

THE BASIC STAGE OF TRAINING OF YOUNG ATHLETES

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Abstract

In this paper the author deals with the basic stage of training of youth sports. He emphasizes its importance for future athletic performance during training top. Properly conducted training in the basic stage provides a broad development of motor skills, works to prevent health problems due to excessive and unilateral loads. It is necessary to acquire many different motor skills. The athlete may be advised in choosing the sports branch, which will be dedicated in future stages of sports training. The author mentions the avoiding of premature specialization to increase sports performance and achieve peak performance in a chosen sport branch in adulthood. Furthermore, the author notes that a significant part of the training system in a wide range of sports is athletics and fitness training. For this reason, the basic stage of athletic training as a very suitable basis for many sports. The author presents a specific example of preparation of youth sports organization in the athletic club Slovan Liberec AC. He focuses especially on the content of sports training in the youngest age groups.

Introduction

Sport in contemporary society has a unique place. The monitoring is a passive entertainment for a broad social strata regardless of age, education or social status. The activity in sport can be at different levels, from recreational to form athletic performance. Operating at different levels also has different meanings and objectives. Recreational sport is particularly important social, health, sports performance itself is not so important. The performance and professional sports is the most important state to the athletic performance. However, especially in young people, there cannot be ignored the public health importance of regular physical activity, participation in shaping the individual psyche, personality formation, etc.

1 Athletic training

The term sports training means a deliberate and regular physical activity. The aim is to prepare them for competition and individual achieve maximum performance in the chosen sport or discipline. This is usually achieved after several years of training, depending on the structure of sports performance in athletes, etc. Athletic training is a systematic and long-term process, which over time varies depending on age and level of physical and psychological characteristics of athletes. Changing the nature, content, intensity and forms and methods of training process are very important. Motion content of the various sports, although very diverse, but all training can be observed some general principles. You should always respect the physiological possibilities of the athletes to avoid undue damage to the load on the body, but especially for youth, sports, health and promoted the overall development of the individual. The development of sports skills always depends on the level of implicating physical abilities (speed, strength, endurance, agility), which are mutually dependent, and their development must be always together and appropriate. In terms of basic content,

intensity, prevailing forms and methods of training, we could differentiate them into specific sports training periods - stages:

1.1 Stage of pre-sports preparing

Basic objective of this phase is to create positive attitudes towards regular physical activity and development of basic motor skills and natural motor skills,, (running, jumping, throwing). At this stage we cannot talk about training in the strict sense, but rather is designed to regulate the use and spontaneous physical activity in children. Exercise should be fun for the kids, the competition selects a versatile workout, never emphasize performance or location. Age may be the stage for most sports to define up to about 8-10 years old.

1.2 Stage of elementary training

In the long term, this is the most important stage of sports training. Age, it can be defined approximately between 8 and 13 years depending on the sport. Its meaning, content and objectives of the training are actually very similar for all sports. The aim is to get the widest variety of motor skills and motor abilities to develop naturally. It strengthens the relationship to the regular sports. Children acquire the basic knowledge in training and its effect on athletic performance. However, even at this stage, it is still worth the performance criterion of the correctness of the training process. It is rather the overall level of development in a wide coverage for developing motor skills, number of acquired motor skills, awareness of the fundamental principles of the training process, a positive attitude to training and racing, the development of moral and volitional characteristics, etc. It is also the content of prevailing generally oriented exercises, widely used forms of training. Over-representation of special exercises leading to a rapid increase in performance does not create conditions for further performance growth. If you have already run out at this time, efficiency means to increase athletic performance, and weaken the very possibility of further improvement. This can cause a loss of motivation and interest in sports. Early specialization can also lead to various health risks and damage from overloading or improper loading.

1.3 Stage of specialized training

Age can be defined approximately between 14 and 19 years of age. Again, it depends on the sports sector and every individual athlete. This stage is characterized by increased volume and intensity of workouts. There is a choice of sports industries or specific disciplines which increase the amount of special exercises to strengthen specific athletic skills. Still, attention-round development since the development of individuals in this age group has not yet ended. There is an increase in athletic performance, attention to all aspects of the structure of sports performance - physical, technical, tactical and psychological. Sports performance is becoming an important criterion for success in the training stage.

1.4 Stage of the top training

Rarely is this stage filled with over 20 years of age. The aim is to achieve individual maximum athletic performance. This stage is the culmination of a long-term sports training. This is mainly due to high demand, which puts on the athlete. The volume and intensity of training achieved a threshold. There are used special intensive exercises aimed at developing capabilities and skills directly affecting the performance. A general practice has here an

important function in terms of maintaining health. It serves to maintaining the achieved condition and as a compensatory exercise.

