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SPEED-FORCE PREPARATION OF THE QUALIFIED WRESTLERS OF THE GRECO-ROMAN STYLE IN PRECOMPETITION PERIOD

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Abstract. In clauses the features of structure of physical preparation of the qualified wrestlers are characterized and the place of speed-force preparation in physical preparation of the fighters is examined. The author has developed and experimentally has checked up a technique of speed-force preparation of the qualified wrestlers of the greco-roman style in precompetition period.

Key words: the wrestlers of the greco-roman style; speed-force qualities of the qualified wrestlers of the greco-roman style; precompetition period.

THE EFFECTIVENESS AND THE IMPORTANCE OF PERMANENT STAGES OF A GAME IN BALL'S EUROPE CHAMPIONSHIPS - PORTUGAL 2004

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The evolution of the defence game of the players, especially on its highest levels, forces the players to apply aggressive forms of marking, shortening and narrowing a game field. It concerns not only those players of the defensive formation but also helpers and strikers. The defensive, and offensive actions have a total character meaning using all the possible means in every phase of a game.

Currently applied the very effective defence game, resulting in precise strikers' marking, forces the trainers search other solutions, mainly the effective performance of permanent marking a game which more and more frequently influence the game score [Kulesza 1993, Pinkowski 2003, Duda 2004, Wrzos 1998, Żmuda and ibid. 1999, 2003, Maranda 2001, Wrzos 2002, Pinkowski 2005].

The condition of an effective performance of a permanent stage of a game is: its perfect and technically novel performance, a high and tactical preparation of a whole team, familiarity with game rules as well as a high extent of anticipation of particular players in hardly predictable game situations.

Work objective

The aim of a work was to describe the effectiveness of permanent stages of a game among the leading European teams taking part in a final phase of a tournament for Europe Championship- Portugal 2004.

Work subjects

The subjects of a work were the players in particular games: Portugal – England (2:2, 6:5 after penalty), France – Greece (0:1), Sweden – the Netherlands (0:0, 4:5 after penalty), the Czech Republic – Denmark (3:0), Portugal – the Netherlands (2:1), the Czech Republic – Greece (0:1), Portugal – Greece (0:1). The first four games were the tournaments with quarter-finals of Europe Championships, the following two- semifinals and the last game Portugal – Greece, was a final of these championships.

Research method

The method of a research was a direct observation supported by a video technique. The analysis of a game's effectiveness was conducted with the use of proper observation sheets according to which particular permanent stages of a game were analyzed.

Research results' analysis

In the analyzed 7 meetings of a final phase of tournaments for Europe Championship- Portugal 2004, 15 goals together were won, out of which 8 were won from the permanent stages of a game. It comprises up to 53,33% of all the goals. What was surprising- penalty was dictated. In the final phase of a tournaments, the players played very aggressively applying short marking, however, within the penalty field they played very carefully and at the same time they did not risk giving the penalty whose effectiveness of the performance in this type of tournaments is considerable high. The situation turned out to be quite similar as far as a free return in a direct gate proximity was concerned.

The biggest amount of goals was won from the corner- 7, meaning one goal in a game which comprised 46,67% of all the goals. Only 1 goal was won (in a quite accidental manner) from the out-return which comprised 6,67% of all the goals.

In a final phase 84 corners took place which in average comprises 12 these corners per one game. The goal effectiveness was considerable though- 7 goals which comprised 8,33% of all the corners. Performing these returns in a small proximity from the gate is favourable for the attacking players since the precise marking of them on such a small and crowded game field is practically impossible. Thus, while training the players, it is worth to emphasize this element not only in the attack but also in a possibly effective defence.

The most frequently performed permanent element of a game in this phase of tournaments was the out-return, performed approximately 51,43 times per one game. Although it comprises a considerable number of all the permanent fragments, its goal effectiveness is very low.

In the case of the analyzed 7 meetings, 1 goal per 360 was won from all the out-returns (it comprises the goal effectiveness- 0,28%), though this goal was won in a quite accidentally manner resulting in the evident mistake of a defender. However, this element cannot be neglected since it is frequently applied by the defence team which, using the moment of throwing a ball to out, applies a tactical method in order to interrupt the attack and distract the enemy.

The second, as for the frequency of a performance, permanent stage of a game is a free return. In 7 played games, 319 free returns, which amounts to 45,6 times per one game (33,02%), were conducted. Regardless of so many free returns, the situation which would finish with gaining a goal did not occur. Nonetheless, this element of a game ought to be improved as while being conducted within the attack zone it creates an immense danger near the enemy's gate and very frequently finishes with gaining a goal [Szwarc 2003].

In the 7 games played in a final phase of championships a penalty was not conducted during the regulation' game time. The ball teams taking part in this type of championships, regardless of hard and harsh defenders' playing, try to defend in such a way not to commit an error in a penalty area. The scale of this element is needless to discuss since the majority of the games are adjudicated in a play-off and in case it does not succeed, penalties are taken into consideration. The effective performance of this element is a very significant attribute of the ball teams in many tournaments including those of the highest rank.

The remaining permanent game's elements like the returns from a gate or renewal from the middle of a field do not influence the final score of a game.

Conclusions

1. In a final phase of Europe Ball's Championships- Portugal 2004 approximately 33,02% permanent game's elements were conducted. The most effective as for the number of gained goals was a corner- 8,33%.
2. The players of the defence formation apply all the possible means in order to impede the game to the enemy, however they avoid a hard and harsh game on a borderline of a foul in their own penalty area.
3. The championship defensive game of the teams taking part in a final phase of tournaments caused that in spite of 319 free-returns (usually conducted far from the penalty areas), none of them resulted in gaining a goal.
4. The remaining permanent game's elements did not influence the final score of the played tournaments to much an extent.

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THE AIM OF A WORK WAS TO ASSESS THE EFFECTIVENES AND THE IMPORTANCE OF PERMANENT STAGES OF A GAME IN FINAL PHASE OF TOURNAMENTS FOR EUROPE CHAMPIONSHIP- PORTUGAL 2004

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Abstract. The method of a research was a direct observation supported by a video technique. The results of the research confirmed the increasing influence of the permanent game's elements on the sporting result in this type of championships. Almost 50% of gained goals are those goals gained from the permanent game's elements, mainly from the corner. Application indications concern training the players in an effective enforcement such permanent game's elements as the corner, penalty and out-return. These are those elements which have the biggest influence on the sporting result as far as the highest rank's tournaments are concerned.

КРИТЕРІЇ ТА СТРУКТУРА СПЕЦІАЛЬНОЇ ПІДГОТОВАНOSTІ КВАЛІФІКОВАНИХ ЛИЖНИЦЬ

Тетяна ДОРОФЄЄВА

Харківське обласне вище училище фізичної культури і спорту

Однією із необхідних умов вирішення проблеми управління підготовки спортсменів є розробка ефективної системи педагогічного контролю. Остання створює об'єктивні передумови для диференціації та індивідуалізації тренувальних навантажень у різних структурних ланках макроциклу підготовки. У лижному спорті розглядається велике число різноманітних тестів й контрольних вправ, за результатами яких рекомендується оцінювати стан підготовленості спортсменів різної кваліфікації [1-8]. Проте, не всі з них є специфічними для лижників і відповідають вимогам надійності та інформативності.