

Features of applying russian experience in preparing qualified china athletes in mini-football

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Abstract

Objective of the study was to identify the features of the use of Russian experience in the preparation of qualified Chinese athletes in mini-football (futsal).

Methods and structure of the study. A survey was conducted of coaches working with futsal student teams of the Russian University of Sports "GTSOLIFK" (Moscow, Russia), the Mongolia Technological University (Hohhot, China), Beijing Sports University and Peking University (Beijing, China).

Results and conclusions. The effectiveness of training qualified Chinese athletes in mini-football (futsal) is determined by the use of advanced approaches to organizing the structure and content of the training process, which is based on a variety of training tools. The Russian system of training qualified athletes in mini-football (futsal), over a long period of testing scientific, theoretical and practical approaches to organizing the training process, has shown its high efficiency, which is confirmed by the results of national and club teams at competitions of various ranks. Thus, it is advisable to substantiate the specifics of using Russian experience in training qualified Chinese athletes in mini-football (futsal).

Keywords: *mini-football (futsal), qualified athletes, long-term training, training process, integral preparedness.*

Introduction. Increasing the sportsmanship of qualified players in mini-football (futsal) is largely determined by the quality of the organization of the long-term training process, which should have its own structure and content at various stages of the annual training cycle [1, 5, 6].

An analysis of special scientific and methodological literature [2, 3, 4] showed that the available sources discuss in sufficient detail the issues of physical and technical training of qualified athletes in mini-football (futsal), and also touch upon some aspects of the morphofunctional development and technical and tactical readiness of players. However, the results of numerous studies on these issues alone do not fully solve the problem of increasing the effectiveness of the long-term training of quali-

fied Chinese athletes in mini-football (futsal). In particular, there is no data that generalizes Russian experience and specifies the long-term training system taking into account national characteristics.

Objective of the study was to identify the features of the use of Russian experience in the preparation of qualified Chinese athletes in mini-football (futsal).

Methods and structure of the study. In the context of achieving the goal of the study, coaches working with futsal student teams of the Russian University of Sports "GTSOLIFK" (Moscow, Russia), the Technological University of Mongolia (Hohhot, China), Beijing Sports University and Peking University (Beijing, China) were offered a questionnaire

that included 15 questions, which made it possible to study the features of the use of Russian experience in the preparation of qualified Chinese athletes in mini-football (futsal).

Results of the study and discussion. A sociological survey conducted shows that in order to achieve high sports results, 32.5% of coaches working with Chinese qualified athletes in mini-football (futsal) must have high levels of physical fitness, 24.4% - tactical readiness, 20.5% - psychological, 16.4% - technical and only 5.2% - integral.

Research has revealed that the majority of specialists (73.7%) do not associate the effectiveness of game actions with indicators of integral readiness; as a rule, coaches pay attention to the player's understanding of the tactical interactions of players in defense and attack. In turn, it should be noted that 56.3% of Russian coaches believe that the result of the execution of specific technical and tactical techniques in the process of competitive activity of qualified athletes in mini-football (futsal) directly depends on the degree of readiness of the player to overcome competitive loads. Maintaining high motor activity throughout the match is largely determined by the indicators of the athletes' integral preparedness.

As research by Russian specialists has shown, in modern mini-football (futsal), the integral preparedness of an athlete, combining physical, technical, tactical, psychological, functional and game components, is one of the key areas that ensures further improvement in the sportsmanship of players at the stages of long-term training.

In this regard, in order to increase the integral components of the preparedness of qualified Chinese athletes in mini-football (futsal), it is necessary to effectively plan training loads that make it possible to maintain maximum motor activity during the game and show high performance in game actions in defense and attack.

A sociological survey revealed that the main criterion for planning an integral training load for the majority of 42.2 and 35.0% of Russian coaches working with qualified athletes in mini-football (futsal) is the regulation of the volume and intensity of the motor vehicle in the process of developing physical qualities and improving technical skills. -tactical actions and the use of various operating modes during game exercises. It should be noted that only 10.6% of Chinese experts recom-

mend focusing on the athlete's playing role when planning an integral training load, since each athlete plays his role on the court and is an important unit in organizing team interactions, which must be carried out with maximum speed and duration. throughout the match without reducing physical performance.

The results of the survey made it possible to determine that for the majority of 43.8% of Russian qualified mini-football teams, planning the integral training load is most significant in the preparatory period of the annual training cycle of athletes, 24.1% - competitive and 13.2% - transitional. It should be noted that 18.9% of Chinese specialists working with qualified teams in mini-football (futsal) use an integral training load at all stages of the annual training cycle.

It was experimentally established that only 14.3% of Chinese coaches consider it necessary to plan the integral training load in their teams at all stages of athletes' training. It is characteristic that 34.5 and 30.6% of Russian specialists, respectively, believe that it is advisable to plan the integral training load for qualified athletes in mini-football (soccer) at the special preparatory and pre-competition stages of sports training. It was found that 15.5% of Chinese coaches believe that the integral training load gives the greatest effect if it is applied at the competitive stage of the annual training cycle of qualified athletes in mini-football (futsal).

The preparation of a qualified Chinese team in mini-football (futsal) involves the introduction of innovative technologies, which are summarized in sufficient detail and justified in the Russian system, which has proven high efficiency over many years of research, since Russian teams demonstrate high sports results in the process of competitive activity.

Conclusions. Summarizing the data of the ongoing research, it should be noted that in the annual training cycle of Chinese qualified athletes in mini-football (futsal), the main attention should be given to the comprehensive improvement of the athlete through the use of integral training loads depending on the game role that the athlete performs during the game.

This fact indicates that in order to increase the effectiveness of the long-term training of qualified Chinese athletes in mini-football (futsal), it is necessary to actively implement theoretical and meth-



odological developments that are substantiated and have proven highly effective in the training system of Russian teams.

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