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CHARACTERISTICS, FORMS AND METHODS OF EXTRACURRICULAR ACTIVITIES WITH ATHLETES OF DIFFERENT AGES

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ABSTRACT

This article scientifically analyzes and substantiates the physical fitness of athletes of different ages, as well as the structure of training with them in hot climates.

Keywords: Strength, endurance, agility, agility, coordination, flexibility, physical fitness, athletics, exercise.

INTRODUCTION

Today, the modernization of education in the world is important in that it is aimed at the spiritual and physical development of the individual and the improvement of the quality of the educational process in educational institutions. Special programs have been developed in foreign countries to increase the effectiveness of physical education. In private schools, however, various pedagogical oppositions are being tested because the choice of curriculum is freer than in public schools. Gradually, an individualized system of education, that is, an adaptive approach to each student, depending on his abilities and activities, is applied to the learning process. Therefore, it is necessary to conduct a comprehensive scientific analysis of the effectiveness of various forms of organization of the educational process, aimed at maintaining and strengthening the health of students at the present time [1,2].

The issue of development of physical culture and sports in our country is considered at the level of state policy, which is a strategic tool for strengthening the nation's gene pool, a guaranteed means of educating a physically and intellectually gifted generation and promoting the ideas of national independence. Today, our state and society are one of the strongest forces for our young people to grow up independently, to think independently, to have high intellectual and spiritual potential, and to be equal to their peers in any field in the world. In particular, the education of students of all ages as healthy, independent-minded, highly intellectual and spiritually competent people is emphasized as one of the most pressing issues of today [1].

The purpose of the study: to improve the methodology of organizing athletics classes with students of different ages.

The task of the research: Achieving this goal is ensured by solving the following main tasks:
analysis of the literature on the subject;
to determine the physical fitness of athletes;
to test the effectiveness of the developed methodology in pedagogical practice.

Research methods. The methods of analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, instrumental methods, pedagogical experience and mathematical-statistical analysis were used in the work.

The task of sports clubs is to organize training and educational work with children in the chosen sport (athletics). For students of sports clubs, the correct planning of the regime allows them to do sports every day, and twice a day, depending on the climatic conditions [3,4].

Preliminary research on the development and organization of educational and training methods has shown that the number of students in athletics is very small, and the number of students is very low.

In these circumstances, it should be borne in mind that it is not easy for coaches to establish productive communication with children's parents and teachers [8,9,11].

At present, more than a thousand specialized sports clubs have been established in the country, but the proven methods and organization of working with children in hot climates in sports clubs have not yet been sufficiently developed [11,12].

We conducted a series of experiments and surveys to develop the above problems and their solutions. In our initial surveys, 40 students in grades 5-9 were involved in the pilot group. Initially, general physical training was conducted. Then, with the use of tools in various sports, a promising training plan for the training of future athletes, as well as a plan of educational work aimed at developing the intellectual potential of adolescent athletes [5,6,7,11].

Measures have been identified to improve children's health. The plan provides for regular medical monitoring to monitor the health of students. The spiritual development of children has not gone unnoticed. Excursions, amateur art concerts, reading and discussion of the results of the training are included in the training program [4,9,11]. In the course of our research, we sought objective answers to the following questions:

How to carry out organizational and methodological work with children on athletics in the sports circles of educational institutions ?;

What are the most popular means of training when working with adolescent athletes?

Given the hot climate of the country, what should be the agenda that will ensure the success of the training and recreation of athletics?

The results of the survey were analyzed and the next experiments were organized. In order to conduct the experiments successfully, the students were divided into two study groups (A and B), each consisting of 20 people, according to the test results. Taking into account the age of students, the test results were used as a preliminary indicator for their inclusion in this or that group (Table 1). In Group A, the training was conducted according to the methodology we developed, and in Group B, the training was conducted according to the CESM program. The main difference in the training program was that the time allocated for the study of athletics in group "A" was 40-50% less than in group "B". The rest of the time in the groups was devoted to general physical training and other sports: swimming, gymnastics, acrobatics, sports and movement games, and general developmental exercises. At the same time, in group "A" was allocated 50% of the annual volume of general physical training for grades 5-6, for grades 7-8 - 40%, for grades 8-9 - 30%, and in group "B" twice less. (Table 2-3).

Organized training sessions were held for 48 weeks a year. The remaining 4 weeks were devoted to active rest. The number of trainings on the microcycle has increased from 1-2 times a year [10,11,12,13].

This was done by taking into account the increase in the number of training sessions and the volume of downloads, the results of medical examinations and control tests conducted in the conditions of competitions.

During the year, 312 classes were held in the 5th grade, 339 in the 6th grade, 356 in the 7th grade, 424 in the 8th grade and 502 in the 9th grade [3,4].

