

Characteristic of aspects of preparedness of a coach

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Purpose: to define aspects of preparedness of coaches which are necessary for the improvement of the system of training of sportsmen.

Material & Methods: aspects of activity of coaches were decided by means of studying of documentary materials, analysis and synthesis, abstraction, induction and deduction, idealization and generalization.

Results: aspects of preparedness of a coach (pedagogical, medico-biological, organizational and material and technical), and also features of their importance during the work with sportsmen of different age and level of preparedness are presented in the work.

Conclusions: the improvement of the differentiated preparation of coach staffs for the work with sportsmen of different age groups and qualification is the topical issue, which solution will allow increasing the efficiency of training of sportsmen at each stage of the long-term training process, taking into account the highest sports result.

Keywords: coach, aspects of preparedness, pedagogical, medico-biological, organizational, material and technical.

Introduction

The appeared new organizational and administrative conditions of the development of sport in Ukraine, which concern also the activity of coaches, are opened in the Concept of the Nation-wide purposeful social program of the development of physical culture and sport for 2012–2016. They are characterized by the reduction of number of the youth, capable to maintain training loads and the sportsmen of innovative technologies playing sports, influence on result, discrepancy of the existing resource ensuring development of sport in the conditions of modern Ukraine that increases the level of requirements to quality as models of the improvement of creation of the system of training of sportsmen, and three improvement of content of training of coaches on sport.

It is obvious that sports managers of different level, we also carry to them coaches, act as the key factor of improvement of the system of training of sportsmen. Uniqueness of competence of experts in the field of sport consists in the specific width of their professional and important qualities and the parties of professionalism [6–8], from here it is illegal to consider coaches only as experts who are engaged only in planning and holding educational and training classes. Training of sportsmen comes far to the content of trainings and represents the complex process in which have to be coordinated, on the sports base suitable for this purpose and at necessary material and financial security, various nonspecific components (participation of medical personnel, psychologists, specialists in sports food etc.). The main character here is a coach, who is acted as an organizer of the versatile process of preparation, and his competence, as a manager, defines the final sports result considerably [2–4].

The content of training of students does not promote the formation at future coaches of group of competences of a manager, independence and initiative as the defining qualities of a sports teacher and an organizer of sport in higher education

institutions of Ukraine [1; 5]. Nevertheless, obviously, coaches have to possess today not only sufficient knowledge, skills of creation of the educational-training process, but also to have competence for management of people, and also for adoption of reasonable decisions, implementation of the system of encouragement and punishments, anticipation of tendencies of the development of branch and the sphere of sport etc. [2; 4; 9].

Communication of the research with scientific programs, plans and subjects

The research was conducted according to the Consolidating plan of the RW in the sphere of physical culture and sport for 2011–2015 on the subject 2.6 “Theoretic-methodical bases of improvement of the training process and the competitive activity in structure of the long-term training of sportsmen” (number of state registration is 0111U001168).

The objective of the research:

to define the requirements to preparedness of coaches which are necessary for the improvement of the system of training of sportsmen.

Material and Methods of the research

Requirements to the determination of aspects of activity of coaches were defined by means of studying of documentary materials, analysis and generalization.

Results of the research and their discussion

The subject of professional activity of coaches on sport especially sharply rose in the last decades after the beginning of new stage of the intensive development of sport and updating of scientific management in practice of sport.

The system of training of sportsmen, which developed in Ukraine, includes all state and public organizations, which according to regulations and charters on their activity take part in business of the involvement of children and youth to systematic trainings, other important nonspecific actions (accompanying medical control, treatment and recovering from injuries, catering services, pharmacological and psychological support and so forth) for the purpose of the maximum increase in the level of their sports skill. These organizations hold competitions; provide participation of the leading sportsmen, clubs and national teams of the country in competitions of fans of higher level, including the European championships, the world and the Olympic Games, and also in competitions among professional sportsmen [10].

Having executed such fixing, separate [10] system of training of sportsmen, which is directed to every possible increase in their skill from the population classes mass sport ("Sport for everybody") which are not focused on the achievement engaged more and more high rates according to requirements of Sports Classification of Ukraine, on the demonstration of the maximum sports results and establishment of the highest achievements of the country, Europe, the world and the Olympic Games, and are directed to the preservation of level of physical fitness and health.

