

METHODOLOGY FOR ORGANIZING SPORTS TRAINING

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Abstract: Proper organization of sports training is a key factor in the physical, technical and psychological development of athletes. Methodically properly organized training strengthens the health of athletes, allows for a gradual increase in loads and creates conditions for achieving high sports results. This article discusses the basic principles, stages and methodological approaches to organizing sports training on a scientific basis.

Keywords: sports training, methodology, physical qualities, load, training cycle, planning.

Introduction

Organizing sports training is a process of careful planning of an athlete's activities in advance, the correct selection of the type of exercises, the distribution of loads on a scientific basis, and the effective management of the training process. Properly organized training helps to gradually develop the athlete's body, adapt muscle and functional systems to new loads. It also strengthens the athlete's mental stability, along with the formation of physical qualities, technical and tactical skills.

When organizing training, it is necessary to determine the sequence of exercises, the volume and intensity of the load, rest periods and recovery processes for the athlete in harmony with each other. This approach optimally prepares the athlete for the competition period, prevents overload or injuries, and allows for sustainable achievements in sports activities.

Main part

Basic principles of organizing training sessions

- Consistency - training should be done regularly, because if the body temporarily stops exercising, the results will quickly disappear.
- Gradualism - loads are increased gradually, giving the athlete's body time to adapt to new conditions.
- Individualization - the age, gender, physical level and health of each athlete are taken into account.
- A comprehensive approach - physical, technical, tactical and psychological preparation are developed in harmony.

Organizing training cycles

Planning by cycles is important for the effective organization of sports training. This approach serves to gradually develop the athlete's physical capabilities, optimally distribute the loads and achieve the highest sports form during the competition period. Training is organized on the basis of a three-level cycle:

Macrocycle - usually covers a one-year training period. This cycle includes the athlete's general and specific training stages, the preparation period for the competition, and the recovery process after the competition. The macrocycle determines the sequence in which the athlete will receive loads throughout the year and forms a long-term strategy.

A **mesocycle** is a stage lasting from several weeks to several months, usually organized in intervals of 3-8 weeks. Each mesocycle is aimed at performing specific tasks, for example: developing specific physical qualities, deepening technical and tactical skills, or ensuring direct preparation for a competition. A mesocycle allows you to make the training process more systematic and purposeful.

Microcycle - often includes a period of 5-7 days (usually one week). Within the microcycle, training loads are clearly planned day by day. It combines high, medium and low intensity training, ensuring optimal recovery of the athlete's body and preparation for the next load. For example, strength training on Monday, speed training on Tuesday, rest or light training on Wednesday, technical training on Thursday, etc.

Thus, while the macrocycle serves as an overall strategic plan, the mesocycle is more goal-oriented, and the microcycle allows for careful planning of daily training. Their mutual harmony ensures that the athlete controls his functional state, avoids overload, and achieves the highest results in competitions.

Methodological approaches in the process of organizing training sessions

- Step-by-step training of movements - moving from simple exercises to complex combinations.
- Control and monitoring - continuous assessment of the athlete's condition using pulsometry, tests, and timing.
- Load and rest balance - based on the law of supercompensation, rest is balanced with recovery periods.
- Different organization of practical exercises - training combines game techniques, technical elements, and general physical exercises.

Hygienic requirements during sports training

Training effectiveness also depends on the athletes' nutrition, sleep, personal hygiene, and the sanitary conditions of the training facility. Clean air, optimal temperature, hygienic clothing, and fluid intake contribute to healthy and effective training.

Conclusion

Proper organization of sports training is one of the most important factors that increase the level of general and special training of an athlete. Scientific planning of the training process, targeted distribution of loads and gradual increase in them serve not only to develop the physical capabilities of athletes, but also to preserve their health.

By properly organizing training cycles (macro, meso, and micro), athletes can maintain a stable sports form throughout the year and achieve maximum results during the competition period. While the macrocycle defines a long-term strategy, the mesocycle focuses on solving specific tasks, and the microcycle allows for systematic daily training. Thus, their combination ensures high efficiency in sports training.

It is also important to take an individual approach when organizing training, taking into account the athlete's age, gender, level of training and health status. Proper regulation of the load prevents excessive fatigue, injuries and functional disorders in the athlete. In addition, hygienic requirements, proper nutrition, sleep and psychological preparation are integral components of the effectiveness of training.

Therefore, the methodology of organizing sports training is not just a set of exercises, but a comprehensive pedagogical and scientific process that covers the entire training system of an athlete. It is the main guarantee of thorough physical, technical and psychological preparation of athletes, the formation of a healthy lifestyle and the achievement of high sports results.

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