IMPROVEMENT OF READINESS FOR COMPETITIVE ACTIVITY OF STUDENTS DEVELOPING GAME SPORTS

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Abstract

Normative indicators of physical preparedness are analyzed in the article; they are obtained on the basis of control and translation tests in children's sports school with the effectiveness of competitive activities. The process of carrying out the control and translation tests is considered, the analysis of the relationship between the indicators of physical readiness and the effectiveness of the competitive activity of basketball players is given.

The content of the notion of competitive activity, which is understood as a specific motor activity and, as a rule, is carried out in the conditions of official competitions at the limit of the physical and mental strength of an athlete, is the final goal, which it is the establishment of personal results.

The final result of the competitive activity is sporting achievement, which is characterized by a quantitative or qualitative level of the athlete's performance that determines the high sports results.

The physical preparation of the athlete is an integral part of the preparation for the competitive activity. Physical fitness is the ability of the body's functional systems. It reflects the necessary level of development of those physical qualities on which competitive success in a particular kind of sport depends.

The article provides a detailed analysis of general and special physical preparedness. General physical preparedness is a process of improving motor physical qualities aimed at the all-round and harmonious physical development of a person. Special physical preparedness is a process of development of physical qualities and abilities, which are a prerequisite for the fastest mastering of specific technical methods.

The goals, tasks and means for implementing various types of training are considered. Theoretical positions are confirmed by practical results of the research conducted on the basis of the "specialized children's and youth sports school of the Olympic reserve." To investigate the relationship between the indicators of physical fitness of basketball players and the effectiveness of the organization of competitive activities, a set of generally accepted control and translation tests of the specialized children's and youth sports school developed taking into account normative documents is given. Blocks of measuring indicators are considered, results of calculation of Spearman's nonparametric coefficients of rank correlation between elements of engineering and indicators of general and special physical readiness are given. Particular interest is the result of experimental work which consists in identifying a number of indicators of physical preparedness, which make it possible to increase students' readiness for competitive activities.

Keywords: competitive activity, physical readiness, general and special physical preparation.

1. INTRODUCTION

Competitions are related to the social sphere in which the activity of the athlete is carried out, consisting in the realization of certain abilities and their maximum manifestation.

Competitive activity is a specific motor activity, which, as a rule, takes place in the conditions of official competitions at the limit of physical and mental strength of the athlete, the ultimate goal, which is the establishment of personal results.

Specificity of competitive activities in many ways determines the direction and content of training athletes. Competitive activity is closely connected with the sports result, which is determined by the need for careful study of the content of competitive activities, identifying factors that determine the achievement of high sports results (Godik, 2000).

The final result of the competitive activity is a sporting achievement that is characterized by a quantitative or qualitative level of the athlete's performance that determines the high sports results.

In sports games, competitive activities are complex, due to the need to interact with teammates, counter the opponent, a wide range of options for competitive struggle and a variety of game activities. In addition, athletes perform a large number of technical and tactical actions, each of which, in turn, can affect the result in the match (Pomelnikova, 2011).

The physical preparation of the athlete is an integral part of the preparation for the competitive activity. Physical fitness is the functionality of the body systems. It reflects the necessary level of development of those physical qualities on which competitive success in a particular sport depends (Verkhoshansky,1998).

Physical fitness, as a component of athletic preparedness, is determined by the level of development of physical qualities of the athlete, acquired as a result of general training (physical, technical, tactical, psychological) that allows achieving results in competitive activities. Physical preparedness is one of the aspects of training in physical education, the strength, speed, endurance, flexibility, coordination of motor actions associated with the upbringing of physical qualities (Portnov, 2007).

In our article, the following types of sports training are of special interest: general and special physical training.

General physical training is a process of improving the motor qualities aimed at the all-round and harmonious physical development of a person. General physical training contributes to the enhancement of functionality, overall performance, is the basis of the base for special training and achievement of high results in the chosen field of activity or sport.

The means of general physical training are physical exercises, health-improving forces of nature and hygienic factors (Portnov, 2007).

Special physical training is a process of developing physical qualities and skills that are the prerequisite for the fastest mastery of specific technical techniques. Special physical training is aimed primarily at mastering the technique of performing certain movements, developing motor qualities, strictly applicable to the requirements of the chosen sport.

The means of special physical training include exercises that, firstly, correspond to a competitive exercise on the mode of work of the organism, and secondly, contain training effects that can increase that level of functionality, which the organism already possesses; third, they provide the necessary energy base for improving technical and tactical skills (Portnov, 2007).

2. METHODS AND ORGANIZATION OF THE STUDY

The purpose of the study: to conduct an analysis of the adequacy of the normative indicators of the physical preparedness of students with standard tests in the Children's Sports School, with the effectiveness of competitive activities.

