

20. *Organization of competition judging.* Many coaches combine their coaching work with the work of competition refereeing. Such a combination contributes to the professional development of the coach, allows to be involved in changes in the rules of competitions.

21. *Training of public coaches and judges.* This work is carried out with public coaches during training sessions, as well as at specially organized seminars. This function in the professional activity of a coach is categorized as less important, but due to the orientation of the physical education movement towards mass participation, especially among school-age children, it becomes very significant.

Conclusions. 1. The model of a specialist is a generalized image of a person, representing a set of his/her job duties, social, professional, business qualities and socio-psychological features. The model of a specialist can include a set of such qualities of a person as type of sensory organization, set points, temperament, intellect, interests, needs, knowledge, beliefs, level of culture, world outlook, etc. Such characterization of a specialist requires a painstaking study of the opinions of numerous experts. The procedure of model development is not limited to the definition of such a set of qualities.

2. When creating a model of a trainer it is necessary to obtain, in particular:

- average indicators of moral and volitional qualities of the athlete;
- an idea of professional qualities, i.e. sportsmanship, pedagogical maturity;
- an idea of the peculiarities of relationships with pupils, colleagues, administration, sports judges and other persons involved in the sphere of sports activity, etc.

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FEATURES OF PHYSICAL TRAINING OF POWERLIFTERS AT THE STAGE OF INITIAL TRAINING

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Annotation. Every year, more and more young people are involved in powerlifting. The Powerlifting Federation of Ukraine holds championships of Ukraine, where young people demonstrate excellent training and high sports results. These circumstances draw the attention of specialists to the development and scientific-methodical substantiation of the theory and methodology of training athletes. The article, based on the analysis of literary sources, characterizes the process

of physical training of powerlifters. The methodical features of the training of athletes in the chosen sport are defined, in particular technical, physical, and psychological.

Keywords: *powerlifting, sports training system, content, tasks, components, theoretical component, technical component, tactical component, physical component, initial training stage.*

At the current stageformation and development of sports among schoolchildren and students of our country, a relatively new strength sport, powerlifting, is gaining more and more popularity.

Characterizing the process of sports training in the scientific literature, there are many interpretations of it. In particular, it is defined as: "an important form of training of athletes, which is the main criterion for success and constant growth in sports of higher achievements. This is a specialized pedagogical process, where the main role is assigned to the system of physical exercises and is aimed at the development and improvement of special abilities that determine the readiness of athletes to achieve the highest records in the chosen sport" [1].

The effect of physical exercises on the human body is multifaceted. It is closely related to the nature, magnitude and duration of the applied training load, as well as to the functional state of the athlete's body. The body's response to a rational training load is manifested in the improvement of its corresponding functions and systems. Sports training is built according to certain patterns. It uses the achievements of various sciences: physiology, medicine, pedagogy, biomechanics and some others [6].

In all types of sports, in particular strength training, physical fitness, which forms the basis for achieving and improving the sports results of athletes, is laid at the stage of initial training. The increase in the number of athletes and connoisseurs of powerlifting, changes in the conditions of competitive activity and the improvement of sports equipment and equipment determine the increase in competition and the increase in requirements for the level of physical fitness of modern athletes-powerlifters. All of the above, as well as insufficient coverage of the features of the content and tasks of the components of modern sports training in powerlifting at the stage of initial training in scientific publications, determined the relevance of our research [3].

The main concept of special strength training for athletes of any qualification at all stages is to lift the limit weight to severe fatigue. There are no exact recommendations for selecting the number of series and repetitions for the development of strength parameters. The choice of loads largely depends on the individual characteristics of the athlete, his physical fitness, muscle composition, type of higher nervous activity, etc. [4]. It is possible to single out fundamental methodical provisions that can serve as guidelines for training athletes in powerlifting: A separate training session is an elementary structural unit of the training process as a whole. Its purpose and tasks determine the choice of necessary exercises, the amount of load, the mode of work and rest. The number of muscle groups that are worked out in one session should not be more than two or three.

It is not advisable to use more than three exercises for each muscle group. At the beginning of the training, competitive or similar exercises are performed in terms of structure and weight. The principle of repeated maximum should be decisive [4].

After the main competitive exercises, it is necessary to apply auxiliary local exercises aimed at increasing muscle mass and improving muscle trophism. For a more effective increase in maximum strength, exercises with weights should be performed at an average and slow pace.

To increase the effectiveness of training, a gradual increase in maximum strength is necessary. At any stage of training, the athlete should perform such a number of approaches that would allow him to maintain the given exercise technique, pace, number of repetitions, weight of the load and rest intervals [5].

Sports physiologists indicate that when an athlete is faced with the task of demonstrating strength in an exercise included in the competition program, he should use exercises that require the manifestation of great physical strength (at least 70% of his maximum voluntary strength) during training. Only in this case, muscle control is improved, in particular the mechanism of intramuscular coordination, which ensures the inclusion of as many motor units as possible, including fast motor units [3].

