

**PRE-COMPETITIVE TRAINING OF HIGHLY QUALIFIED
HANDBALL PLAYERS****A.O. Abdalimov PhD****Master of Sports of international class in handball.****ANNOTATION**

In the theory and practice of sports, special attention is paid to the pre-competitive training of athletes, which is considered (and quite reasonably) as an important part of the training process.

Experts believe that the success of handball players depends more on the effectiveness of the training program (within the framework of the fundamental annual cycle), the implementation of which will be ultimately reflected in specific starts – the main ones in the season. Inaccuracies made during the planning of the training process at this stage will directly negatively affect the competitive activity of athletes.

Most of the methodological recommendations address only individual, particular problems of preparation for competitions and do not provide a scientifically based answer to the question of the integral structure of the stage of direct preparation for competitions.

However, recently there have been publications aimed at solving this issue.

Clarification of the concept of the stage of direct preparation for competitions concerns the concretization of its duration in terms of the meaning and sequence of solved tasks of training athletes and allows you to more fully reveal its orientation, structure and content. Only the presence of the interrelation of the main components of the process of direct preparation for the competition: obtaining initial information, correcting training management, achieving the final result, give the basis to determine the essence and duration of this stage.

Provisions on the need to comply with such leading principles of training as: undulation and discontinuity of planning of training loads; contrast of training requirements in terms of volume and intensity of loads in the use of training

facilities; modeling of the regime and conditions of competitive activity; unity of means of general and special training of athletes – offers a number of leading experts in various sports.

So, the duration of the stage can be 4-8 week microcycles. This opinion has been confirmed in the works of a number of authors.

The duration of this stage is less than 4 microcycles, recommended in a number of sources and in practice, is currently not justified, because it does not allow solving the leading tasks of the stage. The starting point that determines the duration of the stage of direct preparation for the competition is the microcycle, in which it is planned to participate in the main (final) starts and which is designated as zero (0).

The stage of direct preparation for the main competitions solves the following tasks:

- 1 restoration of working capacity after the main qualifying competitions and national championships;
- 2 further improvement of physical fitness of technical and tactical skills;
- 3 creation and maintenance of high mental readiness in athletes due to regulation and self-regulation of states;
- 4 modeling of competitive activity for the purpose of summing up to competitions and monitoring the level of preparedness;
- 5 ensuring optimal conditions for the maximum use of all aspects of fitness (physical, tactical, mental, technical) in order to transform it into the maximum possible sports result.

The duration of this stage is six to eight weeks, usually it consists of two mesocycles. One of them (with a large total load) is aimed at developing qualities and abilities that determine a high level of sports achievements; the other is to bring an athlete to participate in specific competitions, taking into account the specifics of the sports discipline of the participants, organizational, climatic and other factors.

The issues of the structure and content of the stage of direct pre-competitive training (ENPP) of athletes were considered in the works of various authors.

The structure and content of the training process at the stage of direct preparation for competitions are built based on the specifics of the athlete's motor activity mode, which is solved by modeling a competitive microcycle in training.

According to A.G. Batalov, the adjustment of the structure and content of the training process in microcycles should be carried out taking into account the specific tasks of the pre-competitive mesocycle and its place in the general system of the annual training cycle. The results of the research have established that the main structural unit of the stage of direct preparation for competitions, within which the dosing of the training load is carried out, is a mesocycle, including three weekly microcycles.

When establishing the structure and content of the pre-competitive mesocycle, it is necessary to provide for a sequential alternation of concentrated microcycles with a predominant focus of the training process on improving the leading motor qualities and skills, followed by a decrease in the volume of the load, followed by an increase in its intensity by the end of the cycle.

The same opinion is shared by Yu.K. Shubin and A.K. Chuprun. When training athletes, about a week before the main competition, it is advisable to reduce the amount of load, but leave the intensity at the same level. At this time, all the work is carried out mainly with a competitive speed (with a heart rate of 160-180 beats / min), as well as the development of tactical techniques.

In general, and simplified form, the sports result consists of three components: physical, special and mental training.

At the stage of direct pre-competitive preparation (the closer to the competition, the more), mental readiness becomes of particular importance. The problems of psychological pre-competitive preparation of athletes have been studied by many authors.