The experimental part of the study was conducted at the State Budgetary Educational Establishment for Further Education of the Children of the Republic of Mari El "Specialized Children and Youth Sports School of the Olympic Reserve" (SDYUSSHOR) branch of basketball on the basis of the sports hall of the MOU "Lyceum No. 11 T.I. Alexandrovoy town of Yoshkar-Ola "and sports hall No. 3 of the Federal State Educational Establishment of the Volga Region State Technological University. The experiment involved athletes (boys) involved in the basketball section. The first survey group (OG-1), the training group 4 years of training (UTG-4), 11 people. Athletes have 1 junior athletic category. Members of the team are: winners and

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prize-winners of city and republican competitions among secondary schools of the Republic of Mari El and Yoshkar-Ola, as well as finalists of 2015 and 2016. "School basketball league" KES BASKET ". (Pomelnikova, 2011).

The second survey group (OG-2), the group of sports improvement of 2 years of training (SSA-2), 11 people. The team has the following results: winners and prize-winners of city and republican competitions among adult (male) amateur teams, as well as members of the Russian Basketball Association (Pomelnikova, 2011).

The training process for OG-1 and OG-2 groups took five days a week for 2 academic hours.

To study the interrelationship between the indicators of physical readiness and the effectiveness of the competitive activity of basketball players, a set of generally accepted control and translation tests developed taking into account the normative documents of the SDYUSSHOR was defined.

The control testing was held a week before the official competitions. Test tasks were performed in the first half of the day after a preliminary warm-up for 30 minutes under the guidance of a trainer-teacher.

To determine the level of physical training of basketball players, the following tests, generally accepted in the Junior Test School, were used:

<u>I block of measuring indicators (analysis of general physical readiness):</u>

Test 1.Running 20 meters;

Test 2. The jump in height according to Abalakov;

Test 3.A long jump from the place.

<u>II block of measuring indicators</u> (analysis of special physical training, in which the athlete moves around the site):

Test 1. Movement in the protective rack;

Test 2. High-speed control of the ball with a hit in the ring;

Test 3. Transfer of the ball with a hit in the ring.

<u>III block of measuring indicators</u> (analysis of special physical preparation with execution of shots in the basket):

Test 1. Remote throws;

Test 2.Penalty shots.

To analyze the results of the competitive activity of OG-1 and OG-2 basketball players, the technical protocol of the results of game meetings was analyzed, where technical elements were taken, such as: intercepting the ball, attacking the transfer of the ball, selecting the ball on one's own and another's shield, 2-point throw and 3-point throw.

2.1 Result of the Study and Their Discussion

In the process of the game for the effectiveness of competitive activities, each player performs its functions depending on the playing role. Proceeding from the pedagogical observation, it follows that the number of elements of technology performed by the center, attackers and defenders is approximately the same. Consequently, they can be combined in the analysis of the relationship between the indicators of physical fitness and the effectiveness of the competitive activity of basketball players in one group.

To take into account the contribution of the players in the team results of the competitive activity, the analysis of the relationship between the indicators of physical readiness and the effectiveness of the competitive activity of basketball players is performed for the whole team as a whole.

To establish the relationship of accuracy of shots in the tests to the accuracy of shots in the competitive activity, the correlation coefficients between the test

"Remote throws" with the percentage of hitting the game (2 and 3 points shots), between the test "Penalty throw" with the percentage of hit free throws from the game. The results of the calculations are presented in Table 1.

Table 1 - Results of calculation of Spearman's non-parametric coefficients of rank correlation between

Game	Control and transfer standards of the Youth Sports School, Department Basketball						sketball	
TOIE	General physical training (GPT)			Special physical training (SPT)				
	- 10		ngth	Specialbasketballexercises			Throws	
	ET highjumpAbalak	ET - run 20m	ET - jump in lei from the place	ET - transfer of the ball with hit	ET - high speed guidance with hit	ET movement in protective stand	Distance shot -% of the hit with the game	Penalty shots - free throws from the game%
		U	TG - 4 years ((trainer-te	acher Osiµ	oov S.V.)		
C/A/D	R=0,77;	R=0,65	R=0,61;	R=0,40;	R=0,26	R=0,10;	R=0,30;	R=0,07;
0/1/0	p=0,02	p=0,07	p=0,10	p=0,11	p=0,32	p=0,69	p=0,25	p=0,77
Team	R=0,38;	R=0,34	R=0,46;	R=0,43;	R=0,33	R=0,28;	R=0,05;	R= - 0,06;
ream	p=0,07	p=0,12	p=0,02	p=0,18	p=0,31	p=0,40	p=0,88	p=0,84
		G	SS - 2 years (trainer-tea	acher Kise	leva I.V.)		
	R=0,26;	R=0,12	R=0,03;	R=0,50;	R=0,10	R= -	R=- 0,34;	R= - 0,46;
C/A/D	p=0,52	p=0,77	p=0,93	p=0,20	p=0,79	0,36; p=0,37	p=0,39	p=0,24
	R=0,23;	R=0,15	R=- 0,004;	R=0,50;	R=0,03	R= -	R=0,27;	R=0,07;
Team	p=0,48	p=0,64	p=0,98	p=0,11	p=0,91	0,38; p=0,24	p=0,41	p=0,83

elements of engineering and indicators of general and special physical preparation.

