

THE MAIN COMPONENTS OF SUCCESS IN BIATHLON

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In the modern sport biathlon takes one of the leading places speaking about the popularity and common interest. This is due to the unpredictability of this kind of sport, the expansion of biathlon disciplines and the increasing number of competitions, accompanied by a TV-broadcasting, which leads to the increasing demands to the training of athletes. Each biathlete faces specific problems and the efficiency challenges, which usually depend on a particular outcome of the competition.

There is a necessity for coaches and athletes in such circumstances to determine the overall scope of these problems, and then provide the solutions which guarantee the success of all competitive activities.

The relevance of this study is based on personal experience and the authors determine the subjective and objective factors that may influence the manifestation of higher physical capacity in biathlon.

The subjective factors that influence the result of events in biathlon are the technical training of athletes, their functional, emotional and psychological status, a motivation to compete. To the objective factors we can attribute the condition of equipment, the quality of skis, preliminary of guns, the weather conditions, and so on.

When determining the individual factors that influence the success of an athlete we should be guided by the results of comprehensive studies to consider psychological factors and having this in mind we should model the methodology of preparation for competitions and the dynamics of training.

As a result of this research it is found out that athletes with a high qualification are more confident, they are able to perform tasks in any situation, they are oriented to do the action, they have high self-control of their behavior and they are ready to perform any special tasks.

Athletes with an average level of professional success if compared with athletes with low and high level of professional activity can easily make new contacts, they are more tolerant and friendly towards people, they are distinguished by a high level of anxiety, which is a source of dissatisfaction, self-development and improvement. These athletes are ready for more independence but to a lesser extent they are ready for the precise execution of social demands and they have a lower treatment of the internal control.

Thus, we come to the conclusion that the following elements of success in biathlon include:

- technical and functional preparation of the athlete. It provides not only high-speed performance, the perfection of technology, precise movements, endurance - but also requires creativity, the ability to adapt to changing circumstances, which we cannot predict, the ability to plan, control our body and be ready for various scenarios. When a sportsman takes part in various competitions, such methods as physical therapy, pharmacology help him to keep fit and restore the body;

- a stable psychological state of athletes before the competition and in the process of training. Psychological preparation involves the modelling of different situations, the relieving of tension with the help of different methods. The sportsmen discuss their fears and feelings with a psychologist, who helps them realize that these fears are insignificant. Maximal concentration of attention, the ability to collect thoughts and get rid of external distractions helps to establish inner harmony and balance of mind and body;

- taking into account the objective factors of influence. Logistics in biathlon is very important. It includes special uniform, shoes, skis, according to the weather conditions, etc.

Thus, the efficiency of the individual activity of an athlete, his success depends on a number of subjective and objective factors - physiological, psychological, technical and other methods which must be considered comprehensively and systematically during the training and the preparation for a competition.

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