

THE MAIN REQUIREMENTS FOR ANNUAL ARCHERS` TRAINING COURSE

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The structure of the annual archers` training course formed by major objectives, set in every step of long-term sportsmen preparation. It is, therefore, natural that course construction is fundamentally different on the step of initial training, where the main objective is to create (based on harmonious physical development, preservation and promotion of health) technical and functional background for effective improvements in the future, from the construction of the training process on the step of individual potential realization. Not always archers` success depends on the accuracy of his sight. Therefore, in this article the causes and factors are that form the basis of successful training, and which archers often forget. Also in the article are some important recommendations and methods for the training process of archery, thanks to archers will be able to train more effectively.

The groundwork of sportsmen strength training, especially beginners, should be basic trainings with any weights. They affect different muscle groups unidirectional (each of them performs its particular work), however none of them gets a fully loaded [1, p. 41].

Annual course of archers` training includes three steps: preparation, competition and transitional. Period of preparation (5-7 months) foresees profound improvement of all elements of sportsmen preparation to the next step of annual course which indicates level of archers` qualification. For beginners, it means performing physical, technical and tactical exercises, participation in competitions, complying with requirements of junior category. The task which is set for students group with longer training course is not only to have good physical preparedness but also an ability to perform for higher level.

On the first step of preparation (2-3 months) a lot of attention is paid for physical development. Every lesson includes exercises for development specialized moving and physical skills. It is recommended to dedicate 1-2 lessons a week to physical training. Work out techniques of archery lessons gained in the previous years of trainings is also important on this stage.

Second step is taking part in competition. It is differ from other by increase of amount of specific exercises aimed at improving technique and tactics, development of tactical thinking and extra endurance. More exercises of competitive type are included in order to develop fortitude of sportsmen. Since the first step, physical stress gradually increases in order to achieve higher level of fitness for beginning of the competition period.

Competition period (duration 3-4 months) increases physical stress intensity primarily through participation in competitions. Leading means of physical stress intensity training are individual trainings, team trainings and competitions. It certainly does not exclude the exercise at gym. Special exercises are focused on technical and tactical preparation. Level of physical preparedness is enhanced by the fitness classes inclusion in training process. Main accent in training process should be done in such sports (basketball, football, handball, rugby) that contribute to the comprehensive development of important archery skills - agility, endurance, distribution and switching of attention, coordination and more. Also sport games inclusion in the training process facilitates outdoor activities and more rapid recovery of physiological and neural body expenditures.

Archers` competitive period can be divided in early and major competitions. On the first level of competitive period sportsmen check their physical form, figure out what should

be improved, which muscles should be strengthened. Such competitions are the most important experience during preparation to the great competitions.

An effectiveness of skills, gained during preparing competitions, their reliability in terms of emotional stress and dealing with various mental obstacles that might arise during the competition, are checked on this level.

In the second stage of competition period sportsmen are ought to maintain high level of fitness in order to reach the peak of fitness and win the most important (great) competitions of the year. It is advisable, that each new training micro-course has been begun with a background of fully recovered and relaxed body with stabilized body functions.

An amount of physical stress should be reduced before the most important competitions not later than one week before, but intensity of trainings should be preserved. Considerable decrease of amount and intensity of physical stress must not be completed earlier than three days before great competitions.

The transition period (1-2 months) occurs after long preparatory and strained competitive period. The main task of this period is to prepare sportsmen for new annual training course insuring their good health condition and high functionality of the body. This is achieved by means of active leisure time spending such as: resting in sanatoriums, sport camps, completion-preparation camps. In some cases special training can be totally cancelled in order to provide sportsmen with peaceful environment and rest. However, the scope and even intensity of physical trainings in transition period, compared to competitive period, significantly increase. Average annual training course period and its stages for professional archers is mainly variable and optional, so some steps can be removed while other added, because each of them is determined to fulfilling concrete goals and focuses fully on the training process without external help, coach and archer work as a team. These trainings are usually different in methods and tasks. Inclusion classes are only the first year classes (usually no more than 1 month.), as well as classes in the transition period when they are saturated mainly by means of physical training.

As a result, more professional archers aimed to success use specific training apparatus; first of all they practice and improve technics, tactics, raise competitive spirit and take part in official competitions during 9-10 months. That competition, 5-7 among those - prestigious, scoring or qualifying, with necessity to show planned or desired results, determine training content for all competitions and trainings in annual course.

Specific nature of annual archers` course, main peculiarity of which is numerous competitions during the annual course (15-20 events a year, including 75-100 competitive days), foresees polycyclic physical training program. Using this training system annual course for arches is divided into several micro courses (2-3-4-5) and in each of them such periods as preparatory, competitive and transition are also fetched out. Options of organization of annual course, known as "dual", "triple" and other types, when polycyclic year course of training is creating, are usually used. In such cases, transitional periods between macrocycles in course are not planed; competitive period smoothly runs into preparation period.

Conclusion. So features of the annual archers` training course depend on the tasks set before. The annual archers` training course consists of three stages - preparatory, competitive and period of transition. Thus the scope and intensity of the training process may vary depending on periods of training course. It should be noted, that it is the results that archers show in competitions define further content of the training course for every archer separately.

References

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