So, according to G.I. Savenkov, the stage of direct pre-competition preparation is very short - thirty or less days before the start. And during this time it is almost impossible to significantly improve the athlete's fitness (for example, the development of physical qualities or to make a more perfect technique). Therefore,

a specific feature of this stage is the formation of the athlete's readiness for the competition. And no small importance in this is played by mental readiness, which is more susceptible to changes in short periods of time than physical and special. A change in mental readiness leads to a change in physical readiness. Therefore, the use of psychologically justified influences on an athlete before a competition, and sometimes during a competition, can increase his mental readiness and thereby contribute to achieving a high competitive result.

According to V.N. Smolentseva, successful performance in competitions will largely depend on taking into account the mental states of the athlete and their regulation. Moreover, it is important to teach the athlete certain psychotechnics that will help him manage his condition independently.

In addition to the pedagogical aspects of the pre-competitive training of athletes, the works of a number of authors also consider medical and biological.

In their work, A.I. Ismailov and co-authors gave a physiological assessment of the state of the nervous system, the motor apparatus and the correction of coordination of movements of athletes, at the stage of immediate pre-competitive training. So, in his opinion, the most informative indicators of the state of the central nervous system were the dynamics of the speed of a simple visual-motor reaction and the speed of information processing.

It is also noted that the functional state of the body, in particular the cardiovascular and respiratory systems, is of no small importance during the preparation of highly qualified handball players for competitions. In their work, they note that timely diagnosis of signs of myocardial dystrophy caused by chronic physical overstrain allows you to adjust training loads in accordance with the level of functional state, which contributes to the realization of functional fitness in the relevant competitions.

To study the structure, content and orientation of pre-competitive training, as well as to clarify the views of specialists on the prospects for improving pre-start training, we have developed a questionnaire designed to interview coaches. 28

coaches and 6 specialists of the Department of Theory and Methodology of handball and Rugby of UzGUFKiS took part in the survey.

The analysis of the survey data showed that in the competitive period it is advisable to distinguish two stages – the stage of pre-competitive preparation and the actual competition, which was noted by 82.4% of respondents. According to the majority of experts (50%), the stage of direct pre-competition preparation begins 3-4 weeks before the main competitions. A number of specialists (20.6%) believe that this stage should be 6-8 weeks. 14.7% - believe that direct preparation for competitions should begin 2 weeks before them. The same number (14.7%) are of the opinion that the duration of the stage of direct pre-competitive preparation depends on the individual fitness of the athlete.

As we approach the main competitions, there is a decrease in the volume of the load (to the level of 60% or less from the usual training), at the same time, the bulk of the training work is carried out in the III and IV intensity zones, which was noted by all respondents.

Among the methods used in the training of highly qualified handball players at ENPP, experts note the predominance of control (44.1%) and variable (44.1%), repeated (32.9%), interval (29.4%), competitive (17.6%) are also used. 8.8% of respondents indicated the need to use all training methods.

When identifying the opinion of coaches about the factors affecting sports performance, the following data were obtained:

23.5% of respondents believe that sports performance is primarily influenced by the physical fitness of an athlete;

17.6% - believe that functional readiness is the leading factor;

14.7% - believe that the sports result depends on tactical and technical readiness;

11.7% - indicated motivation as the main factor in achieving a high result;

the same percentage (11.7%) - noted the will to win as the leading factor;

5.8% of trainers noted the leading role of psychological preparedness;

5.8% of respondents believe that sports performance equally depends on all factors.

The given analysis of the material allows us to come to the conclusion that at the stage of direct pre-competitive preparation of athletes, it is necessary to take into account all aspects of preparation and construction of the training process.

So, when planning a stage, it is necessary to start from the timing of the competition, and the duration should allow solving the leading tasks of this stage.

The structure and content of the training process should be based on the specifics, which is solved by modeling a competitive microcycle in training.

In the process of preparing an athlete for competitions, it is necessary to take into account the level of functional readiness, since the result of the performance is greatly influenced by the state of all his functional systems capable of performing maximum work. Mental readiness for competition also has a great influence on the result of an athlete's performances. A change in mental readiness leads to a change in physical readiness. Therefore, the use of psychologically justified influences on an athlete can increase his mental readiness and thereby contribute to achieving a high competitive result.

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