Table 1: Physical fitness of 11-15 year old students required for admission

Identified abilities	Assessment and activities to control	Age /year/	Degree		
			Low	Average	High
Speed	Running,30 meter second	11	6,3 and above	6,1-5,5	5,0 and above
		12	6,0	5,8-5,4	4,9
		13	5,9	5,6-5,2	4,8
		14	5,8	5,5-5,1	4,7
		15	5,5	5,3-4,9	4,5
Endurability	6 - minute running, m	11	900 and above	1000-1100	1300 and above
		12	950	1100-1200	1350
		13	1000	1150-1250	1400
		14	1050	1200-1300	1450
		15	1100	1250-1350	1500
Fast strength	Long jumping from the standing position	11	140 and above	160-180	195 and above
		12	145	165-180	200
		13	150	170-190	205
		14	160	180-195	210
		15	175	190-205	220
Strength	Pulling while hanging on a high bar	11	1	4-5	6 and above
		12	1	4-6	7
		13	1	5-6	8
		14	2	6-7	9
		15	3	7-8	10
Coordination		11	9,7 and above	9,3-8,8	8,5 and above
		12	9,3	9,0-8,6	8,3
		13	9,3	9,0-8,6	8,3
		14	9,0	8,7-8,3	8,0
		15	8,6	8,4-8,0	7,7
Flexibility	Leaning forward while standing, cm	11	2 and above	6-8	10 and above
		12	2	6-8	10
		13	2	5-7	9
		14	3	7-9	11
		15	4	8-10	12

Table 2: Distribution of types of teaching aids by years of study in the experimental group, in%

Types of means of training	Ratios in total volume									
	Grade 5		Grade 6		Grade 7		Grade 8		Grade 9	
	A	Б	A	Б	A	Б	A	Б	A	Б
Types of athletics	10	20	25	50	35	55	45	60	65	75
Means of general physical training	90	80	75	50	65	45	55	40	35	25
Particularly sports and physical activities	60	50	50	25	40	20	30	15	15	15

The timing of the training sessions differs from the way we allocate them and the number of sessions provided for in the CES program. The experimental training involved the use of all-round general physical training (GFT) in training and the performance of athletic exercises such as running, jumping, throwing, special and simulation exercises at different speeds [3]. Exercises in other sports, sports and movement games were used in the UGT. During the detailed scheduling of weekly classes, we took into account the workload of students at the stage of preparation for the exams and reduced them accordingly, and during the holidays, the number of hours per hour increased by 3 [11,4].

The agenda was based on climatic conditions, including morning classes, school classes, extended homework, evening classes and three meals a day (Table 3). The combined lesson on physical education was held at the end of the school day - from 18-00 to 20-30.

Analysis of the results of one year of experiments showed that the physical fitness of boys in group "A" is much higher than that of their peers in group "B". This superiority has been proved both by the performance of normative exercises and by the results in certain types of athletics.

Table 3: Agenda for track and field athletes

Weekdays	Morning training	School classes	Doing home assignment	Evening training
Monday	-	8,30-13,15	13,25-14,25	17,30-18,30
Tuesday	8,00-9,45	10,30-15,00	15,10-17,00	18,00-19,30
Wednesday	-	8,30-14,10	14,30-17,00	18,00-19,30
Thursday	8,00-9,45	10,30-15,00	15,10-17,00	-
Friday	-	8,30-14,10	14,30-16,30	17,30-19,50
Saturday	8,00-10,00	10,30-15,00	-	18,30-19,50
Sunday	Weekend			

In Group A, there was almost twice as little time for training in athletics as in Group B. However, in the high jump, the results of boys in group "A" improved by 41.5%, while in group "B" this figure was 36.4%. A similar result was achieved in the long jump. Boys in group "A" achieved significantly higher results in the distances of 60 m and 500 m than their peers in group "B" (respectively: 21.6% and 20.0%; 19.8% and 14.7%). The results of throwing a tennis ball did not differ much.

As mentioned earlier, the admission of children to sports clubs was based on the desire of children to go in for sports and the permission of their parents. Students of sports clubs did not

have an advantage in physical development at the time of its formation, and nevertheless, after a year of work, our athletes have achieved high results in competitions among their peers [3].

Also, the results of systematic and thorough medical examinations show that the children's health has significantly improved, they have become physically stronger, the body's ability to resist infectious and respiratory diseases has increased, according to doctors. Experience has shown that 10% of students in group "A" and 30% of students in group "B" left the group for various reasons.

In conclusion, the analysis of the results of the first and second stages of the experiment showed that the methodology developed and applied by us has provided a more successful solution to the task of preparing children for specialized training in athletics.

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