

Исследование показало, что выбор плавания детьми обусловлен не только желанием научиться и оздоровиться, но и глубокой эмоциональной привязанностью к воде. Альтернативные виды спорта, такие как боевые искусства, гимнастика и командные игры, также вызывают интерес, отражая стремление детей к самовыражению, взаимодействию и телесной активности. Это подтверждает, что спорт для детей — это не просто физическая нагрузка, а целый мир смыслов, эмоций и социальных связей.

Полученные в ходе исследования данные могут быть полезны для разработки более эффективных подходов к организации детского спортивного досуга, а также для формирования рекомендаций тренерам и педагогам по учёту индивидуальной мотивации детей при выборе вида спорта. Это позволит сделать занятия более осмысленными, эмоционально значимыми и адаптированными под интересы ребёнка, а также использовать визуальные и игровые формы представления результатов для вовлечения детей в осознанное участие.

Заключение. Проведённое исследование позволило выявить ключевые мотивы, побуждающие детей к занятиям плаванием, а также очертить спектр альтернативных спортивных интересов. Полученные данные подтверждают, что выбор вида спорта детьми обусловлен не только рациональными соображениями (обучение, здоровье), но и эмоциональными факторами — любовью к воде, стремлением к удовольствию, влиянием друзей и родителей.

Плавание оказалось особенно привлекательным благодаря своей универсальности, безопасности и способности сочетать физическое развитие с положительными эмоциями. Альтернативные виды спорта, такие как боевые искусства, танцы, гимнастика и командные игры, также вызывают устойчивый интерес, отражая разнообразие детских потребностей — от самовыражения до взаимодействия в группе.

Результаты исследования могут быть полезны для тренеров, педагогов и организаторов спортивного досуга при разработке программ, ориентированных на индивидуальные мотивации детей. Учитывая эмоциональную значимость выбора, важно не только предлагать разнообразие спортивных направлений, но и создавать условия для осознанного участия, где ребёнок чувствует себя услышанным, вовлечённым и уверенным.

Таким образом, спорт в детском возрасте — это не просто путь к физическому развитию, но и пространство для формирования личности, социальных связей и позитивного отношения к здоровому образу жизни. Плавание, как показало исследование, может стать стартовой точкой не только для оздоровления, но и для дальнейшего спортивного роста, особенно при поддержке мотивирующей среды и внимательного подхода к интересам ребёнка.

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BASIC TRAINING FOR SKIERS 11–12 YEARS

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Abstract. Modern after sport prevention is distinguished by the state of the most acute struggle, a high level of timely culture, the quality of sports achievements, and an unprecedented increase in the effectiveness of physical abilities. High level of sports achievements is based on the quality of physical training, which has specific age requirements. Ski race place high demands on

athletes due to the nature of the sport. Young skiers must perform considerable volume and intensity of loads, based on task and increasing requirements for achievement of high sports results. Considering the age of 11-12 years, you need to carefully approach its study. Puberty affects both physiological and psychological development of adolescents. The teacher should be careful approach to the construction of educational and training sessions.

Keywords: cross-country skiing, sport results, the training process, running, distance, experiment.

БАЗОВАЯ ПОДГОТОВКА ЛЫЖНИКОВ-ГОНЩИКОВ 11–12 ЛЕТ

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Аннотация. Современный спорт отличается острейшей борьбой, высоким уровнем спортивных достижений, невиданным ростом физических возможностей человека. Высокий уровень спортивных достижений предъявляет особые требования к качеству подготовки спортсменов. Лыжные гонки предъявляют высокие требования к спортсменам в силу специфики вида спорта. Юные лыжники должны выполнять значительные по объему и интенсивности нагрузки, исходя из поставленных задач и увеличивающихся требований к достижению высоких спортивных результатов. Рассматривая возрастной период 11-12 лет, нужно тщательно подходить к его изучению. Период полового созревания влияет как на физиологическое, так и на психологическое развитие подростков. Педагог должен грамотно подходить к построению учебных и тренировочных занятий.

