



Physical Qualities of An Athlete As A Subject Of Education At The Initial Stage Of Sports Training

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ABSTRACT

This article, which is presented, provides information on the general basics of general and special physical training of table tennis players and its development. Also, the importance of general and special physical training in improving the level of physical fitness of table tennis players is highlighted.

Keywords:

general physical training, special physical training, psychological training, sports training, training processes, active training.

Physical fitness is the capabilities of the body's functional systems. It reflects the necessary level of development of those physical qualities on which competitive success in a particular sport depends.

General physical training is the process of improving motor physical qualities aimed at the comprehensive and harmonious physical development of a person.

Special physical training is the process of educating physical qualities, ensuring the predominant development of those motor abilities that are necessary for a specific athletic discipline (sport) or type of work activity.

Mental training is a pedagogical process aimed at the development of moral and volitional qualities.

One of the conditions for achieving success in tennis and in general in sports is to ensure a high level of physical fitness of an athlete.

Comprehensive physical training is the foundation of sports improvement, a necessary condition for achieving high results in modern table tennis. Its tasks follow from

the general tasks of the Soviet system of physical education and are determined by the peculiarities of wrestling in tennis and the trends of its development.

Physical training is usually divided into general and special. Each of these parts of the training should be comprehensive.

In the process of physical training, the following general tasks are solved:

- Comprehensive physical development, the formation of an athletic physique, health promotion, improvement and expansion of the functional capabilities of the body, mastering motor skills and abilities.

- Education of physical qualities in relation to the specific features of tennis and the trends of its development; formation of physical capabilities necessary for the development of advanced techniques, tactics and strategies; preparation for large-scale, high-intensity and mental stress loads.

The content of physical training is directly dependent on the characteristics and trends in the development of technology, tactics, strategy, as well as competitive loads. It

should be borne in mind that in order to master and use certain variants of technique, tactics and strategy in competitions, a completely specific physical training is required that meets their specific requirements.

To use, for example, the tactics of an attack with access to the grid, a solid "base" is required, assuming high development of such physical qualities as speed, agility, agility, high-speed endurance. Thus, the content of physical training, on the one hand, depends on the characteristics of technique, tactics and strategy, on the other hand, it has a limiting effect on them, determining the real possibilities of action in competitions.

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Physical training must also be carried out taking into account the specific features of competitive loads. Let's illustrate this conclusion with an example. In recent years, the workload of participants in major international competitions has increased markedly due to a reduction in the time that can be used for rest in between point draws. This is due to the fact that there are more balls at the disposal of the players and specially trained teams of boys serve the competition, who very quickly collect balls and pass them to the pitcher. As a result, it became necessary to develop endurance to a higher level. To do this, the rest intervals between speed exercises of a serial nature are reduced.

Thus, physical training must respond promptly to the development of wrestling and in a timely manner form physical capabilities for mastering the most effective models of technique, tactics and strategy.

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