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Identifying Talented Field Hockey Players At The Initial Preparation Stage

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ABSTRACT

The level of development of modern field hockey is characterized by high speed and accuracy of most game actions in conditions of time and space deficit. Taking this into account, during the study it was noted that we tried to improve physical and technical-tactical training, skills and abilities with the help of traditional standard exercises and specially selected exercises.

Keywords: young field hockey players, technical-tactical training, load, correctly directed training, special exercises

The purpose of the study:

Selecting talented children for the initial training phase through a comprehensive assessment and evaluating their effectiveness by incorporating a set of model exercises into the training process of young field hockey players.

Research methods and application procedure.

The following scientific research methods were used to solve the above-mentioned problems:

1. Method of studying scientific literature.
2. Pedagogical control methods.
3. Acceptance of test standards.
4. Mathematical statistical method.

Login

The level of development of modern field hockey is characterized by the fact that, in conditions of time and space constraints, most of the game actions are performed with high speed and accuracy. As we all know, during the game, an athlete must apply his specific tactical skills without slowing down the pace of the game for a moment. According to a number of experts who are looking for solutions to these delicate problems of the game, not only the

physical fitness of athletes, but also the technical and tactical preparation of the team for the game are of great importance for success in competitions.

The procedure for selecting future young athletes plays an important role in the preparation of substitutes in sports . To achieve high results in sports, an athlete must have unique morphological indicators of a high level of development, a complex of excellent physical and mental abilities. There are very few athletes who have such a home .

Selection in sports - This is the process of finding capable, talented people who can achieve high results in a particular sport . According to VPFillin, it is a complex procedure of organizational and methodological measures, which includes pedagogical, sociological, psycho-medical, biological research (scientific examination) methods , on the basis of which the abilities of children to specialize in a particular sport are determined.

Sports guidance is the determination of the future direction of achieving high sports skills based on the study of the athlete's abilities and individual characteristics of the formation of sports skills .

VPFillin considered sports training to be a complex procedure of organizational and methodological measures , based on which an athlete's short-term specialization in a particular sport is determined.

Selection in sports is a multi-stage, multi-year process that is carried out at all stages of sports training. It is based on a comprehensive study of the abilities of athletes and is aimed at creating good conditions for the formation of these abilities. The large number of sports allows each person to master high skills in one or another sport . A person who is not capable of one sport may achieve good results or indicators in another sport . Therefore, the ability Recovery should be carried out in certain types or sports and in groups. Athletes who are distinguished by their sports abilities also depend on their genetic abilities . Genetic abilities are manifested when a large load is placed on the body, so young The athlete's ability should be focused on achieving high results.

The development of certain functions and qualitative abilities varies at different ages . This is especially important to consider in sports that show high results at a young age .

Problems of selecting young athletes .

A comprehensive solution should be developed based on pedagogical, medical, biological, psychological and sociological scientific research methods . Pedagogical scientific research methods allow assessing the level of development of young athletes' physical qualities, coordination abilities and sports technical skills .

Using medical biological methods, the athlete's health level, analyzer The state and morphological characteristics of the system are determined. Social methods show children's

interest in sports, psychological methods for achieving high results, psychological characteristics of athletes, mental unity, etc.

STAGES RELATED TO THE SELECTION OF MULTI-YEAR PREPARATORY STAGES IN SPORTS	TASKS	Perennial preparation stages
INITIAL	This for sports to improve - to improve to the goal compatibility determination	ELEMENTARY
INTERMEDIATE	Effective sports to the improvement ability determination	Initial basic , special basic .
FINAL		INDIVIDUAL OPPORTUNITIES ACHIEVED THE RESULTS SAVE .

Selection in sports is carried out in three stages .

is to choose the right type of sport , taking into account the child's physical, functional, and mental characteristics .

the 2-3 training sessions, the task of determining the ability of the participants to specialize in sports is solved.

Finalist - resolves issues of selection for international results.

Orientation of young people to sports, features of selecting young field hockey players

Field hockey has a positive effect on health, as a factor in improving the body's health due to its versatility and generality, as well as in developing and educating physical qualities. Field hockey equipment serves as additional equipment for those involved in other sports.

The theoretical and practical significance of research on the topic of targeting, screening, and selecting young people for sports is undoubtedly great. However, before attempting to solve such a difficult problem, it is necessary to clearly define the concept of " **sports screening** ", and then determine its criteria, taking into account not only the subject of research, but also its orientation.

According to V. Filin, sports selection is a system of organizational and methodological measures to determine the capabilities and abilities of children, adolescents and young people to specialize in a particular sport. V. Platonov considers sports selection as a process of searching for the most talented people who can achieve high results in a particular sport.

Sports selection purpose students It is a comprehensive study of one's personal abilities and what one is capable of in order to meet the requirements of a particular sport.

One of the important foundations of selection in sports is the issue of selection stages. Each of them has its own organization and selection methods, as well as features such as anticipating the abilities of capable and talented athletes.