Ключевые слова: лыжные гонки, спортивный результат, тренировочный процесс, бег, дистанция, эксперимент.

The current state of skiing, in accordance with the socio-economic requirements of modern society, determines the dynamics of growth in sports results and places high demands on athletes, which is reflected in the earlier specialization of young athletes [1].

There are prerequisites for the search for new ways to increase the effectiveness of athletes' training activities.

The issue of optimizing the training process of young skiers is relevant, which consists in the selection of means and methods of sports training, the ratio of loads at the stages of annual training in accordance with the principle of individualization. It is necessary to use a differentiated approach to young athletes when organizing the pedagogical process and implementing the set tasks based on the individual psychological, pedagogical, and age-related characteristics of children's development, and to involve them in systematic skiing activities (S.M. Lunkov, 2000; O.I. Kamaev, 2000; V.N. Seluyanov, 2002; P.V. Kvashuk, 2003) [5, s. 18-19].

The aim of the study was to improve the training process for 11-12-year-old cross-country skiers at the basic training stage. It was assumed that the effectiveness of the training process for young skiers aged 11-12 would be higher if the training load was regulated and combined in a rational manner in the annual training system. The object of the study is the training process of cross-country skiers at the basic training stage.

Material and methods. The subject of the study is the construction of the training process for cross-country skiers aged 11-12. The research suggests that the obtained data on the construction of rational planning can be used to supplement the scientific and methodological foundations of training in a children's and youth sports school. The significance of the study lies in the fact that the use of the experimental methodology contributes to an increase in the level of physical fitness, as well as to a more effective organization of training activities in a children's and youth sports school.

To achieve the set goal, it was necessary to solve the following tasks:

1) To determine the level of development of motor abilities in children aged 11-12 who practice skiing at the Olympic Sports School.

2) To develop planning documents that will help improve the physical condition of children aged 11-12 in a sports children's and youth institution by focusing on the development of endurance.

3) To experimentally substantiate the effectiveness of the developed planning, which contributes to increasing the level of physical development in children aged 11-12, based on the predominant development of endurance in the process of sports and training activities.

To solve these problems and obtain information, I used the following methods: analysis and generalization of scientific and methodological literature; pedagogical observations; anthropometric studies; assessment of the level of physical fitness; pedagogical experiment; and methods of mathematical statistics.

The results and their discussion. I analyzed the current software and methodological support for the training process of middle school children in a sports children's and youth educational institution, as well as the characteristics of the formation of morphofunctional systems in 11-12-year-old children under the influence of physical activity and the development of their motor abilities.

Pedagogical observations were carried out on 11-12-year-old children who were students of the Olympic Winter Sports School. The purpose of the observation was to identify the means and methods of developing the motor abilities of 11-12-year-old athletes who practice cross-country skiing. The observation took into account the variety of means and methods of developing motor abilities, their ratios, as well as the volume, intensity, and focus of physical exercises. During the observation period, 27 different training sessions were observed.

The control tests were conducted in the form of testing to identify the effectiveness of the proposed methodology in the experimental and control groups and the dynamics of the development of motor abilities: speed, speed-strength, coordination, flexibility, and endurance. The following tests were used to determine the motor abilities:

- to assess speed abilities - 30 m run in time (s);
- to assess flexibility - forward bend from a sitting position with legs apart (cm).
- to assess speed and strength abilities - crouching - lying - crouching - standing (number of repetitions);
- to assess coordination abilities - 4/9 m shuttle run (seconds);
- to assess endurance - 1000 m run (minutes).

This study was conducted in four stages between 2024 and 2025.

By analyzing the state program for SDYUSHOR, I adjusted the distribution of educational material based on my own experience and proposed changes to the structure of the training process.

The results of the adjustment are presented in Table 1.