Results of training of sportsmen form, first of all, the organizations which, usually, carry to venue of management – it is the organizations of for children and youth, reserve sport and elite sport (from among long ago existing, these are CYSS, SCYS-SSR, SHSS, schools of the Olympic reserve, boarding schools of sports profile, school of physical culture, specialized educational institutions, in some cases – the sports sections and teams, which are formed at the successful state enterprises – the general for all of them is the budgetary financing and financing from profits of the enterprises). These are also created new structures (as a rule, sports clubs) which operate on self-sufficiency conditions, using means of parents, sponsors and patrons.

The state and public organizations of the central, regional and local level which assistance to development of children's, youthful sport and elite sport, including the educational institutions providing preparation and professional development of coaches on "Physical culture and sport" enters the subject of management of the system of training of sportsmen. However only one this fixation is not enough, at the level of the organizations, which is carried to the object of management, the process of continuous and purposeful impact on the course of sports preparation, is also carried out that belongs to the management activity, and provided with coaches directly.

It is necessary to make in due time expedient decisions and to realize them in practice for the effective management of training of sportsmen for the coach. Children's coaches and coaches of students' teams have to have good organizing abilities, to be devoted to the business as usually they work not only in the conditions of limited material security, but also in the absence of moral support, is frequent in days off and holidays. Only the coaches, working at the stage of the highest sports skill, as if in something above other colleagues as pay less attention to search and attraction of resources during sports preparation (other experts do it).

Based on given above, under *the improvement of system of*

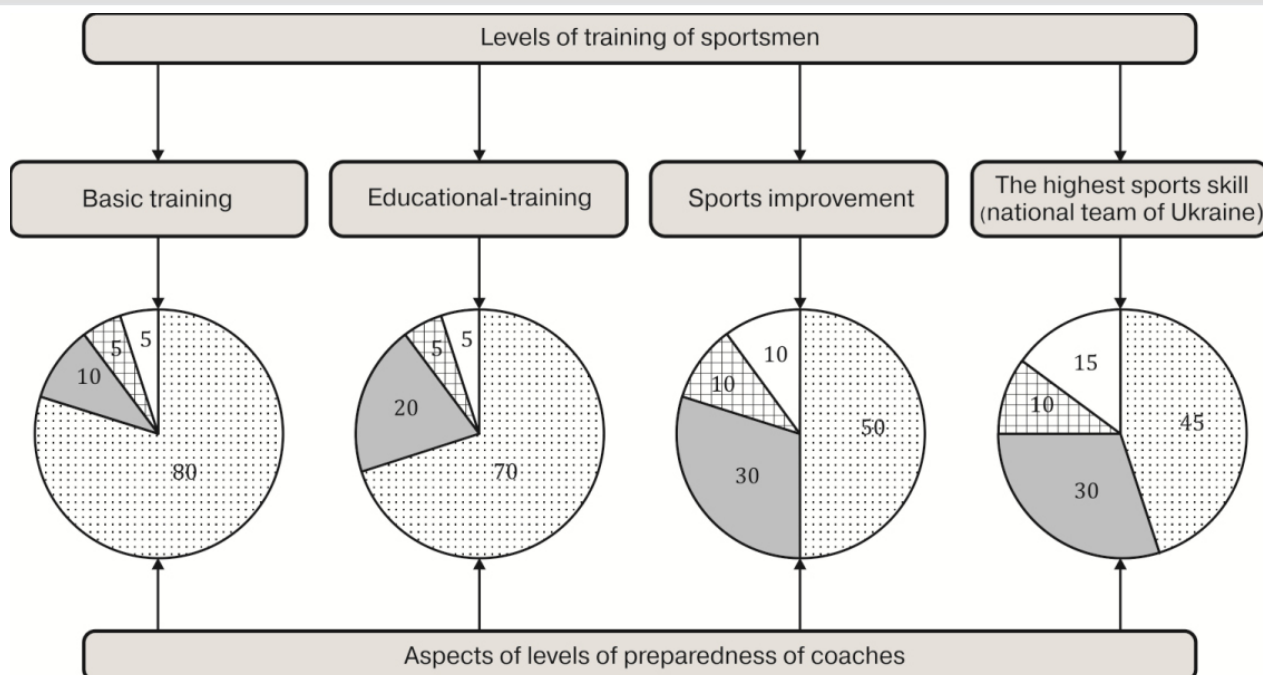
training of sportsmen, it is necessary to understand various scientifically based action, which are carried out on the legislative and regulatory base, held for the purpose of selection of perspective children in the sports plan, and also for the purpose of training of children and youth for the achievement of the maximum results by them. Both employees of the organizations, relating to the highest level of the subject of management (The Supreme Council of Ukraine, the President and the Cabinet of Ukraine, the Ministry of youth and sport of Ukraine, and also other Ministries, providing the acceptance legislative and regulations, governing the relations in the field of sport) and experts of others involved in management of sport of the state and public organizations, including sports national federations and their structures of regional and local levels of management take part in the improvement of the system of training of sportsmen. However, sports coaches are directly involved in the improvement of the system of training of sportsmen as through their administrative decisions are held in practice of sports preparation, those necessary events which provide the growth of skill of sportsmen, the increase in level of their sports results. At the same time the result of their work that will be higher, than the conditions which are created in Ukraine are more favorable for process of sports training of youth.

