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STIMULATION MODEL OF QUALIFIED FEMALE SPRINTERS' INDIVIDUAL RUNNING TECHNIQUE IMPROVEMENT

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Annotation. From a great variety of running kinds of track and field athletics 100 and 200 meters distances are the most difficult, as the speed of running increase is the function of the whole organism. The development of it demands deep knowledge of all factors and conditions, providing sports results increase. **Materials.** The model creation of the qualified sprinters' running technique development. It provides sports training system perception in an integral form. It helps to reveal the most effective directions of the running steps individual technique development. **Research methods:** scientific and scientific-methodical literature, highly-qualified coaches' progressive experience analysis and summarizing, shooting, modeling, pedagogical experiment, statistical data handling. **Results.** Scientific and scientific-methodical literature analysis showed that the main attention specialists pay to speed-power qualities development, the peculiarities of starting technique and starting stride mastering. Underestimating knowledge of sprinting physiological mechanism and the peculiarities revelation of the interaction mechanism with the support are one of the reasons for a slow competitive activity results increase. This article presents created by the authors model of individual running technique development among qualified female sprinters. It's structural components provide an integral notion of the training process orientation and content. They, provide sprinters' competitive activity effectiveness increase. The expediency of this model use was proved during the pedagogical experiment. It was stated that the female runners from the experimental group achieved more considerable results within the same time period in comparison with the female athletes from the control group. It proves the perspectivity of the approach to sports training organization and realization among female sprinters by means of the training process preliminary modeling. **Conclusion.** During the model creation of the individual sprinting technique development among qualified female runners the character of interactions between the main components, their mutual influence, role and place in general system of sports training are

revealed. It is very important for the training process organization, its logic, the main ideas of athletes' improvement among qualified sprinters. Owing to modeling the following things become evident: the main regularities of sports results, approaches to the training load algorithm creation, differently directed exercises alternation increase.

Keywords: *sprinting, individual style, modeling, methodology, pedagogical experiment.*

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INTRODUCTION

Comparative analysis of different approaches to sports training methodologies creation among sprinters helps to create the notion of the most effective directions of the training process development. It forms logically substantiated system of their interaction ways. It sets general common basis of the training process organization and the differences in details. It helps to estimate different degree of their effectiveness. The process of new technologies creation is long and difficult. It is determined by constant increase of sports results, increasing rivalry at the biggest international competitions. It conditioned adversarial character of different national schools of high class runners' training. It shows increasing social and biological spaces, orientation of kinesiological potential development as the base for sportsmanship increase [1, 3, 6, 8, 11].

Biological spaces are understood as morpho-functional systems of an organism, the development and activity of which is the main condition for the demanded level of physical and technical-tactical readiness formation.

Social spaces are the indices of sports culture formation, demonstrated during training and competitive activity. They place high rank requirements on an organism. They condition the necessity to concentrate neuromuscular efforts for the current and long-range goals of sports training realization [1, 3, 8, 9, 15].

MATERIALS AND METHODS

While the training level develops, sportsmanship indices increase there appear new, more difficult aims and objectives. They

demand constant search for the ways of physiological systems of an organism mobilization, providing effectiveness of the training and competitive activity improvement. In this connection increases the importance of the stimuli of constant cognitive motor activity increase. In the opinion of V.K. Balsevich, it is necessary to consider the stimuli system of kinesiological potential development as a constellation of the regulated social-biological needs of an individual. These needs realization is conditioned by the following factors:

- nature-conditioned need for motor activity for a normal functioning of an organism;
- an optimal condition of the training process organization as the base for constant motor activity development.

A stimulated development of kinesiological potential should be considered as one of the leading objectives of the sports training system. It's realization determines the orientation, character and content of physical activity regimens in order to achieve the aim of sports training. In this connection important becomes the model creation of the running technique improvement among qualified sprinters. It provides sports training system perception in an integral way. It helps to reveal the most effective directions of the running steps individual technique development. N.A. Bernshteyn, 1966, underlined that a high sports result achievement is possible if all physiological resources of an organism are involved into the system of sports training – starting from muscular cell till cerebral cortex. According to the signals of higher parts of cerebrum motor actions are realized according to the

mechanism of reflex activity, which is accompanied by physiological, biochemical and biomechanical processes activation. Sports activity is directed toward organism taking to a new level of functioning, which is connected with setting clearly realized system of aims, from a short-term (nearby) aim– to a long-term aim.

The set aim achievement is determined by the following:

- the aim correspondence with the abilities of an athlete, its attractiveness, correspondence with the leading motives of sports activity;
- the stages of aim achievement revelation;
- a complex of objectives creation, which provide the set aim realization;
- the level of an athlete's physical and technical-tactical readiness;
- competitive activity experience (picture 1).