C - center, A - attacking, D - defenders, R-Spiarmin coefficient, p- confidence interval.

From the analysis of the correlation coefficients it follows that for the UTG-4 team, trainer-teacher Osipov S.V., in the group C / A / D between the indicators:

- The number of elements of technology in the competitive activity (ET) and the results of the test "Jumping in height according to Abalakov";

- The number of elements of technology in the competitive activity (ET) and the results of the test "Running 20 meters";

- The number of elements of technology in the competitive activity (ET) and the results of the test "Jumping in length" there is a strong correlation relationship.

For the team SSG-2, the trainer-teacher Kiseleva I.V., in the group C / A / D and on the team as a whole between the indicators:

- The number of elements of technology in the competitive activity (ET) and the results of the test "Jumping in height according to Abalakov";

- The number of elements of technology in the competitive activity (ET) and the results of the test "Running 20 meters";

- The number of elements of technology in the competitive activity (ET) and the results of the test "Jumping in length" is absent.

This is due to the fact that in the training process in the group SSG-2, the trainer-teacher Kiseleva I.V., less hours are allocated (120 hours) according to the program for the development of general physical

preparedness. The greatest number of hours (527 hours) for the program is given for technical and tactical training.

At the same time in general for the team, UTG-4, trainer-teacher Osipov S.V. The correlation relationship for these indicators, taking into account the contribution of the guardians, is reduced to a weak one. This indicates that the number of technical elements performed in competitive activity by players of this role is not related to the indicators of tests of general physical readiness.

For UTG-4 team, trainer-teacher Osipov S.V. the relationship between the indicators the number of elements of technology in the competitive activity (ET) and the results of the test "Transfer ball with hit" for the group C / A / D and in general on the team is weak.

For the team GSS-2, the trainer-teacher Kiseleva I.V. the relationship between the indicators of the number of elements of technology in competitive activity (ET) and the results of the test "Transfer ball with hit" for the group C / A / D and in general for the team is average.

This is confirmed by the fact that in the group GSS-2, the trainer-teacher Kiseleva I.V., as noted above, more attention is paid to technical and tactical preparedness. For the athletes of this group is characterized by a higher level of technical preparedness and a greater experience of competitive activities.

For the rest of the analyzed indicators in UTG-4 groups, trainer-teacher Osipov S.V., and GSS-2, trainer-teacher Kiseleva I.V. there is no relationship.

The lack of correlation between the indicators of the "Remote Throws" test and the percentage of hit from the game and the "Penalty Throws" test with the percentage of hit free throws for the game in UTG-4 groups, trainer-teacher Osipov S.V., and GSS-2, trainer-teacher Kiseleva I.V., explained that the tests are performed in conditions that are significantly different from the competitive activity.

In order to improve the relationship between the "Distance throw" test results and the percentage of hitting the "Penalty Throws" game and the "Penalty Throw" test with the percentage of free throws, it is necessary to plan the execution of these elements of technology in the training process in conditions closest to the conditions of competitive activity. To do this, it is possible to perform the "Remote Throws" test in conditions of opposition to rivals, but to perform a "Penalty" test with exercise.

Table 2 - Indicators of physical preparedness, the most adequate to the effectiveness of competitive activities.

	Contro	ol and trans	fer standard	ds of the You	uth Sports S	chool, Departi	ment Baske	tball
	General pl	nysical trai	ning (GPT)		Special ph	nysical training	g (SPT)	
	I		ŋgth	Specia	lbasketballe	xercises	Thro	WS
Game role	ET highjumpAbalakov	ET - run 20m	ET - jump in ler from the place	ET - transfer of the ball with hit	ET - high speed guidance with hit	ET - movement in protective stand	Distance shot -% of the hit with the game	Penalty shots - free throws from the game%
		UT	G - 4 years	(trainer-tead	cher Osipov	/ S.V.)		
C/A/D	R=0,77;	R=0,65	R=0,61;	R=0,40;				
	p=0,02	p=0,07	p=0,10	p=0,11				
Team	R=0,38;	R=0,34	R=0,46;	R=0,43;				
	p=0,07	p=0,12	p=0,02	p=0,18				
		GS	S - 2 years (trainer-teac	cher Kiselev	/a I.V.)		

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p=0,20
R=0,50;

C - center, A - attacking, D - defenders, R-Spiarmin coefficient, p-confidence interval, gray dependencies with average correlation degree.

3. CONCLUSION

The results of the experimental work make it possible to single out indicators of physical preparedness, which make it possible to increase students' readiness for competitive activities.

Thus, physical readiness is an integral part of students' readiness for competitive activities, ensuring the unity of general and special physical training.

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