

TOOK THE RACE PREPARATION AND PLANNING IT

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Annotation

The article is devoted to the preparation of athletes for special events and physical preparation for public life, as well as one of the most important aspects.

Key words: sport, physical culture, equipment, tactics, skill, occupation, competitions, skills, will.

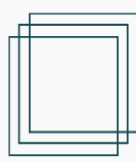
Experts in the field say - in the process of training complex training depending on the level of tasks being solved using training in a more selective direction than necessary. Also plan the training process first implement complex goals that are interconnected in the queue from the organization of a system of plans that will provide for an increase is a phrase. Sports training planning it's a sport training terms, means and methods of solving tasks, in advance the results of the sport that the athlete should take vision [1,3]. Planning the training of athletes this is this of the characteristics of the contingent of athletes (or one athlete) based on the analysis, the main one in the preparation process marking indicators as well as making them in time intervals distribution.

Training during the preparatory period is intense from active rest to a special case, physical qualities even later to develop, master the techniques and tactics of Turon, and to ensure a gradual transition to improvement directed. This was the period in which athletes were ahead of the competition robust to operate successfully during the period it is necessary to create a foundation. The main tasks of the preparatory period increasing the functional capacity of the organism is common improving and improving physical fitness, it consists in eliminating shortcomings in their implementation, raising Will and spiritual qualities [2,4].

The purpose of the competition period of training is to prepare for competitions and successfully participate in it. High results the issues of planning and controlling training activities in sports are always the focus of a number of researchers, Methodists

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and trainer-teachers. However, from interviews and interviews with leading experts in the field, it was determined that the Battle of highly qualified athletes taking into account individual descriptions of the conduct, features of the emotional abilities of the individual

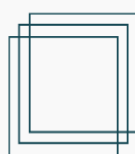
means of improvement of technical and tactical actions and competition activities based on optimization of methods aimed at improving the effectiveness and reliability of there is not enough information on the topic. [2,5].

Taking into account individual descriptions of athletes competition by improving technical and tactical actions improving the performance and reliability of activities darkor.

Analysis of the content of the training process shows that, enough in the tactical actions that make up the competition structure no importance is given. In training, attack, counter-attack and despite the fact that there is a great interest in defensive actions, their effectiveness in competitions is not great, because separated from tactical training methods in training, attack, defense and counter-attack without introducing tactical action as the implementation of a dangerous situation after the conducted method skills and skills to carry out attacks it is necessary to improve.

When it come to general physical fitness, there I no it is understood the physical perfection of the practitioner. I.e., moving quickly, doing a variety of physical labor lightly take, agile, agile, strong and has other physical qualities is to be. Having such qualities and physical qualities and for always engage in Physical Culture and sports shall be [4,6].

In this case, it is necessary to include, Of course, Physical Culture and sports in the daily routine. Above, we emphasized that the main focus should be not only to prepare athletes for special competitions, but also to have special physical skills for social life. At the same time, it should be noted that athletes are invited to the Olympic Games another important aspect in their preparation is their from a psychological point of view, it is considered that they are healthy and refreshed. It is clear that the fact that athletes teran instill these activities from a psychological point of view also benefits as an important factor in their progress in the process of competitions.



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