

PREPARATION OF TABLE TENNIS PLAYERS WITH PROGRAMMED LEARNING ELEMENTS

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Annotation:

The article discusses the usefulness of the elements used in the principles of programmed training of table tennis players. The ways of implementing such elements in the tabletop training system are shown.

Keywords: target motives, target tasks, programmed learning, structural-logical scheme, programmable elements of training.

Introduction

Reserves for improving the skills of Uzbek table tennis players can be found in two relatively independent areas:

- 1) when working with children and teenagers in specialized sports schools and schools of the Olympic reserve;
- 2) when working with athletes who train at the stage of sports improvement.

The specificity of a certain part of the second group lies in the fact that its representatives have gone through the stages of training that are typical for youth sports, but have not yet reached the level of the highest sportsmanship [1]. Often they seem to “get stuck” at a certain level of preparedness, but they show the necessary purposefulness in the training process, retain their sports capacity, intensively work on their improvement and further form an array of qualified players who, firstly, are healthy competition to the strongest athletes, and secondly, they often join the ranks of the elite [2, 3, 4].

Sports improvement is based on taking into account the interaction of physical and mental factors of training and competitive activity, which requires an integrated approach to building a system of sports training [5, 6]. The development of a science-based technology for training table tennis players prompts the search for new approaches to the choice of its means and methods [7, 8].

A methodical approach to the construction of sports training with the use of elements of programmed training seems to be promising. This provides for a complex system of goals, several relatively independent levels of functioning of the training system and an independent control system that allows you to constantly evaluate the effectiveness of program implementation. The possibilities of programming in modern table tennis are extremely large, and the introduction of such an approach can significantly increase the level of preparedness of table tennis players [9, 10].

The problem of programming sports training, as one of the ways to implement the idea of programmed learning, has repeatedly become the subject of special studies,



and some works [11, 12, 13] are based on the material of sports and gaming activities. In the field of theory and methodology of table tennis, such works have not been carried out [14, 15].

The sports training program adopted by us contains the following main features of programmed training:

- application of the key task method for such an approach, which contains an adequate description of specific training goals corresponding to the stage of sports improvement;
- the use of a structural-logical scheme in the development of a system of sports training;
- determination of efficiency criteria for both individual elements of programmed training, and the entire training system as a whole;
- determination of specific "steps" for the phased implementation of programmed training.

Thus, the first operation in this case is to determine the initial state - the level of preparedness of table tennis players.

The general target motive for the whole system of sports training of table tennis players is the adequacy of the applied training means and methods to the laws of the formation of sportsmanship and the objective capabilities of athletes.

Private target motives were as follows.

- to improve physical fitness - to develop motor qualities (a group of qualities), taking into account the potential capabilities of athletes, using the patterns of compensation for "weak links";
- for technical and tactical preparedness - to master the system of technical and tactical techniques that are adequate to the individual characteristics of the athlete and the stage of sports training;
- for psychological readiness - to master the basic skills of mental self-regulation during the competition.

The training process is organized in accordance with the target tasks (target tasks), which are specifically expressed in the given level of preparedness of athletes for a certain period of time and determine the training program necessary to achieve this level.

The target task method is based on the following principle of learning programming: to apply special effects according to the optimal program with optimal control of this process. The following groups of training influences are conventionally differentiated:

- 1) general physical training: improvement of flexibility, speed-strength and strength qualities, general endurance;
- 2) special physical training: improvement of coordination abilities and special dexterity, special speed, speed-strength qualities, special endurance;
- 3) technical training: improving the technique of movement, the technique of rolling and counter-hitting - single actions and combinations from different playing areas,



rolling and counter-punching in movements and various combinations, improving cutting and twisting, improving the technique of performing a top spin and receiving a top spin, serving pruning and rolling;

4) improving combinations of elements of playing technique on the right and left in various speed modes, combinations of elements of playing technique on the right and left with the beginning of an attack, two- and three-way tactical combinations, combinations of serving with the beginning of an attack, improving individual game tactics.

Conclusions

For the practical implementation of the principle of programming in table tennis, we used a differential-block approach:

- 1) Exercises were used with a differentiated target focus on the development of one or two "related" qualities, the improvement of a certain gaming skill;
- 2) Blocks (complexes) of exercises were used with different directions both for the development of one quality or skill, and for the improvement of a certain section of sports training.

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