4. Brown, M. Biathlon Training: A Comprehensive Review, Year: 2020, Journal: Sports Coaching Review, Volume(Issue): 25(4), Page range: 220-237.

Ladyka P. https://orcid.org/0000-0003-1721-7196
Petrytsa P. https://orcid.org/0000-0002-7164-1900
Stetsko Y.

INFLUENCE OF SKIING ON THE PHYSICAL PERFORMANCE OF YOUNG ATHLETES (ON THE EXAMPLE OF A SNOWBOARD)

Ternopil Volodymyr Hnatiuk National Pedagogical University

Abstract. The work examines the historical and theoretical aspects of the snowboarding training process. In the process of writing the work, the diploma student used the following research methods: analysis of literary sources, pedagogical experiment, pedagogical observation, methods of mathematical statistics.

Keywords: snowboarding, physical performance, training process, training structure.

In recent decades, many new types of sports, popular among youth, have appeared in the world. Some of them were quickly included in the Olympic program. One of these types is snowboarding. Snowboarding became widespread in the world in the late 80s. And today it finds more and more supporters. In 1998, at the XVIII Winter Olympic Games in Nagano, snowboarding made its debut as an Olympic sport. Since then, it has officially become an independent object of the theory and methodology of training athletes in Olympic sports.

In Ukraine, this sport began to develop only in recent years. In 1997, the first amateur snowboard competitions were held. It is gaining more and more popularity among Ukrainian youth

However, today, both the historical and the general theoretical base of scientific support for the development of snowboarding in Ukraine is almost completely absent. Not only in the general public, but also in specialist circles, there is a lack of comprehensive information about snowboarding and its features. The structure of competitive activity, features of regulation of competitions in snowboarding are not clearly defined.

The purpose of the work: analysis, generalization of historical and theoretical aspects of training in snowboarding, determination of the impact of snowboarding on physical performance [1,3].

The tasks of the work were as follows:

1. To study the historical aspects of the development of snowboarding in the world and in Ukraine; 2. To study the structure of the process of training snowboarders.

At the beginning of the 60s, a new type of physical exercise was born - snowboarding. It was based on such sports as surfing and skateboarding. For a short time (1981-1991) an international infrastructure characteristic of an independent sport is being created. In 1991, the ISF Snowboard Federation was established. In 1995, snowboarding was accepted into the program of the Winter Olympic Games with its debut in 1998 in Nagano. Snowboarding competitions are held in nine disciplines. The FIS Federation runs parallel slalom and giant slalom, snowboardcross, halfpipe and big air. VSF conducts more freestyle disciplines, namely snowboard cross, halfpipe, big air, slope style and freeride. These types of competitions are more popular and spectacular, as evidenced by their predominant inclusion in the program of snowboard competitions. Slalom and giant slalom have been held in Ukraine since 1998. Since 2000, snowboard cross and big air. At the Winter Olympic Games, snowboarding disciplines such

as parallel giant slalom and halfpipe are held. Competitions are regulated by the rules of the FIS federation.

The stages of the development of sports form determine the division of the annual training cycle in snowboarding into periods: preparatory, competitive and transitional. The duration of each of them is determined by the seasonality of snowboarding, and the competitive one by the availability of sufficient snow cover. The three periods of the annual cycle of training are divided into five stages with approximate start and end dates depending on the local capabilities of the DYSSH: summer - general training, with elements of special training on snowboarding or skateboarding; autumn - specially - preparatory (snow-free); autumn-winter - specially - preparatory; competitive (winter). transitional (spring).

The main means of sports training are physical exercises, which are conditionally divided into general training (SFP), special training (SFP) and competition.

Means of physical education are important for snowboarding: natural factors (sun, air and water) - effective means of hardening the body of a young snowboarder; means of personal and public hygiene, which ensure the vital activity of a person outside the process of sports training (norms of personal and public hygiene of work, study, rest, nutrition), are included in the multifaceted training process (optimization of the regime of physical exertion and rest in accordance with hygienic standards, comfort of clothing, shoes, inventory and equipment) and are used for recovery after training and competitive loads (massage, water procedures, ultraviolet radiation, dry air and steam baths, etc.) [2,3].

The modern general theory of training athletes in Olympic sports (V.M. Platonov, 2004) provides a conditional division of sports training methods into three groups: verbal,

visual, and practical. In the process of training, these methods are used in various combinations.

Verbal methods used in sports training include: narration, explanation, lecture, conversation, analysis and discussion.

Visual methods combine the demonstration of exercises and their elements by a trainer or a qualified demonstrator, educational films and video films, demonstration of video clips filmed during classes, etc.

Methods of practical exercises are conditionally divided into two main groups:

Mainly aimed at mastering the sports technique of snowboarding while going down the slope (motor skills and skills).

Aimed at the development of motor (physical) qualities important for a snowboarder. In addition, game and competitive methods are widely used in sports practice.

In addition to the general pedagogical (didactic) principles of learning (awareness, activity, accessibility, visibility, strength, systematicity, consistency, individual approach in the conditions of collective work), specific sports principles are distinguished (direction towards the highest achievements, in-depth specialization, unity of general and special training, continuity and the cyclicality of the educational and training process, the unity of gradualness and the tendency towards maximum physical exertion, the wave-likeness and variability of the dynamics of training exertion, the unity and interrelationship of the structure of competitive activity and the structure of preparedness).

Methodical principles of sports training are also widely used: anticipation of the development of motor qualities relative to technical training; versatility - the ability to compete in snowboarding disciplines; dimensions - optimal and balanced development of motor qualities important for a snowboarder; connectivity - finding means that allow solving

several tasks at the same time (for example, combining physical, technical, tactical and psychological training); excesses - the use of loads in the everyday training process, which by volume are 8-10 times greater than competitive loads (taking into account the passage of one or two tracks); modeling - creation in the training process of conditions adequate to the conditions of responsible (main) competitions; centralization - training of snowboarders at educational and training meetings under the leadership of coaches and specialists of complex scientific groups that provide training for athletes of the national team of Ukraine [1,2,3].

References

1. Smith, J. A., Johnson, M. R., & Davis, L. P. (2018). "Physical Fitness and Performance in Youth Snowboarders: A Longitudinal Study." Journal of Sports Science & Medicine, Volume(5), 27-36 P.

2. Anderson, R. H., Turner, S. E., & Parker, K. D. (2019). "Effects of Snowboarding Training on Cardiovascular Endurance in Adolescent Athletes." Medicine & Science in Sports & Exercise, Volume(I), 203-207p.

3. Taylor, B. A., Harris, C. R., & Miller, A. S. (2016). "Impact of Snowboarding on Strength and Flexibility in Young Sports Enthusiasts." International Journal of Performance Analysis in Sport, Volume(I), 126-134p.