



The Concept of General and Special Physical Training of Athletes

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Annotation: The article discusses the role of general and special physical training in athletes. In sports, there are many methods that allow athletes to get very high results in the minimum amount of time spent on training.

Keywords: athletics, physical qualities, special physical training, exercises.

Introduction. Athletics is the most famous and popular sport in the system of physical culture and health work in various educational institutions of our country [1].

There is a massive variability of various ways of developing physical fitness and improving the level of health in a person, which are used in education, sports and training, but the most optimal, according to scientists, are the means of athletics [2]. The main athletics exercises are natural and vital human movements: walking, running, jumping, and throwing [3, 4].

Thanks to athletics, athletes intensively develop dexterity, speed, strength and endurance, accuracy and beauty of movements [5, 6, 7]. Prevention and increase in the body's reactivity against such diseases of the musculoskeletal system as arthritis, scoliosis, postural disorders, arthrosis, osteochondrosis, cardiovascular system and respiratory are physical education.

The training of an athlete is a multifaceted process in which physical, technical, tactical, moral-volitional and theoretical training can be distinguished [8, 9].

The development of the basic physical qualities of an athlete is carried out through general physical training and special physical training [10].

Many people do not know how to competently and without harm to the body develop it from the inside, increase the efficiency and involvement of all organ systems in the way that nature allows us. For this, general physical training was created. These are also all kinds of physical exercises, cardio loads, sports, sports games. Firstly, it is very important today for a modern person to have a good level of physical fitness, because often people do not keep up with the rhythm of city life, thereby affecting the decline in health [11, 12, 13]. Secondly, the need for it is accompanied not only by the demands of development, but also simply by sports interests. Indeed, in most cases, up to 15-16 years old, or even later, it is difficult to determine exactly in what form of athletics this or that novice athlete will be successful.

Let's take a closer look at special physical training. Special physical training is the process of educating physical qualities, which ensures the predominant development of motor abilities necessary for a particular discipline [14, 15]. Consider its tasks, content and features. As we have already understood, for each type of athletics, special physical training will be different. The purpose of special physical training is to hone the skills of movement, the development of the athlete's muscle groups, which ensure complete mastery of the technique and increase the result [16].

The solution of the issue of the ratio of exercises aimed at general physical training and special physical training, and their distribution in time depend on the individual qualities of a person. Only at

the beginning, young beginners need to focus on general physical training and only depending on sports growth, increase the proportion of special physical training [17, 18].

The time allotted for general physical training and special physical training directly depends on the type of athletics chosen by the athlete. Long distance runners have little time for general physical preparation, since running takes up most of the total volume of training, but high jumps require the least time for jumpers.

It is for the development of the functions of all organs and systems necessary for the successful knowledge of technique and the improvement of sportsmanship that special physical training is responsible. With the help of special exercises, special physical training increases the strength and speed of repulsion when running and jumping, speed endurance in running, power and speed of the final effort in throwing [19, 20].

Choosing any direction in athletics, a person initially sets goals for himself, which he will go to in the process of a special physical program, in order to develop in himself the qualities that are most welcome to conquer those very goals and achieve success. Such qualities as strength, endurance, agility and flexibility develop regardless of the direction chosen by the athlete. For each type of athletics, a number of exercises have been created, which practically do not differ in their structure from the main actions of an athlete during the competition [21].

The effectiveness of special exercises lies in the fact that they can affect muscle groups more selectively than running itself. Thus, special exercises are selected in such a way as to develop those muscles that carry the main load.

Special exercises for runners are as follows: running with a high raise of the hips, mincing running, arm movements - as when running, running movements with the legs, lying on the back and "standing on the shoulder blades", jumping, jumping on one and two legs, etc.

Special exercises for a high jumper with a run: jumping, half-squatting with weights, jumping with a kettlebell, bending back with a turn to the left and right, jumping and jumping to an elevation of 40-60 cm, jumping over obstacles 5-6 pieces, bouncing on two legs in sand.

Special exercises for a long jumper: bouncing on two legs, multiple jumps from one leg to another, multiple jumps on two legs over obstacles, jumping out of a deep squat and half squat, jumping up from a standing position on one leg on a gymnastic bench, swinging a bent leg from standing positions.

Special exercises for the thrower: bench press with two hands, bench press from the position of the barbell on the shoulders, lifting the barbell to the chest, half-squats with a quick rise, throwing the ball with two hands from below - forward, throwing the ball with two hands back over the head, a set of exercises with a gymnastic stick on upper shoulder girdle. After completing a course of special physical training, a number of physical qualities eventually develop, such as: special endurance, strength, speed-strength qualities and many others.

The ability to productively perform sports work is called special endurance. The manifestation of maximum force in minimum time and with maximum acceleration is called special force.

Conclusions. Speed-strength training is a whole system of education and development of an athlete's ability to perform exercises that require the ability to develop the greatest strength in the shortest time. It is undeniable that the most important aspect for achieving high qualification among athletes in athletics is special physical training. However, its program directly depends on the chosen type of athletics. It is impossible to overcome the barriers that stereotypes of people in modern sports put up for us without great work applied to obtain an outstanding, and even record result, without many years of selfless work of a coach and, of course, an athlete, without physical training.

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