The work of a coach is compared [9] to the operation of the computer into which the data are entered, reflecting all parties of training of sportsmen, these data are exposed to processing and the appropriate training programs are issued. In this regard the computer (here, a coach) has to be sated with programs which could process all data and give the most effective answer. Therefore, programs have to provide the assimilation of certain knowledge base and the competence demanded in the conditions of uncertainty on the basis of which the analysis is made and effective decisions are made. The limited content of programs either narrows, or does not give at all the chance to make the effective decision.

It is accepted to allocate such levels during training of sportsmen: groups of initial preparation, educational and training, groups of sports improvement and the highest sports skill [3]. Therefore, it is necessary to consider preparation components, different level on the importance, which differs depending on the contingent of sportsmen.

In the most general view the range of administrative influences of a coach includes pedagogical, medicobiological, organizing and material aspects of levels of preparedness (pic. 1) which are various on the importance for separate groups of training of sportsmen.

The pedagogical aspect of activity should be considered as basic from which all others follow. It provides mastering complex of knowledge which allows a coach to carry out the process of formation of various parties of preparedness of sportsmen. It is important for a coach to know and use both all general-didactic methods, and methods of sports preparation during planning macro - meso - microcycles and separate classes; to have knowledge of control of various parties of preparedness and abilities to use its data during management of the educational-training process. It is also important to know the selection criteria and orientation of sportsmen, modeling and forecasting of various components of preparation. The importance of the accounting of extra training and out of competition factors increases with the growth of skill.



Pic. 1. The general structure of preparedness of a coach (in %)

The pedagogical aspect of preparedness of a coach takes the leading place in classes with groups of initial preparation (till 80%) as the primary use of the principles both the general-didactic, and the principles of physical education, which is connected with training in the movements, is required during this period. The specific principles of sports preparation are of great importance (orientation to the highest achievements, profound specialization, and unity of gradualness of increase in loading and tendency to the maximum loads, unity of interrelation and structure of preparedness of a sportsman, etc.) on the subsequent levels of training of sportsmen.

The organizing aspect of activity of a coach includes the complex of the components allowing providing the pedagogical process. Its importance is various at separate stages of the long-term training process. If the factors, forming the identity of a sportsman have the greatest value at the first stages, then more and more valuable to a coach aspects of its organizing activity are on the finishing which provide conditions for high-quality carrying out both the training process, and the whole system of training of sportsmen (they are connected first of all with the work with sponsors, advertizing activity, qualitative stock, equipment, etc.) (pic. 2).

Sports improvement demands the further increasing knowledge of coaches of physiological, biochemical and psychological processes, which are occurred in the sportsman's organism during exercise stresses, and also psychophysiological bases of loading, exhaustion and restoration. Knowledge of these processes allows a coach to plan the training process purposefully, solving specific objectives of trainings.