The complex of sports training objectives is to provide many-sided harmonious development of an athlete, which will help to reveal additional reserves of general and special physical readiness indices increase, as the base of technical-tactical mastery. The leading objectives of sports training should include the search for the main directions of the running steps technique correction as one of the conditions for a sprinter's individual running style formation. World class sportsmen training is a long-term and difficult process, which is deeply individual for each runner. It is accompanied by a constant search for the additional factors, influencing speed of running increase.

One of the important conditions of sprinters' cognitive and motor activity stimulation is getting acquainted sportsmen with physiological mechanism of sprint. In the opinion of V.K. Balsevich, 2000; V.V. Tyupa, 2009; L.D. Nazarenko, I.S. Kolesnik, 2011, knowing the essence of physiological, biochemical and biomechanical processes, which happen in a sportsman's organism during running, helps to realize the difficulty of a rational motor activity organization. It

provides speed of running increase, as a result of consistency achievement between motor and vegetative functions. Pushing off during the running steps fulfillment is one of the most important elements of the running step structure, which condition movement of an athlete in space and time. Knowing the mechanisms of interaction with the support creates the conditions for a thorough analysis of the locomotor act structural elements by a sprinter. The result of it should be deviations revelation from the set spatio-temporal and spatio-power parameters of the running step mechanism [10, 12, 13].

The model of an individual running technique development among qualified female sprinters includes the following *factors*. They influence the effectiveness of a sprinter's competitive activity

1. *Consistency of motor and vegetative functions*. Calm pace running has the rhythm of movements. It provides timely transformation of movements coordination and vegetative functions. Owing to this we have respiration, blood circulation, metabolic processes increase, excitability of central nervous system and the system of analyzers also increases.

In sprint maximum power work is characterized by maximum high speed of the separate muscle groups contraction and relaxation. Considerable muscles power of the lower extremities, their "explosive" qualities and the ability to relax quickly help runners achieve maximum speed of running increase. High speed of a sprinter's muscles contraction is accompanied by a powerful stream of proprioceptive impulses into central nervous system. The power of nervous processes determines the ability of nerve centers resist powerful impulsation from the functioning muscles. Highly-qualified sprinters are characterized by a high level of excitability, functional activity and power of nerve processes. Typical feature of sprinters' sports activity is less duration of the motor reaction latent period. In terms of competitive activity

increases the role of sensory systems during estimation of competitive environment and the opponent's tactical actions, the ability to

fulfill a delicate differentiation of muscular efforts.



Picture 1 – Model of an individual running technique development among qualified female sprinters

In sprint need for oxygen is satisfied only by 5-10%, the rest part is an oxygen debt. A considerable oxygen debt (within 90-95% of oxygen need volume) is conditioned by a short-term character of an active motor activity, which doesn't provide full adaptability of an organism and it restricts the functions of cardiorespiratory system, which provides oxygen debt satisfaction.

One of the main factors, influencing the speed of running, is the level of the lower extremities functioning muscles power development. The importance of this factor is conditioned by the fact that a sprinter's speed is the derivative of pushing-off effort, as muscular efforts of legs determine the following leading parameters of a running step: trajectory, time characteristic of a flight phase.

The volume of muscular efforts is very important during start fulfillment, when with the starting shot a sprinter, pushing off from the support, simultaneously pushes off with the back leg from the back starting block. Strength of pushing conditions the effectiveness of the following sprinter's actions. The speed of the first running steps is also conditioned by the volume of the developed muscular efforts and quickness of athlete's movements. The importance of the lower extremities muscles power increases during the starting stride fulfillment, as its high indices determine the ability to realize maximum speed of running development. Quickness of pushing off from the track, the duration of the flight phase also depends on power of legs muscles.

A rational location of the body parts in space and time is one of the leading factors, which condition speed of running at 100 and 200 meters distance, starting from a crouch start. It's effectiveness depends on location ahead and behind of the standing leg, hands support, shoulders position, a runner's general center of body weight (GCBW) and etc. For highly-qualified sprinters an optimal is body position during the first steps after the start, when the back is almost parallel to the surface of the running track. This position of the back helps to gain maximum speed of running within a short time period. The best conditions for speed increase are created,

when GCBW of an athlete supporting phase is ahead of the bearing point. In case of such a position an optimal take-off angle from the running track is created, owing to which considerable part of muscular efforts, developed during taking-off, is spent for horizontal speed increase [4, 5, 13].

