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Features of Speed Development in Schoolchildren Engaged in Light and Athletics

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Abstract. The article deals with the development of speed among schoolchildren involved in the athletics section. The analysis of the subjects showed that the run-up time does not depend on age, gender and fitness status. The maximum running speed in boys and men compared to girls and women is higher in all studied ages.

Key words: speed, sprinting, training sessions.

Introduction. The modern level of high sports achievements is largely determined by the quality and direction of the long-term training that an athlete went through in childhood and adolescence [1, 2]. The high level of achievements in modern sports necessitates a constant search for new forms of training. Specialists are more and more convinced of the impossibility of an infinite increase in loads and are constantly looking for new ways to improve the system of sports training [3, 4].

As is known, in sprinting one of the main factors limiting sports results is the level of development of speed abilities [5, 6]. The study of the dynamics of the development of speed in ontogenesis shows that the most favorable period for the development of elementary forms of speed abilities is observed approximately at the age of 10–13 years. At the end of puberty and full puberty, the elementary forms of speed abilities practically do not change, and their decrease is possible. The maximum running speed tends to increase, mainly due to a significant increase in the speed-strength potential and technical improvement of movements [7, 8].

In accordance with modern concepts, speed is understood as a specific motor ability of a person to a high speed of movements performed in the absence of significant external resistance, complex coordination of muscle work and not requiring large energy consumption [9, 10, 11]. Scientific and methodological literature that fully reveals the methodological aspects of training and education of children involved in athletics sections is clearly not enough. There is almost no data on the pre-season preparation of children for the upcoming competitions.

However, it is pre-season training that is one of the most important components of the training of athletes specializing in athletics. It is aimed at developing their motor qualities, creating the necessary foundation for successful performance at the upcoming competitions [12, 13]. In addition, the question of the structure of the training process, which would be

reasonably combined with the time allotted for outdoor games, technical and physical training of athletes, is also relevant. The search for the most effective means and methods for the development of physical qualities is one of the main tasks of physical education of schoolchildren [14, 15]. Solving this problem means achieving a versatile and harmonious development of physical abilities, including among schoolchildren attending sports sections.

The main objective of this study was to develop a plan for training sessions in a summer camp for schoolchildren involved in the track and field athletics section. This contingent of students has been attending the track and field athletics section at the school for several years, and regularly performs at competitions at the level of a comprehensive school, city, district.

We have drawn up a plan of training sessions based on our experience, analysis of literary sources and the characteristics of the contingent involved. The age of those involved, the level of physical fitness, training conditions, weather conditions were taken into account. We compiled the workouts necessary to obtain a specific effect of the load. We tried to establish the exact limit of adaptation to the load.

The main part of the training sessions included exercises aimed at the versatile development of speed abilities (speed of reaction, frequency of movements, speed of a single movement, speed of holistic actions), in combination with the acquisition of motor skills that children master during their stay at the summer school camp.

In the plan we developed, we paid great attention to the inclusion of outdoor games, which were held in order to develop speed and other physical qualities in gentle conditions, as well as emotionally saturate training sessions. After all the tasks, stretching exercises were carried out, which allowed the children to better endure the load. During the entire period of the pedagogical experiment, the trainees had a good mood and well-being, since they were not burdened by the educational process and devoted all their strength to solving training problems.

In this regard, we can judge the effectiveness of the implementation of the developed training plan and recommend that such activities be carried out in the conditions of summer city camps.

Control tests were carried out on 2 days (the first cut - during the first two days of classes, the second test - on the last two days of the experiment). We compared the results of tests in 30 and 60 meters run with the table of summary results of schoolchildren's physical fitness [3].

At the beginning of the pedagogical experiment, we conducted testing to determine the initial level of development of speed abilities, which were compared with the norms for the age of 11–13 years.

Before the experiment, 6 students had a mark of "5" in the 30-meter run test, the rest passed the standard for "4". After the experiment, 8 people already have the mark "5", and the rest - "4". If we evaluate the increase in results, it was found that 8 people (70%) improved their results compared to those before the experiment.

In the 60-meter run test, 4 students received a mark of "5" before the experiment, and 4 students (the same ones) have a mark of "5" after the experiment, but with improved results. The mark "4" before the experiment had 6 people and 2 people passed the standard for "3". After the experiment, those students who had a mark of "3" passed the standard for "4", and those students who had a mark of "4" improved their results. In general, the positive dynamics of the results was revealed in 7 people, which is 60% of the total number of the group.

Conclusions. As a result of the study, it was found that the implementation of the plan of training sessions in the conditions of the school camp contributed to a significant increase in speed qualities. The use of this plan contributed to the development and sustainable understanding of the purpose of the exercises performed, which accordingly affected the quality of performance and improved results among those involved. Without setting the task of an in-depth analysis in the work, we note that the data presented indicate, on the whole, a positive dynamics in the development of speed among schoolchildren involved in the track and field athletics section.

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