The first period is admission to sports schools and filling groups.

The second stage is to predict talented athletes who have been trained in a regular school.

The third stage is the selection of candidates for the country's junior, youth and national teams from among athletes who have mastered sports skills. The selection system will depend on a deep and comprehensive study of the athletes' activities and the determination of the requirements for the psychology and body of this sport. Therefore, it is recommended that the first stage of selection last from two to three training sessions to a month, the second stage - up to two years, and the third stage - up to three to four years. According to sports experts, one of the main principles of selection is comprehensiveness and diversity, in which:

Age grass on hockey players selectively to take scientific basics

The issue of selecting or transferring students from one age group to another during annual admission is resolved by comprehensively examining them. Recently, many scientific articles, methodological guidelines and manuals on field hockey have widely covered the issue of selecting young field hockey players. Many experts have scientifically based opinions, which are especially useful. According to the authors, at present, field hockey player training should be considered as a single process that regulates the training of field hockey players.

The management process can be divided into 4 stages, depending on the age of the children and the goals and objectives of the activities they are given.

First period (7-9 age) initial preparation This **period** is considered to be main task in children grass on to hockey was interest to wake up and sportsmanship for ground This task is to create done in increasing special from training outside from class next circle works from time to time is used .

The second period (ages 10-12) is also the most important period for the onset of biological selection .

The third period (ages 13-16) is a period of in-depth mastery of the specialty.

The fourth period (age 16 and older) is a period of improvement in sports.

Some experts argue that the personal qualities of teenagers should be judged on the basis of their good results in field hockey. When selecting children, it is important to take into account how each teenager changes as a person. Future there is young grass on hockey players competition tests , their health about are selected based on the results of comprehensive assessments , functional status of organs and systems. In this grass on hockey player physical development and The level of physical fitness must take into account his coordination abilities, the state of the analyzer and functional systems, as well as his psychological and psychophysiological systems. Select to take indicators as young grass on hockey player how playing about from data use It is necessary to select students. in receiving control games into account received without and known program according to control tests Five ball system based on evaluable young grass on hockey player on test tests results and three control game in the process pedagogical observations information to the protocol writing New acceptance to those being done received grades It is said .

M. A. Godik in my opinion , young grass on hockey players readiness check program to oneself typical row to the specifics has will be .

First , its content It should reflect all the player's physical and mental qualities as fully as possible.

Method of adopting test standards that assess readiness .

The following special tests are used to determine the level of physical and technical fitness.

Physical ready level n i representative tests

1. 30 *m* sprint, *s*

The shot is taken from a high start. The stopwatch is started from the player's first move. The finish is recorded according to the general rules.

2. From the place standing long jump without , *cm*

The jump is performed by landing with both feet. To accurately determine the distance, the back of the heel is marked. After the jump, the distance is measured using the marked mark.

Tests that reflect the level of technical preparation

3. Long to the distance ball throw , *m*

Width 5 meters , length 40 meters was every 5 meters chips knows by designating placed to the field on the line standing without ball is shot , from the field out gone ball in consideration not available .

4. 30 *m* to carry the ball *to* , *s*

This control test is performed on a field of 2 meters wide, with the hockey player standing on the starting line so that the ball and the skate are in line. At the sound signal, the athlete, without releasing the ball from the skate or pushing it, runs forward, trying to cover the distance as quickly as possible, and crosses the finish line at full speed. The time to cover the distance is estimated in seconds.

5. 5 darts at a distance of 20 m among the ball take walk , s

A ball is thrown between 5 markers, each 2 meters apart, at a distance of 20 meters. to carry , in this results per second into account is taken .

Mathematical statistical methods.

Individual results recorded during the study were summarized and subjected to statistical analysis using the Windows Excel computer program.

Including in the following statistic indicators quantity It was revealed .

- X average arithmetic pointer

Exercises that develop the physical fitness of young field hockey players

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the badminton court .
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s

p Jumping at a speed of 5-7 meters from a sitting position (looking forward, with your b back to the left and right relative to the direction of movement) .

e Jumping from a prone position (with the head and feet to the left and right relative to the d direction of movement) at a speed of 5-7 meters .

from a supine position (with the head and feet to the left and right relative to the direction of movement) at a speed of 5-7 meters .

Jump up and throw yourself at a speed of 5-7 meters .

Jump up, turn 180 and 360°, and throw yourself 5-7 meters.

After the jump, jump 5-7 meters (in the direction of the jump, in the opposite direction to the direction of movement).

Jump up from a standing position, raise your leg straight up to 90° and touch your toes with your hands (8-10 times).

Jump up from a standing position, bend at the waist, and massage the toes with your fingers (8-10 times).

Tests to monitor the physical and technical fitness of young field hockey players. (Experiment group).