2 Fitness training

Fitness training for many sports is an essential part of the training process. The aim is to develop the necessary motor skills. The basic stage of training is characterized by almost a uniform development of all basic motor skills - speed, strength, endurance, skill, and movableness. It has to do with respecting laws and age-sensitive period for the development of motor skills. The ones with the exception of anaerobic endurance are currently under the age of the basic stage of sports training. To develop the use of their amount of exercise, often we use the natural physical activities such as walking, running, jumping and throwing. These natural and physical activities are the foundation of most athletic disciplines. Therefore we can meet up with the name of athletic preparation for other sports. Properly conducted basic training phase can be very different in different sports.

2.1 Development of high-speed capabilities

Velocity abilities are subject to a large extent genetically determined. For their development, the proper technical execution of movement is very important. Sensitive period for the development of the reaction and the frequency rate is between 8-12 years, the speed of action and resistance starts about two years later. Failure rate of development in this period may cause under-utilization of the speed potential of athletes at a later period and is already very difficult for improvement. The reaction rate develops various stimuli (response to auditory, visual or tactile stimulus - such as clapping, throwing and catching up ...), speed of action most often during or through reflection. Development of high-speed capabilities requires maximum concentration and effort. Therefore, we take a short implementation period (up to 5 to 7 p.) and a sufficient recovery interval and the total volume of exercise performed. Not included in fatigue, check the technical execution of movement.

2.2 Development of power capacity

Power is a prerequisite for any movement. Therefore, the development of strength abilities at this age is very important. Power capacity, however, has a fairly complex structure. In the basic phase of training we develop particularly dynamic strength abilities. There should be the connection with the speed abilities (speaking of speed-strength abilities). The best seems to be a natural reinforcement - ie its own weight (eg, sheds, reflections, handles, climbing up ...). Static strength of developing a limited extent, especially in muscle groups providing posture. Sensitive period for the development of static strength and maximum is up to the stage of specialized training (approximately 14 to 19 years).

2.3 Development of endurance capacity

The main objective is to develop overall endurance, the ability to endure the training loads. At this age children have good working conditions for the development of aerobic endurance. We use the above methods, and alternate forms of the game should be well motivated. The development of anaerobic endurance training in the basic stage is used with great caution, and more at the end of this stage, there is not yet fully developed an anaerobic energy production mechanism. When using the interval method, it is necessary to judiciously select the length of the load and rest interval.

2.4 Developing of dexterity

Dexterity has a multifactorial nature, one of her kinaesthetic-differentiating ability, the ability of the reaction and the rhythm and balance. Its development occurs in virtually any practice that is not yet fully mastered. We have already learned to use the exercise in difficult conditions, coordination of asymmetric exercise, manipulation of various objects (eg balls), etc. The development is often hidden in the development of other motor skills.

2.5 Developing of mobility

Maintaining adequate muscle flexibility and joint range is as important as prevention from certain sports injuries and directly determines the proper technical execution of movement. Resources to develop and maintain mobility, we include in every practice unity in the form of swing and stretching exercises at the beginning and at the end. We use a variety of relaxation exercises in the course of their own training load.

3 Athletic Training System of AC Slovan Liberec

Pupils take in most athletic and most numerous sections of the basic article sporting activities. It is the foundation of the pyramid on the top of which are the best adult athletes. Therefore it is necessary to pay sufficient attention to training system. This system must start from an early age, but on the other hand, not in the long-term athletic training for the 'glut' athletics, and thus the potential loss of motivation and athletic careers end before they could actually begin. From this perspective, the question is when and how the athletic training starts, that is, how old the children are, and what to do?

Athletic prep should include a period of approximately between 2 in class 5 - about 7 years. Groups of products should ideally be around 15 children to 1 coach and age group would be composed of two classes with not large differences in the motor level children. Therefore it seems most appropriate a plant configuration into two groups: 7-8 years and 9-10 years. In these groups we still cannot talk about athletic training. The focus here is mainly on the formulation of basic physical skills and positive attitude to getting regular physical activity. Given the age should be a dominant form of non-violent game. The coach of such a group does not necessarily have to be an athlete, but it could be one of the pedagogical talents, and above all, the ability to find suitable link to this age group. When transferring to another age group, children should have the habit of regular practice, and should handle basic movement skills and exercises of dexterity character.

