 8–9 years old

The following current control was carried out for the confirmation of efficiency of the offered technique at the end of the experiment. The received results presented in pictures 3–6 testify to the efficiency of use of the developed sets of exercises and confirm the need of use for the training process of the current control. So, the improvement of results of the development of high-speed and power abilities, which can be explained with application of various jumps, increase in number of their repetitions, and at the expense of complication of starting positions, is shown in pic. 3 [2; 11].

The gain of results of the development of power abilities of acrobats of 8–9 years old at the end of the experiment is shown in pic. 4. The improvement of the level of development of power qualities can be explained with the fact that young acrobats performed various exercises (squat, jumps, bendings and extensions of hands, in emphasis, lying but other); exercises with encumbrance, partner's resistance exercises and so on during the experiment [2; 3; 11].

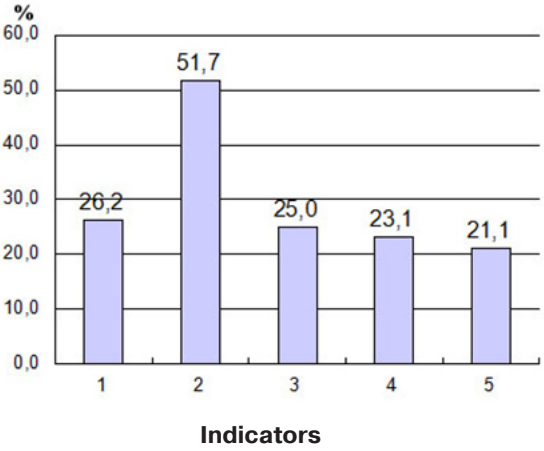


Pic. 3. Changes of the level of development of high-speed and power preparedness of young acrobats during the experiment: *1 – "Standing long jump"; 2 –"Jump up from the place"; 3 –"Outleaps in a row on height"*

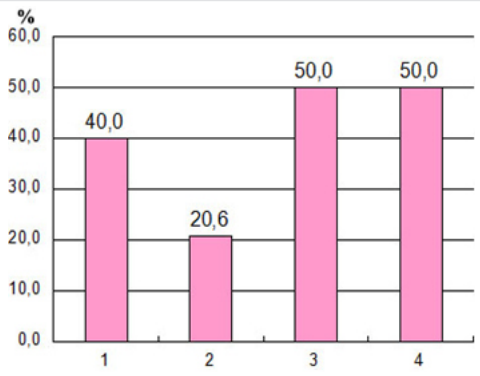


Pic. 4. Changes of the level of development of power preparedness of young acrobats during the experiment: *1 – "Holding of the provision "angle" 3 s"; 2 – "Trunk raising on floor for 30 s"; 3 – "Bending and extension of hands in emphasis, lying"*

The gain of results of the development of flexibility of acrobats at the end of the experiment is shown in pic. 5. Considering that the age of 8–9 years is sensitive for the development of flexibility, the experimental technique provided the systematic performance by sportsmen-acrobats of stretching exercises of muscles: active exercises (slow, elastic, swing movements); passive exercises (with use of mass of own body, with delights, by means of the partner) [2; 11].



Pic. 5. Changes of the level of development of flexibility of young acrobats during the experiment: *1 – "Trunk bending forward"; 2 – "Exercise "bridge""; 3 – "Split on the right leg"; 4 – "Split on the left leg"; 5 – "Cross split"*



Pic. 6. Changes of the level of development of coordination abilities of young acrobats during the experiment: *1 – "Jump on 360°"; 2 – "Coordination exercise"; 3 – "Throwing over forward "; 4 – "Throwing over backward"*

The gain of results of the development of coordination abilities of acrobats at the end of the experiment is shown in pic. 6. Exercises without visual control, and also exercise which consisted of the combined movements, were applied for the development of coordination during the experiment [2; 3; 11].

Conclusions

The results of the research demonstrate that the developed experimental technique and the introduced amendments in the training process of acrobats of 8-9 years old affected the level of the development of their special motive preparedness. It is connected both with the all-developing influence of the picked-up exercises, and with the fact that the movements of sportsmen have got accuracy for the performance of test exercises at the highest technological level. Thus, the systematic current control gives the chance to accurately define to what physical qualities and special motive exercises in the training process is paid not enough attention and gives the chance to correct it due to the increase in number of exercises and their variability.

Prospects of the subsequent researches. It is planned to estimate the influence of the developed technique of improvement of special motive preparation of young sportsmen in other gymnastic sports in the subsequent.

Conflict of interests. *The author declares that there is no conflict of interests which can be perceived as such that can do harm to impartiality of the article.*
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