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TECHNOLOGIES OF TRAINING IN TEAM SPORTS

Abstract: The paper addresses issues of modern technologies of sports training in soccer. Trends of wrong methodic, technical and practical approaches are observed in contemporary sports practice. Based on existing data and experience success in team sports requires adequate and appropriate complex control of physical, physiologic, psychological and specific skills changes in athletes. The main objectives of athletes' complex control in professional team athletes are highlighted.

Key words: team sports; training technologies; training process; sports training efficiency.

Development is an essential part of any human activity. Gaining experience, improvement of methods and expanding mental skills provide continuous personal development. The same process is also applicable to any human activity including sports training. Modern practice training process requires up-to-date standards of successful training and competitive sports activity. Stated above demonstrate the importance of new technologies of sports training development, as well as the use of both basic and elementary principles. In addition, novel approach and methods should be implemented to provide efficient training and high sports achievements.

Hence, the issue of training technologies in team sports is frequently addressed by coaches who set themselves and their athletes the goal to obtain the maximal sports results.

Mostly, in modern practice the trend of wrong methodological, tactics-technical and practical approaches of coaches in team sports is observed. The theory and methods of sports training play a complex integral role of comprising the scientific expertise [1, 3]. It needs to be based on principles and patterns of physical training, methodological

approaches and technologies of training, concerning physiological, psychological, and biochemical data.

At present, the development of the system of training technologies should not focus its attention just on certain field of knowledge, it is critically important to take the data from various areas of science into account to promote the optimal use of the new findings of sport science and interdisciplinary fields of science. Successful training of an athlete is determined by the timeliness and quality of periodic control [8]. The fitness level control in sport means monitoring and evaluating physical capacities and in any kind of sport measurements are to: correspond to the competitive activity, i.e. be specific; match the athletes age and their sport achievements; provide with informative and reliable data that appraise the athlete current state, their strengths and weaknesses.

Success in team sports requires adequate and appropriate complex control of physical, physiologic, psychological and specific skills changes in athletes [2, 4, 6]. Based on mentioned above, the main objectives of athletes' complex control in professional team athletes are as follows:

- To estimate the profile of successful elite players and reveal the individual strong and weak points in order to improve the quality of trainings in certain kind of sports.
- To obtain specific and detailed information on physical and psychophysiological characteristics of athletes from the conducted tests for future consideration during planning athletes' daily practice, week schedule or even long-term program. These will significantly impact on the quality of training.
- To provide adequate and appropriate control in order to promote prevention of overreaching and overtraining, as minimizing risk factors significantly impact on higher sports achievements in team sports [5, 7].

Thus now the need for implementation of new technologies in theory and practice of sport science is evident. These include not only computer technologies, but also elaborations in the area of pharmacology and sports nutrition, as well as innovations of sports tools and equipment [8]. It is worth mentioning that all these factors are highly related to consistent and permanent improvement and renewal of actual sport demands and requirements.

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ТЕХНОЛОГИИ СПОРТИВНОЙ ТРЕНИРОВКИ В ИГРОВЫХ ВИДАХ СПОРТА

Аннотация: технология спортивной подготовки в игровых видах спорта часто представляет собой проблему для тренеров-преподавателей, которые ставят перед собой максимальные цели, направленные на высокие результаты и достижения. В большинстве своём наблюдается тенденция неправильного методического, тактико-технического и практического подхода тренеров-преподавателей по спортивной подготовке в игровых видах спорта. Для построения эффективного тренировочного процесса, направленного на достижение высоких результатов, крайне важно решение ряда задач. В частности, выявить наиболее существенные черты основного содержания и закономерностей построения тренировки, подобрать соответствующие поставленным задачам средства и методы тренировки, оценить эффективность используемых методов и средств в тренировочном процессе и использовать средства восстановления спортивной работоспособности.

Ключевые слова: игровые виды спорта; технологии тренировки; тренировочный процесс; эффективность спортивных тренировок.

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