NEW TECHNOLOGIES FOR THE DEVELOPMENT OF STRENGTH QUALITIES YOUTH

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Annotation. The article deals with the results of the conducted research on the problem of the development of the power qualities of young men. Strong muscles help maintain correct posture, while weak muscles contribute to the curvature of the spine.

Key words: strength qualities, bodybuilding, physical training, educational and training process.

It has long been known that bodybuilding contributes to the development of physical qualities. In the theory and methodology of physical culture, a number of basic physical qualities are distinguished: strength, speed, endurance, flexibility and dexterity. It is no coincidence that in this list of physical qualities, strength is given the first place. It is the strength preparedness of a person in its many manifestations that mainly determines his physical fitness, and along with this, his health. As a rule, physical qualities develop in a complex way, with the dominance of one of them. Most often it is the quality of strength.

The manifestation of the improvement of strength depends, as a rule, on two types of factors - congenital (genetic) and acquired during life. Any progress will be of little effect if it is not controlled and corrected. Therefore, knowledge of the features of control over changes in the level of strength training is the main component of this process. And, finally, you need to know well the content and technique of exercises, the technology of their application.

Bodybuilding classes shape a person not only from the physical side, but also from the psychological side. It has been established that athletes involved in athletic gymnastics are more purposeful, balanced, disciplined, they have highly developed moral qualities. This suggests that athletic gymnastics improves a person both physically and spiritually.

Medical statistics states that up to 35% of students have posture disorders (scoliosis), mainly due to weakness of the back muscles. The percentage of conscripts who, due to health and physical fitness, are not suitable for military service, is approaching a critical level. A large number of students are injured at home due to muscle weakness. Strong muscles help maintain correct posture, while weak muscles contribute to the curvature of the spine.

Age and, in particular, anatomical and physiological characteristics of a person are the most important factor in the technologically correct organization and content of strength training. If we are talking about young athletes starting a sports career, then the process of strength training, its technology is determined by the coach. When it comes to the improvement of the child's body, its harmonious development, it is better to use the means and technologies of general physical training. But if you use pronounced strength exercises at the same time, then only under the guidance of experienced specialists who own the technology of strength training for people of different ages.

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There are no strict restrictions in the means and technologies of general physical training. Another approach should be to the beginning and content of targeted strength training, and this is especially important for teenagers.

Modern living conditions create favorable conditions for the accelerated formation of the body shape of a teenager. The period from 12 to 17 years is characterized by the intensive development of the body of a young man, when the skeleton is actively growing, the musculoskeletal system is strengthening, and muscle mass is gradually increasing. At the same time, there is some lag in the development of the cardiovascular system, which is the most important factor in choosing the right technologies for strength training of young men with the main task not to harm, to prevent those excessive physical and mental stress that can cause negative changes in the body.

At the age of 13-16, adolescents and young men have favorable biological opportunities for building muscle mass and developing strength. In adolescence, it is important to create a functional basis for power loads, for the possibility of using weight training in the future.

To achieve this goal, two main tasks must be solved:

1) the formation of a sufficiently strong muscular corset of the trunk and main articular joints;

2) creating favorable conditions for the formation of the musculoskeletal system, as well as for the development of the cardiovascular, respiratory and nervous systems.

There are two main limitations to be aware of in the process of strength training. The first is heavy weights that can adversely affect the emerging spine and cause inguinal hernia. The second limitation is associated with high strain exercises, which are also undesirable for a growing organism. Starting positions for strength training of young men should contain exercises with low weights with a gradual transition to the use of weights of 40–60% of the maximum.

For the experiment, 20 athletes aged 16–18 were recruited.

Athletes were divided into two groups - control and experimental, 10 people each. Athletes in the control group trained according to the traditional program.

The program of the experimental group included additional exercises using training devices aimed at developing strength qualities.

Throughout the training process, classes were held three times a week. The duration of each complex was 8–12 weeks, after the completion of the complex, a week's rest was given before proceeding to a new complex. On average, the duration of one training session was 70–90 minutes.

It is now known that when planning the load, first of all, it is necessary to take into account the duration, frequency, volume, intensity of training, as well as the type of exercise performed. The duration and frequency of training should be linked to other training components. It is advisable to conduct classes at the same time, providing for rest intervals between individual exercises. Rest intervals between sets depend on the objectives of a particular lesson. When building muscle mass, breaks should be on average 2-3 minutes; when improving the volume and relief of muscles, they are reduced to 1.5 minutes, and in the pre-competitive period - up to 30 seconds.

When exercising on simulators, a more selective effect on certain muscles is provided. This gives a good result during the period of work "on the form" and "on the relief".

When planning the magnitude of the training load, one should take into account the level of preparedness of the athlete, the speed of recovery, i.e., correctly alternate large and small loads.

In order to test the effectiveness of the developed experimental methodology, control tests were selected to assess the dynamics of the indicators of the strength qualities of young men of pre-conscription age involved in athletic gymnastics.

At the initial stage of the experiment, testing of young men of pre-conscription age involved in athletic gymnastics was carried out in order to determine the actual values of the indicators and compare them in the experimental and control groups.

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During the experiment, under the influence of training loads, there were significant positive changes in young men of pre-conscription age in both groups in all measured indicators.

Analyzing in more detail the dynamics of the studied data in the experimental group, it can be noted that significant changes occurred in this group, which were the result of purposeful training of the young men of the experimental group based on the developed program of the training process.

Analysis of the data shows that in the group of young men who trained according to the usual method, there were changes in the indicators towards their improvement, however, they were not as significant as in the experimental group.

Thus, senior school age is the most favorable for the development of strength abilities. Athletic gymnastics allow during this period to develop strength qualities to the greatest extent.

It has been established that the developed experimental methodology should include the effective parameters of strength exercises used by the subjects during the pedagogical experiment with a clear regulation of rest, the number of repetitions, the number of series, the nature of the rest.

Analysis of the obtained results showed that the subjects of the experimental group significantly improved the indicators of the level of development of strength qualities in comparison with the subjects of the control group.

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