

**CONCEPT, TYPES, TASKS AND MEANS OF PHYSICAL TRAINING OF
YOUNG ATHLETES**

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ABSTRACT	KEYWORDS
Physical training of young athletes is considered one of the most important components of sports training and is understood as a process aimed at comprehensive development of the body, strengthening of health, improvement of physical abilities and creation of a solid functional base for all other types of training.	Sport, young generation, physical fitness, physical ability.

Introduction

Modern sports make high demands on the physical fitness of athletes. This can be explained by the following factors:

- 1) The growth of achievements in sports always requires a new level of development of physical abilities from the athlete;
- 2) A high level of physical fitness is a necessary condition for increasing training and competition loads [3].

Physical training is divided into general physical training (UJT), auxiliary and special physical training (MJT) according to the nature and direction of the effect of the used tools.

General physical fitness of young athletes is the foundation and necessary basis for achieving high results. It is aimed at solving the following tasks:

- 1) increase the functional capabilities of the body of young athletes;
- 2) development of physical qualities - strength, quickness, endurance, dexterity and flexibility;
- 3) elimination of defects in the physical development of young athletes.

UJT includes a wide variety of tools; among them there are exercises performed with projectiles, in partnership, on special devices, various types of sports - acrobatics, athletics, sports games, swimming, and other general development exercises [3].

Auxiliary physical training of young athletes is aimed at creating a functional basis necessary for effective activity aimed at the development of special physical abilities. It has a special direction and is aimed at solving the following tasks:

- 1) development of the athlete's functional capabilities, which are manifested in the movement activities specific to the chosen sport;
- 2) improvement of the organism's ability to withstand high-level special loads;
- 3) increasing the intensity of recovery processes [6].

Special physical training of young athletes (MJT) is aimed at the development of physical abilities in strict compliance with the requirements set by the characteristics of competition in the selected sport. Special physical training of young athletes solves the following tasks:

- 1) improvement of physical abilities specific to the chosen sport;
- 2) in-depth development of movement skills necessary for successful technical and tactical improvement in the chosen sport;
- 3) selective development of specific muscle groups that are more involved in performing specialized exercises.

MJT of young athletes is directed to the development of the most important movement qualities in the system of movement skills. Therefore, as the main means of special physical training, competition exercises are used together with various complicating elements that increase their effect on the athlete's body [2].

All types of physical training have certain similarities. Physical fitness of young athletes is closely related to sports specialization. In the process of training, insufficient evaluation of any type of physical training will ultimately prevent the strengthening of sports skills. In the training of young athletes, the ratio of UJT and MJT tools is changed depending on the tasks, the age of the athletes, their qualifications, their special characteristics, the stages and periods of the training process, and the current state of the body.

As the athlete's skill increases, the contribution of MJT tools increases, and the size of UJT tools decreases accordingly [3].

In the process of forming the physical culture of the person, the participants not only master the movements and the knowledge related to them, but also develop their physical abilities [4].

Currently, the terms "physical abilities" and "physical qualities" are used to describe human movement capabilities. Although these concepts are similar in a certain sense, they are not the same.

Unfortunately, in the literature, one can find some conflicting opinions about the definition and interrelationship of these concepts.

For example, in one case, physical abilities are understood as the forms of manifestation of the ability of functional systems that participate in the movement activity of the organism and determine its effect, in the other, human-specific opportunities that are realized in life, especially in movement activity, and which are based on physical qualities are meant; in the third, capabilities are defined as developed innate ability targets based on the mental-physiological and morphological characteristics of the organism [5].

Physical abilities are a set of psychological, physiological and morphological characteristics of a person that meet the requirements of this or that muscle activity and ensure its effective performance [3].

The term "physical (motor) qualities" has been used for a long time to express special aspects of human movement capabilities. Now, some authors propose to exclude it from scientific treatment due to the simple formalistic content of the concept of "physical qualities" and to use only the term "physical abilities" instead. Nevertheless, this term is more common in everyday speech and in scientific and methodological literature. Therefore, it is probably appropriate to determine the similarities and differences between these two concepts, to determine the situations of their use [6].

First of all, it should be noted that the concept of "quality" is always used in relation to something, and it expresses its characteristic characteristic that distinguishes it from other things, in particular, a

product, raw material, food product, life. qualities, the quality of a person, knowledge, etc. In the field of physical education, this term should be used in the same sense [4].

Therefore, it is possible to check the physical qualities of a person in relation to one or another form in which physical abilities are manifested, such as some characteristics of his movement capabilities, that is, to think about them on the basis of realized abilities [6].

A person can be the owner of various abilities that differ from each other in terms of quality. It is the qualitative uniqueness of these different physical abilities that testifies to his physical qualities. The characteristics of the quality of human abilities in life, physical education and sports are reflected in the expressions "strong", "quick", "agile", "flexible". The importance of these qualities in life was considered a criterion for showing them off. In fact, physical qualities are an expression of the level of achievement of individual physical abilities, their accuracy, uniqueness, and importance. Take human strength abilities for example. They are manifested in strength exercises with a high level of muscle tension, and a relatively small rate of contraction. Basically, strength skills describe qualities of strength such as "slow strength", "squeezing strength", "static strength". Speed-strength skills appear in exercises that require serious muscle tension and their high contraction speed. The development of speed-strength skills is the most first of all, it is reflected in the so-called "explosive" quality [3].

The above-mentioned qualities of strength allow to identify and distinguish the strength abilities of a person in a holistic way. Similarly, qualitative differences can be expressed in other physical abilities. There is a meaningful relationship between physical abilities and qualities. The same ability can manifest different physical qualities, and different abilities can describe only one of them. For example, the quality of "agile" is based on many abilities: coordination, speed, strength, etc. Speed-strength skills are reflected not only as "strength", but also as "speed" [6].

Thus, the physical qualities of a person are inextricably linked with his physical abilities, and are determined by the characteristics of their manifestation during various actions, on the one hand, the level of development and manifestation of physical abilities depends on environmental factors (social and household conditions, climatic and geographical conditions, material provision of training places, methods of their development, etc.), and on the other hand, genetic factors associated with the specific reaction of the organism to various influences ("motor" ability targets) have an effect, anatomical, physiological and mental characteristics of the human body appear as physical ability targets. In the process of performing an activity, "motor goals" are improved based on adaptation changes of the organism and become appropriate physical abilities [5].

It should be noted that "motor targets" are multifunctional and can develop in one or another direction depending on the conditions of muscle activity and provide the development of physical abilities in one or another form. Such forms can be as many as there are types of movement activity, because each of them has its own structure, purposeful orientation of movements, muscle coordination, mode of activity of the body and its energy supply. is typical. For this reason, it is useless to look for some special mechanisms that are responsible for the development of endurance or quickness of actions in the body. On the basis of their improvement lies an adaptive effect, a whole adaptive reaction that leads to the morphofunctional specialization of the human organism. Morphofunctional reconstructions cover the whole organism. However, it mostly and primarily applies to the muscle groups that carry the main workload and the physiological systems that ensure their performance. This feature of selection of functional specialization mainly depends on the working mode of the organism

under certain operating conditions, and the level of its manifestation depends on the intensity and volume of physical loads [3].

Currently, it is accepted to divide physical abilities into five main types: strength, agility and coordination abilities, endurance and flexibility. Each of them is manifested in different forms in different types of movement activity.

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