Table 1 – Load distribution in the control and experimental groups

№ п/п	LESSON CONTENT	CONTROL GROUP	EXPERIMENTAL GROUP
I	Theoretical training	18	18
II	Practical training		
1	General physical training	258	179
2	Special physical training	100	179
3	Technical training	50	50
4	Participation in competitions and control starts	20	20
III	In-depth medical examination	6	6
IV	Rehabilitation measures	12	12
V	Instructor and referee practice	4	4
	TOTAL HOURS	468	468

There are three main periods: preparatory, competitive, and transition [3, s.13-15].

1. Autumn training (preparatory) period. The period of basic physical training and tactical and technical work. Again, it lasts approximately: July – August – September – October – November.

2. Winter competitive period. The period of final formation and development of the system of competitive actions and participation in competitions - December - January - February - March.

3. Spring-summer recovery (transitional) period. The period of rest, recovery, development of new principles and improvement of already mastered ones – April – May – June [3].

Based on the distribution of educational material, I have developed an annual training plan for 11-12-year-old cross-country skiers.

The planning of training and competition loads in the experimental group was based on the identified features of the use of means, methods, volumes, and intensity of loads aimed at developing physical qualities. The training process in the control group was based on the generally accepted methodology (M.A. Agranovsky, 1980; V.D. Evstratov et al., 1988; I.M. Butin, 2000, etc.) [4, s.60-62].

In the experimental group, the distribution of loads by stages was based on the identified relationships between physical, technical, and tactical indicators and the effectiveness of competitive sprinting. The distribution of loads in the mesocycles of the spring-summer and summer-autumn stages solved the following tasks: to create a good general training base and maintain the previously achieved level of fitness; to maintain the average level of loads using a balanced ratio of general and special physical training; to create a "foundation" for special physical training, to increase the level of general and strength endurance; to increase the level of special physical and functional fitness, to improve the technique of imitation of skiing moves and on roller skis; to increase the level of development of special endurance and speed-strength abilities; to improve the technique of movements in accordance with a higher level of special physical training; maintain the achieved level of special physical training by improving the technique of movement and tactics for completing competitive distances..

During the spring and summer training period, the experimental group's cross-country skiers experienced significantly different training loads compared to the control group in terms of volume and intensity.

The main objectives of the autumn-winter stage were: to restore the technique of skiing, to adapt the cross-country skiers to perform loads in winter conditions with the subsequent approximation of the functioning of the athlete's body systems close to the competitive conditions; to achieve the highest performance for the main competitions.

The loads performed by the experimental group during the autumn-winter stage were characterized by the mandatory maintenance of speed on segments of 1,000-1,300 m, with a relatively reduced volume of total cyclic load. Special exercise equipment was continued to be used in the mode of circular training in series.

An analysis of literary sources and a generalization of the practical experience of training cross-country skiers allowed us to identify a lack of scientific research on the ways and methods of preparing athletes of this specialization for competitions. There is a shortage of research based on the principles of developing the main aspects of cross-country skiers' fitness, especially in the development of physical qualities such as strength and speed. At the beginning of the study, we identified the indicators of physical fitness of 11-12-year-old cross-country skiers who were students at the Olympic Winter Sports School in Vitebsk. The data showed that the physical condition of 11-12-year-old ski athletes was at an average level. To improve the physical condition of 11-12-year-old ski athletes, an experimental program was developed based on an irrational distribution of training material. This program involves changing the volume, intensity, and direction of the standardized physical activity of 11-12-year-old ski athletes while maintaining the overall structure of their daily routines by reducing their organizational aspects and reallocating their content.

Conclusion. As a result of using the experimental program, the indicators of general endurance (by 28.43 %), speed-strength abilities (by 12.71 %), speed abilities (by 15.23 %), coordination abilities (by 16.58 %), and flexibility (by 39.82 %) improved significantly more than in the control group of 11-12-year-old skiers ($P < 0.05$). The training methodology for cross-country skiers, developed based on the development of motor qualities, functional capabilities, technical and tactical indicators, and rational planning, has improved the results in cross-country skiing sprints and has not had a negative impact on standard distance races or free style skiing.

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