In the next age group of approximately 11-13 years (younger pupil athletic category), it is advisable to start the athletic training slowly, but care about the versatility and variety. Gradually familiarize children with the basic techniques of athletic disciplines and develop a particular speed and agility. In practice, we make sure the correct implementation of training exercises, but training time is chosen so that children maintain attention and focus on the correct implementation. Technical exercises are drawn in the various games and competitions. The competitions prefer various forms of multicontests composed of 2-3 disciplines (eg, 50 m + ball + distance relay with a segment length 100-200 m, etc.). I think it is preferable to form the team competition, where children can receive a sense of responsibility and "usefulness" even if the individual is not enforced.

In the next age group, there starts a specialized training phase. There is a selection of key disciplines. In practice, we can apply special technical training to a greater extent in the fitness training to care about the harmonious development of all muscle groups, such as

preventing the emergence of various muscle imbalances and potential injury. The whole system is shown in the accompanying diagram.

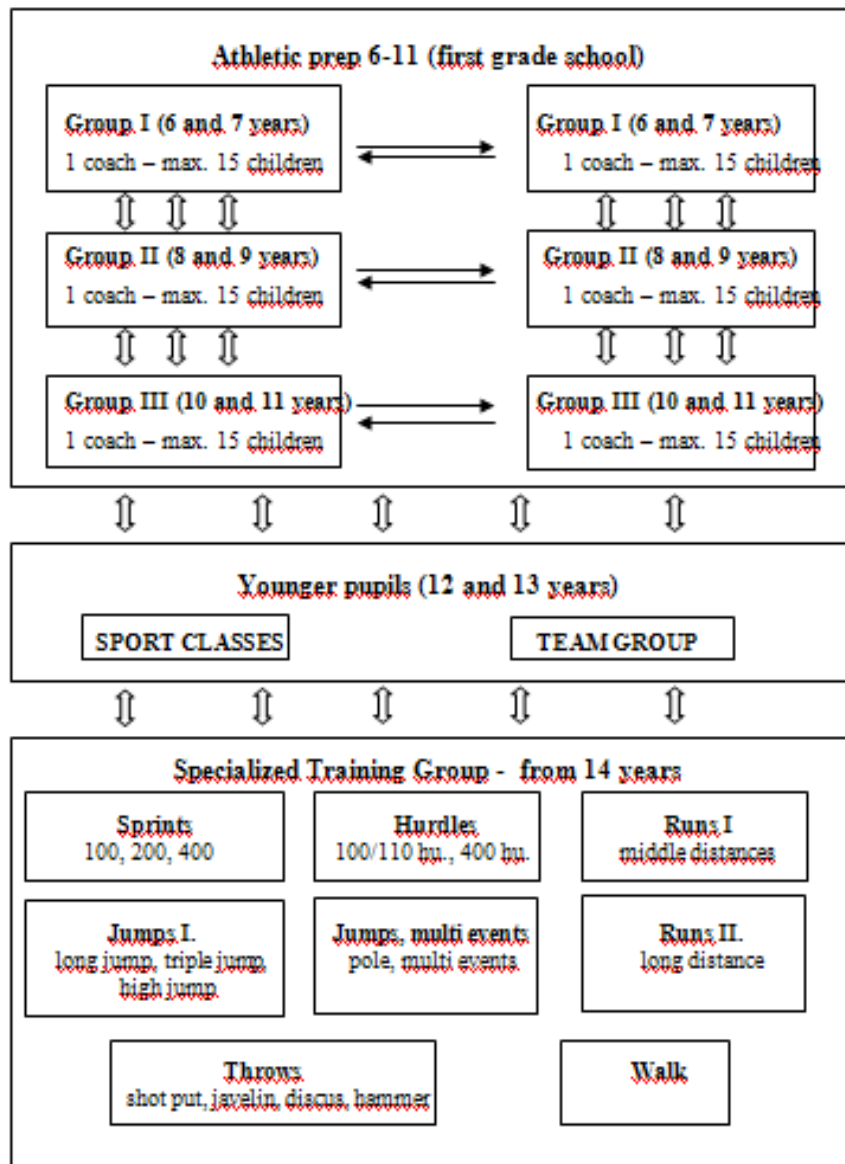


Fig. 1 Diagram of an training systeme of AC Slovan Liberec

Conclusion

Basic training phase is crucial for future athletic performance. At this stage young athletes gain basic movement patterns and in the later period it is difficult to correct faulty movement patterns. At this age, it is a sensitive period for the development of nearly all physical abilities. Young athletes will also acquire the greatest number of different sports skills. This is a necessary foundation for future growth performance. Therefore, at this training stage, attention and training should be led by experienced coaches.

