

- to form in athletes the need for muscle relaxation (quick transition from tension to relaxation);
- diversify the exercise technique as much as possible. In a wide range, vary the intensity of work with its sharp changes and duration;
- perform exercises with an emphasis on maximum muscle relaxation at different functional states of the body;
- focus on relaxing the muscles of the face during exercises, which reduces their overall tone [ 1 ] .

Therefore, the technique of improving the coordination abilities of swimmers with their subsequent implementation in the process of competitive activity ensures the correspondence between the level of development of physical qualities and the perfection of sports technique.

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### **STUDY OF THE DEPENDENCE OF THE MASTERY OF TECHNICAL TECHNIQUES OF YOUNG BADMINTON PLAYERS ON THEIR PHYSICAL DEVELOPMENT**

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**Annotation.** The publication reveals the peculiarities of teaching by the method BWF Shuttle Time and the influence of physical development on the technique of mastering the exercises of a badminton player.

**Keywords:** physical development, badminton, training.

The healthy lifestyle of the future generation is one of the most urgent problems of our time. Every country expects a future from its generation, which will be healthy, able to work, protect the Motherland and live in accordance with the requirements of society. And this means that the main attention should be directed to children, teenagers, young people, that is, to the age when a person begins to make a choice on his own, what is available and more interesting to him, therefore, physical education and sports should be accessible and interesting to everyone.

Physical activity is an integral type of human activity, absolutely necessary for maintaining and strengthening health. One of the characteristic features of the modern way of life, which has a progressive tendency, is the reduction of motor activity (hypokinesia) and muscle work (hypodynamic) in combination with neuropsychological stress [4].

Badminton is a very common sport. Millions of people of all ages - from children to the elderly - play it on all continents of the world. The wide popularity of the game is explained by the simplicity of its rules, as well as the fact that only two (four) people can participate in it and, moreover, of any age and gender [2].

Badminton is a very democratic sport. It can be done at any age. Moreover, what is very important, you can start training, for example, at 20, 30 or even 40 years old. Of course, serious

success in professional sports cannot be achieved, but it is possible to significantly raise the level of the game, since mastering the technical elements is available to everyone. It is also very important that badminton requires much less space than, say, the same tennis (three badminton courts can be placed on one tennis court), which makes this sport relatively inexpensive.

Badminton belongs to acyclic complex coordination sports. It has the following points:

1. Movement speed (see speed-strength exercises).
2. The speed of execution of technical techniques with the maximum reduction of preparatory actions.
3. Speed of thinking.
4. Increasing the number of risky shots [2].

Playing at a fast pace presents other requirements without which success in modern badminton is impossible:

- the ability to switch different work modes in a timely manner;
- the ability to show one's best qualities in intense game situations, etc. [2].

All these circumstances determine the structure of physical qualities needed by a badminton player. Of the physical qualities that play a decisive role in badminton, speed in all its manifestations, flexibility, dexterity, and endurance should be singled out.

Badminton players are characterized by a high level of development of the body's functional systems. It has been established that playing badminton has a positive effect on all body systems.

The technique of playing badminton is mastered in stages, which is best used during training according to the international BWF Shuttle Time method [1, 3, 5]:

The first stage of training according to the BWF Shuttle Time method is devoted to mastering hits with the open side of the racket (forehand). The first two weeks — random hits with the open side of the racket, mostly from static positions. All attention to technique. First of all, master the correct grip of the racket, make sure that the movements are soft and plastic. Maximum attention to the work of the hand and mastering the correct stance when performing blows [1, 2].

If at the first stage of submission no special attention was paid, then at the second all attention is paid to this important element of technique. The study of the serve ends with a special training for accuracy. The task: to direct the shuttlecock 50 times, first with a short pitch, and then with a high one at the target.

The third stage is the methodology BWF Shuttle Time involves studying hits with the closed side of the racket. In the same sequence in which the open side strokes were studied. About two weeks - mastering the grip of the racket, the correct position of the legs during the shot, the work of the hand. Then shots in motion: near the net, in defense, from the back line. And after that, the game counts.

Training is not only a game with a shuttlecock. At least half an hour should be devoted to special physical training and various exercises simulating blows. The better the flexibility, the better the coordination of movements, the more successful the hitting technique will be.

Depending on the level of physical development of the child, mastering the technique at the initial stage of training takes place at different speeds. As a rule, children with a high level of physical development master the technique of the game faster than children with a low level [4].

On the entire path of a badminton player from a beginner to a master of sports, there is a continuous process of learning sports technique. It is conditionally divided into two stages - training and improvement. With this division, it is more convenient and easier for the coach to plan the entire training process and set specific tasks for the athletes in more detail. We will remind you that motor representations and imaginary performance of a new exercise are conditioned by the emergence (albeit to a very weak extent) of various interconnected coordination, physical and nervous processes. Depending on heredity, a person from birth has an individual neuromuscular mechanism for building and coordinating movements. All beginners need to be taught to think about how to perform the movements correctly, and then connect several of them and get a complete technical technique. It is important that the brain also understands the meaning of movement, there is training of both physical qualities and concentration of attention. The more complex the exercise, the more it needs to be

simplified and facilitated at the beginning of the learning process. Most often, children suitable for badminton learn to perform various exercises in 5-6 training sessions, i.e. acquire initial skill [2].