Consistency of the upper and lower extremities movements as the factor, which influences the speed of running. It is important both during the start and starting stride, running along the distance and while finishing. With the starting signal it is important to fulfill simultaneously taking-off with hands from the support with the leg push off behind from the back starting block. During the starting stride hands fulfill active movements back and forth in case of their amplitude coincidence with the movements of the lower extremities. For high speed of running preservation on the finish track a sprinter increases the frequency of the running steps, in this case the importance of hands movements increases. During the finish on the last step for the final chest spurt a sprinter puts hands backward and it helps to finish the distance quicker.

Taking into consideration these factors helps to select the means and methods of a sprinter's technical training, pedagogical influences creation for intellectual and motor activity intensification. Different means, used for an individual technique of the running steps development, helped to solve a lot of problems: the power and speed of push-off from the support increase, consistency increase of motor and vegetative functions, a rational location of the body parts provision in space and time and etc.

A rational push-off from the support considerably determines the duration of the flight phase, at the same time, great importance has the altitude of take-off, which is conditioned by the volume of speeding up during the final phase of push-off. One of the factors, which provide effectiveness of push off, is the power of the lower extremities muscles. Sports results increase in sprint is mainly conditioned by a rational use of the special exercises system, which provide speed-power qualities increase. At the same time, great importance has the correspondence

of the used means of anatomic-physiological parameters of the running steps [2, 7, 8]. The power of pushing-off conditions the length and duration of airborne phase.

One of the reasons for ineffective sprint is irrational feet position, in side direction. Straightness of the running steps increase is one of the conditions for speed of running increase and effectiveness of competitive activity improvement. For this problem solution special methodical techniques, markings, visual guiding lines are used, which are directed toward the skills of foot position organization, in order to place heels as close as possible to a conventional central line. The front part of the foot should be also as close as possible to a straight line.

An important condition, which determines the speed of distance overcoming, is an *optimal frequency and length of the steps*, the ratio of which is conditioned by the volume of height-weight indices, length of the lower extremities, and also the level of physical and technical-tactical readiness. A sprinter's activity is realized in anaerobic conditions, when for speed preservation the most important thing is intensity of high-energy phosphorus compounds renewal: ATP (Adenosine-triphosphate) and creatine phosphate (CP). Because of psycho-emotional state a sprinter's respiration rate increases, oxygen demand in 100 meters running is 6-13 l. Oxygen debt increases 90% from the oxygen demand and it proves the necessity to develop anaerobic productivity. However, in this case aerobic processes are also important, as they provide time of recovery decrease. With sportsmanship increase the tempo of running is increased owing to time of supporting period decrease. The duration of it is conditioned by a difficult cycle of neurophysiological and biological processes. It proves that the developing speed of a sprinter is conditioned not only by power and speed parameters of the active muscles, but also by a high coordination of movements. Owing to these factors the structure of motor acts is more improved and effective [11].

One of the reasons for a slow increase of sports results in sprint is a big amplitude of

body oscillation in front-back and side direction, which is connected with over-tension of neuromuscular efforts, efficiency of running steps decrease, the necessity to increase the volume of the training load. It demands the search for additional conditions. Conditions provide the amplitude of oscillatory movements decrease as one of the most prospective directions of qualified female runners' individual technique of running development at the distance of 100 and 200 meters.

The amplitude of body oscillations restriction in front-back and side direction is provided by methodical techniques use. It orients an athlete to self-control of the running steps leading parameters, which increases their efficiency. Thus, during the training lessons it is necessary to take into consideration the factors and conditions, which determine a rational foot position on the support during dynamic bearing preservation, a rational distribution of the body parts in space and time, the absence of head and body oscillatory movements in front-back and side direction.

The important structural components of the individual running technique development model among qualified female sprinters are the principles of sports training. Their realization provides its effectiveness. The *principles of integrity and continuity of the training process* condition systematic character of muscular load, the volume and intensity of which are determined by the age of athlete, the level of their physical and functional readiness, the experience of competitive activity, a rational technique of the running steps mastering.

The integrity of the training process is achieved by the influence of the used physical exercises on intellectual, physical development, psycho-emotional sphere state, the ability for adaptation increase in terms of muscular load increase, on moral-volitional and moral qualities and etc. *The principle of general and special physical training unity* is realized in terms of general physical readiness consideration. It is achieved by muscular power, quickness, endurance, dexterity,

accuracy of movements and other motor-coordinating qualities development, as the necessary base for the speed of running increase on the basis of many-sided of the character readiness.

The increase of speed qualities is achieved in case of muscular power necessary level, special and general endurance and other qualitative sides of motor activity and it proves a close interconnection and interconditionality of general and special physical readiness.

