



Features of building a yearly training session for kickboxers

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Abstract

Objective of the study was to identify features in the structure and content of the annual training cycle of kickboxers, taking into account the patterns of acquisition, preservation and temporary loss of sports form.

Methods and structure of the study. Based on the systematic control of training loads, data were collected on the construction of a one-year training session for kickboxers aged 17-18 (n=20) of the youth kickboxing team of the Republic of Bashkortostan. In the study for accounting, analysis and planning of physical activity, the technique of A.V. Chernyak, G.I. Mokeeva, Yu.B. Nikiforov. The duration and intensity in the groups of exercises performed in the course of a one-year training session, as well as the nature of the distribution of the load volume by intensity zones, the features of planning the load parameters in classes, cycles, and stages were evaluated.

Results and conclusions. When studying the influence of training loads on the effectiveness of training junior kickboxers in the annual training cycle, it was found that it is advisable to manage the process of preparing for the main competitions on the basis of two macrocycles. When planning a two-cycle annual training, it is necessary to take into account the factors that affect the effectiveness of training: indicators of the total load of the annual cycle, the nature of the distribution of load parameters over the stages of the annual cycle, groups of exercises and intensity zones.

Keywords: *kickboxing, annual cycle, sports training.*

Introduction. The level of sportsmanship and sports results are largely related to the ability to build training in long training cycles. In kickboxing, a promising developing sport, there is not enough information about the results of complex studies aimed at identifying the features of training at various stages of an athlete's long-term training, about the magnitude of training effects, the content and nature of their distribution in the annual cycle, which complicates the planning process and reduces the effectiveness of training.

Objective of the study was to identify features in the structure and content of the annual training cycle of kickboxers, taking into account the patterns of acquisition, preservation and temporary loss of sports form.

Methods and structure of the study. Based on the systematic monitoring of training loads, data were collected on the construction of a one-year training session for kickboxers aged 17-18 (n=20) of the youth kickboxing team of the Republic of Bashkortostan.

In the study, for accounting, analysis and planning of physical activity, the technique of A.V. Chernyak, G.I. Mokeeva, Yu.B. Nikiforov [1, 2]. The duration and intensity in the groups of exercises performed in a one-year training session, as well as the nature of the distribution of the load volume by intensity zones, and the features of planning the load parameters in classes, cycles, and stages were evaluated [2]. As a result of the study, quantitative indicators of the main parameters of the training load of the annual cycle and



its structural components (periods, stages, cycles and classes) were obtained.

To assess the changes in the state of athletes, a complex control was used [3], including a set of tests in which preparedness was assessed according to the following indicators: physical performance (PWC170); functional state of the cardiovascular and respiratory systems (Genche test); psychomotor qualities (time of a simple and complex reaction, reaction to a moving object, sense of time); special preparedness (number of strokes on the shock platform for 10 s., 60 s. and three rounds of 2 minutes); effectiveness of competitive activity (according to the method of O.P. Frolov, 1966); subjective sensations of athletes (questionnaire of physical condition, activity and mood, R. Matthesius).

Results of the study and their discussion. The structure of a one-year training for a given qualification level of athletes (17-18 years old) was built in the form of two macrocycles, taking into account the competition calendar.

In the first macrocycle (preparatory period) the tasks of forming the optimal sports form of athletes were solved, and in the second (competitive) - the realization of individual potential in the main competitions of the year. In each period, stages (mesocycles) were distinguished, the structure and content of which was planned taking into account the tasks set.

The analysis of the training process in the annual cycle made it possible to identify the main training (pedagogical) factors that ensure the success of the preparation of athletes for the main competitions.

Among the leading factors that ensure successful training, one can single out the annual volume and intensity of the load. Their values largely determine the degree of optimal formation of an athlete's fitness indicators. The results of the research showed that the most successful athletes performed in the main competitions in the case of the implementation of the annual volume of load equal to 9400-9600 min. The average intensity of the annual training load is 60%. The ratio of the volume of special and general training was 48 to 52%.

The formation of a sports form is influenced by the distribution of the total training load over the stages of the annual cycle. A feature of the preparatory period (1st macrocycle) of a yearly training is a large total volume of the training load, the largest part (57%) of which is performed in the group of general train-

ing exercises. In this period, lasting five months, the means of special training are aimed at the formation of the main components of the optimal readiness of athletes. In the preparatory period, the athletes took part in three competitions with a characteristic limited liability, having a training orientation.

In the competitive period (the 2nd macrocycle lasting four months), in order to create conditions for the implementation of the acquired sports form in the main competitions, special training means are more often used, of which: special preparatory exercises (24%), exercises to improve technical and tactical skills with a partner (14%), apparatus exercises (12%), competitive exercises (5%).

When analyzing the structure and content of training loads in the annual cycle of qualified kickboxers - juniors, it was revealed that with successful preparation for the main competitions, the ratio of the volume of partial loads to the value of the total volume is: general physical exercises - 52%; special preparatory exercises - 23%; apparatus exercises - 9%; exercises to improve technical and tactical skills - 12%; competitive exercises - 4%. The average intensity of private loads at the stages of the annual cycle varies in a wide range and is on average equal to: general developmental exercises - 45-60%; special preparatory exercises - 60-65%; projectile exercises - 62-70%; exercises to improve technical and tactical skills - 70-72%; competitive exercises - 80-95%.

In the annual cycle, the intensity of the training load depends on the direction of the stages of preparation. The general developmental part of the annual load of junior kickboxers is performed mainly with low and medium intensity, and the specialized part is performed with high and maximum intensity (4th and 5th zones). The distribution of the annual volume of the training load by intensity zones in the ratios: 1st zone - 12%, 2nd zone - 23%, 3rd zone - 30%, 4th zone - 21%, 5th zone - 14%.

Conclusions. When studying the influence of training loads on the effectiveness of training junior kickboxers in a training annual cycle, it was found that it is advisable to manage the process of preparing for the main competitions on the basis of two macrocycles. When planning a two-cycle annual training, it is necessary to take into account the factors that affect the effectiveness of training: indicators of the total load of the annual cycle, the nature of the distribution of load parameters over the stages of the annual cycle, groups of exercises and intensity zones.



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