Literature

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ZÁKLADNÍ ETAPA TRÉNINKU MLADÝCH SPORTOVCŮ

V příspěvku se autor zabývá základní etapou sportovního tréninku mládeže. Zdůrazňuje její význam pro budoucí sportovní výkon v období vrcholového tréninku. Správně vedený trénink v období základní etapy umožňuje široký rozvoj pohybových schopností, působí jako prevence zdravotních problémů v důsledku nepřiměřené a jednostranné zátěže. Umožní získat mnoho různých pohybových dovedností. Toho pak může sportovec využít při volbě sportovního odvětví, kterému se bude věnovat v dalších etapách sportovního tréninku. Zabráněním předčasné specializace se umožní nárůst sportovní výkonnosti a dosažení vrcholných výkonů ve zvoleném sportovním odvětví v dospělosti. Dále autor uvádí, že významnou součástí tréninkového systému v celé řadě sportovních odvětví je atletická či kondiční příprava. Z tohoto důvodu je základní etapa atletického tréninku velmi vhodná jako základ pro mnoho sportů. Autor uvádí konkrétní příklad uspořádání sportovní přípravy mládeže v atletickém klubu AC Slovan Liberec. Zaměřuje se pak především na obsah sportovního tréninku v nejmladších věkových kategoriích.

BASISSETAPPE DES TRAININGS FÜR JUNGE SPORTLER

In seinem Beitrag befasst sich der Autor mit der Basisetappe des Sporttrainings für Jugendliche. Er betont ihre Bedeutung für die künftige sportliche Leistung während des Leistungstrainings. Während der Basisetappe ermöglicht richtig geführtes Training eine weitere Entwicklung der Bewegungsfähigkeiten und wirkt gleichzeitig als Vorbeugung gesundheitlicher Probleme infolge einer unangemessenen und einseitigen Belastung. Sie ermöglicht es, viele verschiedene Bewegungsfertigkeiten zu erwerben. Das kann der Sportler dann bei der Wahl der Sportart, der er sich in anschließenden Etappen des Trainings widmen wird, nutzen. Durch das Vermeiden einer vorzeitigen Spezialisierung werden eine Steigerung der sportlichen Leistungsfähigkeit und das Erzielen von Höchstleistungen in der gewählten Sportart im Erwachsenenalter ermöglicht. Weiter gibt der Autor an, dass ein bedeutender Bestandteil des Trainingssystems in einer ganzen Reihe von Sportarten der Aufbau von Athletik oder Kondition ist. Aus diesem Grund ist die Basisetappe des athletischen Trainings als Grundlage für viele Sportarten sehr geeignet. Als konkretes Beispiel gibt der Autor die Strukturierung der sportliche Vorbereitung der Jugend im Athletikklub AC Slovan Liberec an. Dabei legt er seinen Schwerpunkt vor allem auf den Inhalt des Sporttrainings in den untersten Altersklassen.

PODSTAWOWY ETAP TRENINGU MŁODYCH SPORTOWCÓW

Autor w artykule poświęcił uwagę podstawowemu etapowi treningu sportowego młodzieży. Podkreśla jego znaczenie pod kątem przyszłych osiągnięć sportowych w okresie wyczynowego treningu. Prawidłowo prowadzony trening w okresie etapu podstawowego umożliwi szeroki rozwój zdolności ruchowych, działa jako profilaktyka problemów zdrowotnych powstających w wyniku nadmiernego i jednostronnego obciążenia. Umożliwia zdobycie wielu różnych umiejętności ruchowych. Sportowiec może to później wykorzystać wybierając dyscyplinę sportu, którą będzie uprawiał w kolejnych etapach treningu sportowego. Nie pozwalając na zbyt wczesny wybór specjalizacji umożliwia się wzrost efektywności sportowej oraz osiąganie szczytowych wyników w wybranej później w wieku dorosłym dyscyplinie sportowej. Ponadto autor stwierdza, że ważnym elementem systemu treningowego w wielu dyscyplinach sportu jest przygotowanie lekkoatletyczne lub kondycyjne. Z tego powodu podstawowy etap treningu lekkoatletycznego jest bardzo korzystny jako podstawa wielu form sportu. Autor podaje konkretny przykład organizacji przygotowania sportowego młodzieży w klubie lekkiej atletyki AC Slovan Liberec. Uwagę poświęca przede wszystkim zakresowi treningu sportowego w najmłodszych kategoriach wiekowych.