The cyclic character of the training process is in a rational distribution. The essence of this principle is in a rational alternation of muscular load volume and intensity with periodic repetition of the separate lessons, stages of training and periods in terms of the definite cycles. Different cycles have different duration, specific objectives, which condition the character of the training load. There are the following cycles: microcycles (weekly), mesocycles (monthly) and macrocycles (yearly). Different cycles use helps to distribute rationally the training load depending on the level of athletes' readiness and its parameters (volume and intensity).

The principle of the training load gradualness and maximum increase is conditioned by the regularities of motor-coordinating qualities increase. With the training level increase and depending on a rational choice of physical exercises, which provide muscular power level increase as the main condition for speed qualities and their volume in one training lesson (microcycle), mesocycle increase and etc. The ratio of the running exercises, fulfilled in different conditions of training (from the mountain, into the mountain, with the weight use and others), muscular power increase can be fast or slow.

Maximum increase of the training load is an important condition for the training level increase and speed qualities improvement. If an organism doesn't achieve a new level of functioning, in terms of maximum increase of the training load, a person can't achieve sports results improvement.

The principle of individualization is conditioned by different abilities of an organism: phenotypic, character of motor reaction, the ratio of height-weight indices; length of the upper and lower extremities and other characteristics. They influence not only length and frequency of the running steps, but also their optimal ratio. It provides the speed of competitive distance overcoming.

Thus, the principles of sports training realization during the process of sports training are one of the most important conditions for an individual running technique development among qualified female runners. The main component of an individual running technique development model among qualified female sprinters is the methodology of sprinters training. It's content is presented by main and additional means; complex of sports training methods and methodical techniques and also by evaluation criteria of the running steps main parameters.

In order to check the effectiveness of created by us model a pedagogical experiment was held. 30 qualified female runners (II and II categories) took part in the experiment. The control group (CG) and the experimental group (EG) were organized, each group included 15 people. Before the pedagogical experiment a test was held in order to reveal the initial level of female athletes special running readiness. The initial indices were defined according to the results of running from a standing start at the following distances: 100 m (sec), 150 m (sec), 300 m (sec) and 600 m (sec). The received results analysis didn't reveal considerable differences according to the results of female athletes special running readiness from the CG and the EG, ($p>0,05$).

The training lessons in the CG were held according to generally adopted methodology in accordance with the sports training program, recommended by track-and-field athletics federation of the Russian Federation. In the EG training process provided the model of an individual running technique development among qualified female sprinters. After the pedagogical

experiment one more test was held in order to reveal the dynamics of special running readiness indices using the same tests. The results of the pedagogical experiment showed that the improvement was in both groups: CG and EG, however, in the EG the studied indices turned out to be higher. In 100 meters running (sec) from a standing start in the CG with the initial results $12,31 \pm 0,11$ sec, to the end of the pedagogical experiment the increase was 3,11%, ($p > 0,05$); in the EG with the initial results $12,29 \pm 0,45$ sec the results increase was 8,19% ($p < 0,05$). In 150 meters running from a standing start in the CG with the initial results $18,53 \pm 0,55$ sec, to the end of the pedagogical experiment the indices increase was 1,79%, ($p > 0,05$); in the EG with the initial indices $18,59 \pm 0,68$ sec the increase was 3,59%, ($p > 0,05$). The same tendency of a considerable results increase in the EG was revealed according to other tests.

CONCLUSION

Thus, this model creation helped to form an integral notion of the training process orientation and content; its aims and objectives, which condition the necessity to reveal physiological mechanism of sprint. Understanding the essence of the processes, which happen in an organism during running, conditions the necessity of a corresponding intellectual readiness for the system of special knowledge mastering, concerning the regularities of the training process organization. All this determine the increase of speed-power qualities, speed of competitive distance overcoming. The important components of the model are the factors and conditions, which influence speed qualities increase and also the principles of sports training, which condition rational training process organization. The content of the running steps development methodology is mainly determined by individual characteristics of sprinters, the level of their physical and technical readiness, potential of high sports results achievement.

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PSYCHOLOGICAL COMPATIBILITY OF FEMALE BASKETBALL PLAYERS AS THE FACTOR OF COMPETITIVE ACTIVITY EFFECTIVENESS

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Annotation. Every year the level of sports results in female basketball increases, technical and biological resources are close to disappear and one of the ways of searching for the reserves is psychic reserves use. One of the most important training process objectives among female basketball players is not only the effectiveness of tactical interactions increase, but also taking into consideration individual-psychological peculiarities of partners during team composition formation. **Material.** A new approach is offered to training and competitive activity of highly-qualified female basketball players. The experimental methodology is formed, which is based on