Study of the influence of physical development on the quality of assimilation of technical elements during training according to the method BWF Shuttle Time were held in 2024 from February to May for schoolchildren of grades 1-4 divided into 2 groups of 10 people with high and low levels of physical development. The research was carried out in the school No. 10 of the city. Ternopil and consisted of several stages:

At the first stage, an analysis of special literature on the subject under study was carried out. With the help of theoretical analysis and generalization of special literature on teaching methods BWF Shuttle Time the concept of pedagogical aspects, features of the physiology of primary school age are revealed. The hypothesis, goal and task of the research were formulated.

The second stage consisted in testing to reveal the initial training of schoolchildren with a high and low level of physical development in badminton in children of groups 1 and 2. Testing included the following exercises:

Test No. 1 of throwing a shuttlecock for the range and accuracy of 10 throws

Test No. 2 high-long shot from the far-right corner for 10 attempts

Test No. 3 of finishing on the grid from the right and left corners, 5 attempts for each corner

Test No. 4 short kick from the right and left far corner, 5 attempts for each corner

The third stage took place after a month of the training process. The training was aimed specifically at improving the hitting technique, which was previously learned according to the methodology BWF Shuttle Time, and which were involved in the tests.

The fourth stage consisted in comparing the test results of two groups of children.

The data of the experiment show that the level of technique mastery of children with a high index of physical development significantly higher than in children with low indicators physical development. In the test on the accuracy of hitting the target, schoolchildren with a high level showed better results than those with a low level, their result exceeds by 3, 4 shots - accurate shots, in high-long shot, schoolchildren with a high level exceed their peers by 4, 5 shots, finishing on the net and the short stroke exceeds by 2, 3 strokes.

After a month of training, children with a high index of physical development achieved a high level of mastering the technique of attacking blows.

After a month of training, the average level of mastering the technique of attacking blows increased in children with a low indicator of physical development.

This advantage is related to the physical data of younger students. And this means that these students have the most developed qualities for playing badminton and mastering the technique.

### **Conclusions.**

1. Based on the analysis of sources: articles, books, educational and methodological publications, magazines, scientific articles, the general concepts of the levels of physical development of younger schoolchildren are defined.

2. With the help of theoretical studies, we found that a high level of physical development has a positive effect on mastering the technique of playing badminton.

3. We have developed a test to assess the level of mastering the technique of playing badminton. It was found that physical development has a positive effect on the development of badminton technique and on the child's life in general. The results of schoolchildren with a high level of physical development significantly exceed the results of children with a low level of physical development.

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## TO THE QUESTION OF MODELING PROFESSIONAL ACTIVITIES OF A TRAINER IN FREESTYLE WRESTLING

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**Annotation.** *The article analyzes the model and functions of the professional activity of a wrestling coach on free-style wrestling and modeling of educational process in higher school. Among the types of work, used in the practice of training a specialist in higher school and providing the development of the student's subjective position of the student, use the preparation of conceptual messages, fulfillment of information-analytical briefs, etc.*

**Keywords:** *model, professional activity, coach, freestyle wrestling.*

The role of the coach in modern sport is extremely important and multifaceted. The coach influences not only on the entire system of training athletes, but also on their psychological state, motivation and personal development. The coach's personality becomes a key factor in achieving high results, since their professional, psychological and other professional, psychological and other important qualities determine the success of the of the athlete depends on his professional, psychological and other important qualities [1].

Considering the professional activity of a wrestling coach [2, 3, 4], it is necessary to single out the following blocks: organizational, training (educational), methodical, propagandistic, health-improving and public.

*The block of organizational activities* of a coach includes the solution of many issues: from the financing of training activities up to the construction of halls, sports bases, material and technical support. It is also important to create a system of sports schools, clubs, the system of general and fakhovogo education (school – college – university – master's degree – postgraduate – doctoral studies), the organization of competitions (including international). All this contributes to the creation of optimal conditions for the effective solution of problems of training highly qualified wrestlers [5].

*The block of educational activity* of the coach includes the training of athletes, coaches and referees in wrestling.

*The block of methodical work* of the coach is aimed at the development of moral, intellectual, aesthetic, volitional, technical, strategic-tactical training of wrestlers.

*The block of propaganda activity* of the coach is connected with the organization and holding of competitions, demonstration performances, master classes, as well as the organization and holding of press conferences in the media.

*The block of health-improving activity* of a coach is aimed at health promotion, formation of physique, improvement of conditioning qualities of pupils (endurance, flexibility, power, etc.).