Thus, preparedness of a coach has various aspects (pedagogical, medicobiological, organizing and material). Their importance is not identical during the different periods of the long-term training process. So, a coach has to have knowledge of creation of the classes, concerning the technique of training in the main movements, education of moral and physical qualities at the initial training of sportsmen. A coach al-

ready should expand knowledge concerning structure, functions, and systems of organism and control of their state for classes with educational and training groups.

The questions which are closely connected with organizing and material aspects of preparedness of a coach, stand more and more sharply during the work of a coach with group of the highest sports skill, and it is, as a rule, national teams of the republic. Coaches of high qualification need the organization of living conditions and conditions of preparation up-to-date, providing with qualitative stock and equipment, etc.

Besides, the level of preparedness of a coach has to allow it to carry out the search of new ways of individualization of training of sportsmen with attraction of modern computer technologies.

So, the improvement of the differentiated preparation of coaches for the work with various age and qualification levels of sportsmen, including the organizing aspect which is marked out with us as one of the most important, is the topical issue which solution will allow to increase the efficiency of training of sportsmen at each stage of the long-term training taking into account the end sports result. Training of coaches considerably also defines effectiveness of the whole many-sided process of training of sportsmen.

Conclusions

Considering the above, the improvement of the differentiated preparation of coaches for the work with sportsmen of various age groups and qualification is the topical issue which solution will allow increasing the efficiency of training of sportsmen at each stage of the long-term training process taking into account the highest sports result.

The prospect of further researches provides the detection of features of aspects of preparedness of coaches in different types of sport.

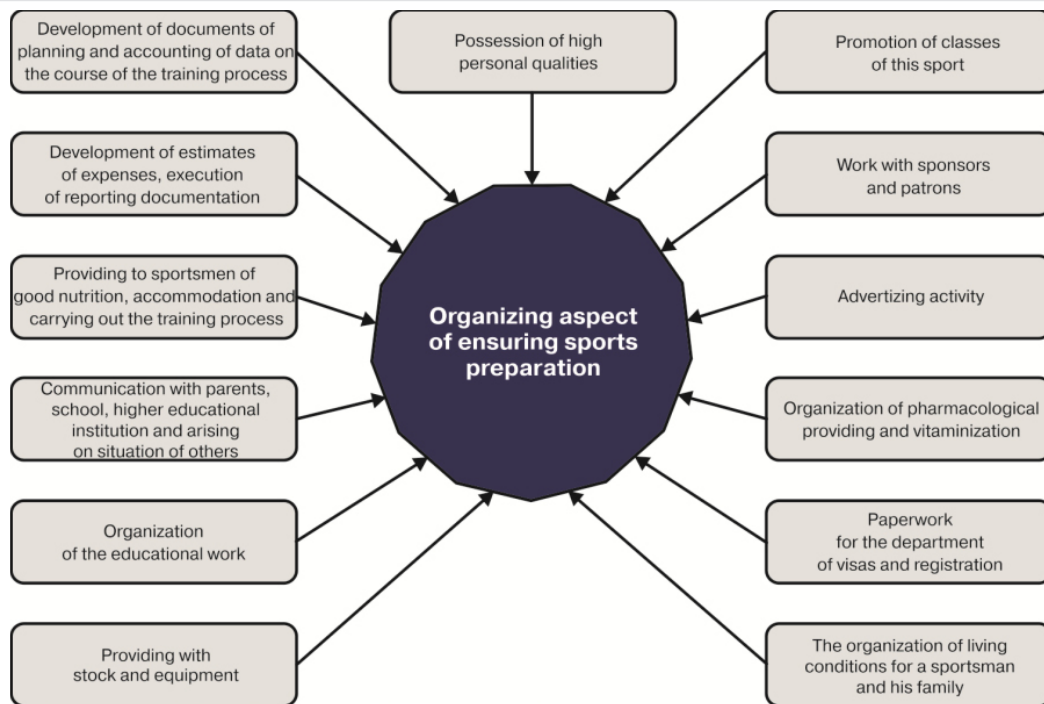


Fig. 2. Organizing aspect of preparedness of a coach on sport

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