The training process must be correlated with the phase of supercompensation of the stressed muscles. Competitive exercises should be included in training once or twice, in exceptional cases - three times a week. Moreover, once the load should be limit using the principle of repeated maximum. After two or three days, it is necessary to carry out light training, in which the weight of the weight is reduced by 20-30%, and the number of approaches and repetitions does not change. If necessary (provided a quick recovery), you can conduct an average workout in which the weight of the weight is 85-97% of the weight in the previous workout. Only the weight of weights (in all exercises), the number of repetitions and approaches (in competitive exercises) can be changed. The number of repeated maximums in one set of a competitive exercise changes smoothly or stepwise in a decreasing direction from one weekly training microcycle to another (or several) with an increase in the weight of the weight, respectively. Improving sports results in powerlifting should be accompanied by a special high-calorie diet.

It should be noted that at the beginning of strength exercises, you cannot "copy" the training of experienced athletes. It is known that intense exercise causes deeper changes in the body of novice athletes. Their physical recovery takes place over a longer period of time. Since the muscles are ready for further work no earlier than 48 hours after training, novice powerlifters should train three times a week. For more experienced athletes, so-called split training is effective, which involves athletes specializing in individual exercises during one training session. The number of classes increases to four per week. In this case, there is an opportunity to increase the training effect on the muscles by increasing the number of exercises and approaches. The purpose of this activity is to work out each muscle group.

It is possible to single out fundamental methodical provisions that can serve as guidelines for the training of powerlifters:

1. A separate training session is an elementary structural unit of the training process as a whole. Its purpose and tasks determine the choice of necessary exercises, the amount of load, the mode of work and rest.
2. The number of worked muscle groups should not be more than two or three. It is not advisable to use more than three exercises for each muscle group.
3. At the beginning of the training, competitive or similar exercises are performed in terms of structure and weight. The principle of repeated maximum should be decisive.
4. After the main competitive exercises, it is necessary to apply auxiliary local exercises aimed at increasing muscle mass and improving muscle trophism. For a more effective increase in maximum strength, exercises with weights should be performed at an average and slow pace.
5. To increase the effectiveness of training, a gradual increase in maximum strength is necessary.
6. At any stage of training, the athlete must perform such a number of approaches that would allow him to maintain the given exercise technique, pace, number of repetitions, weight of the load and rest intervals.

Conclusion. Thus, the results of the research of scientific and methodological literature allow us to state that physical training plays a leading role in the modern system of sports training of powerlifters at the stage of initial training.

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FEATURES OF PLANNING THE ANNUAL TRAINING CYCLE OF SPRINTERS OF VARIOUS QUALIFICATIONS

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Annotation. The publication defines the peculiarities of planning the training process in the annual training cycle for athletes of different qualifications in short distance running.

Keywords: athletics, sprint, annual training cycle, physical qualities, planning.

Relevance. The training of an athlete is a long-term process that is subject to the general laws of education, training and development. It includes the goal, objectives, means, methods, organisational forms, material and technical conditions, etc. that ensure the achievement of the highest sports results by the athlete. [2]

The structure of training during the year is determined by the main goal, which is the purpose of training at this stage of long-term improvement. The principal feature of the annual training process is that it is built on the basis of relatively independent structural formations, all elements of which are united by a common task - achieving the highest state of readiness of the athlete, which determines a successful performance at major competitions. [1]

Taking into account new trends in the development of athletics and new provisions in the theory and methodology of organising and building long-term training of athletes, approaches to planning the annual training cycle should also be improved, taking into account the level of skill of the athlete.

The purpose of the study: to determine the peculiarities of approaches to planning the annual training cycle of sprinters of different qualifications.

Research methods: analysis, synthesis, generalisation and systematisation of existing scientific data and own work experience.

Research results. Sprinter training is a complex multifaceted process. During the training year, an athlete has to master several programs that run in parallel and sequentially for a long time: strengthening individual muscle groups, mastering individual elements of the technique, developing endurance, developing running speed, etc. [4]

Psychological training is also of great importance. Such parallel and sequential programs can enter into various types of relationships: from “cooperation” to “non-perception”.

For example, with the simultaneous development of running speed and endurance, these qualities can develop in parallel for some time. But as each of them strengthens, the stronger one can inhibit the other.

From the point of view of the optimal distribution of programs during the training year, several periods are distinguished in the training process, each of which is determined by the tasks and the nature of the means involved: preparatory, competitive, transitional.

But due to the fact that today competitions are held in the summer and winter periods, the periodization of the training process is presented in Table 1.

Each cycle, in turn, consists of microcycles. Each of them lasts 2-3 weeks: the first two with an increase in load (volume or intensity), the third - a decrease in volume and intensity and a change in training equipment (V. Petrovsky).

Such periodization of the training process is typical for athletes of higher categories.