***2* .**

No .	**FISH.**	**Running 30 *m* , *s***		**Long jump from a standing position, *cm***		**Far to the distance ball throw , m**		**30 *m* to carry the ball *to* , *s***		**5 darts for a distance of 20 m among the ball take walk , s**	
		T/o	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**
1.	Av-J	5.7	4.9	175	180	24	28	6.2	5.4	5.86	5.49
2.	Av-A	5.9	5.0	165	185	29	33	6.7	5.5	5.89	5.12
3.	Bv-D	5.9	4.9	175	180	28	35	6.3	5.7	5.56	4.79
4.	Gv-D	5.8	4.9	175	185	28	30	6.5	5.6	5.93	5.18
5.	Dv-A	5.6	4.8	165	190	29	30	6.2	5.3	5.23	4.79
6.	DV-R	5.9	4.8	175	185	32	34	6.6	5.7	4.87	4.58
7.	Jv-A	5.6	4.7	170	175	31	34	6.1	5.5	4.93	4.66

8.	Kv-O	5.8	4.9	180	190	27	33	6.5	5.7	4.97	4.54
9.	Nv-D	5.8	5.0	175	185	31	32	6.2	5.3	5.38	5.09
10.	Sv-A	5.7	4.7	170	185	28	33	6.3	5.5	5.67	5.24
X		**5.7**	**4.8**	**172.5**	**18 4**	**28.7**	**32.2**	**6.3**	**5.5**	**5.4**	**4.9**
Average difference %		**0.9**		**11.5**		**4.2**		**0.8**		**0.5**	
Total :		**17.9**									

Note: T/o - before the study, **T/k -** after the study.

Tests to monitor the physical and technical fitness of young field hockey players. (Control group).

3 **.**

No.	**FISH.**	**Running 30 *m* , *s***		**Long jump from a standing position, *m***		**Far to the distance ball throw , m**		**30 *m* to carry the ball *to* , *s***		**5 darts for a distance of 20 m among the ball take walk , s**	
		T/o	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**	**T/o**	**T/c**
1.	Av-Yu	6.4	6.1	180	185	24	25	5.9	5.7	5.96	5.71
2.	V v -X	6.3	5.9	170	175	29	30	5.7	5.0	5.63	5.29
3.	Gv-P	6.5	6.0	185	190	28	29	5.7	5.9	5.71	5.57
4.	Sun-Sun	6.3	6.6	175	185	28	30	5.7	5.0	5.82	5.58
5.	Home-A	6.6	6.3	170	175	29	29	5.8	5.1	5.72	5.78
6.	Jv-F	6.4	6.0	180	170	29	30	5.6	4.8	5.63	5.59
7.	Jv-K	6.7	6.5	180	185	31	32	5.9	5.2	5.78	5.64
8.	Rv-o	6.1	5.7	170	165	27	28	5.9	5.4	5.78	5.52
9.	Xv-A	6.5	5.3	185	190	31	32	5.5	4.8	5.80	5.34
10.	Sw-E	6.4	6.2	170	180	28	31	5.8	5.3	5.77	5.51
X		**6.4**	**6.0**	**176**	**180**	**28.4**	**29.6**	**26.8**	**5.2**	**5.76**	**5.55**

Average difference %	**0.4**	**4**	**1.2**	**0.5**	**0.21**
Total :	**6.31**				

Note: T/o – Before the study, **T/c** – After the study, efficiency is expressed in **%** .

Through the above tests, we assessed the physical and technical-tactical preparation of field hockey players at the beginning and end of the study, and the results are presented in tables. When comparing the results of field hockey players in the experimental and control groups, it was observed that the results of both groups before the study were almost the same, and when the tests were repeated after the study, the results of the experimental group increased to a certain extent compared to the results of the control group, while the results of the control group did not increase at all. According to the analysis of the results of the pre-study and post-study tests of the experimental group, it was proven that the level of physical and technical preparation of field hockey players increased by an average of **17.9% after the study** . According to the analysis of the results of the pre-study and post-study tests of the control group, it was observed that the level of physical and technical preparation of field hockey players increased by an average of **6.31% after the study** .

Evaluating the performance of young field hockey players during training sessions.

4th grade

Note: T/o – Before the study, **T/c** – After the study, efficiency is expressed in **%** .

CONCLUSION

When evaluating the offensive efficiency of young field hockey players during a training game, the experimental group's performance in all technical and tactical actions recorded in one match between the pre-study and post-study period increased by 6.3%. The control group's

performance in all technical and tactical actions recorded before and after the study period increased by 0.2%.

The results obtained show that the results of properly directed training, that is, using traditional standard exercises and specially designed exercises aimed at improving the physical, technical and tactical preparation of young field hockey players, have borne fruit.

The results recorded in the control group, which trained for six months, and in the experimental group, which trained according to the research program during the same period, differed sharply from each other, proving that the experimental training is highly effective.

In particular, we tried to improve their physical and technical-tactical training, as well as their skills and qualifications, using traditional standard exercises and specially selected exercises. Based on our research, we can safely say that the special program developed by us plays a significant role in the training of young field hockey players.

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