

• **ТЕОРЕТИКО-МЕТОДИЧНІ, МЕДИКО-БІОЛОГІЧНІ
ТА ПСИХОЛОГІЧНІ АСПЕКТИ ПІДГОТОВКИ КВАЛІФІКОВАНИХ СПОРТСМЕНІВ**

• **THEORETICAL AND METHODOLOGICAL, MEDICAL, BIOLOGICAL
AND PSYCHOLOGICAL ASPECTS OF QUALIFIED SPORTSMEN PREPARATION**

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**THE DIFFERENTIATION OF TECHNICAL
AND TACTICAL TRAINING OF SPORTSMEN
IN TEAM SPORTS AS A DIRECTION
OF SCIENTIFIC RESEARCH**

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**ДИФЕРЕНЦІАЦІЯ ТЕХНІКО-ТАКТИЧНОЇ ПІДГОТОВКИ СПОРТСМЕНІВ В ІГРОВИХ КО-
МАНДНИХ ВИДАХ СПОРТУ ЯК НАПРЯМ НАУКОВИХ ДОСЛІДЖЕНЬ. ЮРІЙ БРІСКІН, МАР'ЯН ПИ-
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Анотація. Змагальна діяльність у таких видах спорту як баскетбол, гандбол, футбол, водне поло та ін. ха-
рактеризується складнокоординаційною структурою та різноманітними напрямками застосування техніко-
тактичних дій, що спрямовані на отримання кінцевого ефекту в лімітованих умовах. Досягнення результату в цих
видах спорту істотно ускладнюється тим, що спортсмени в змагальній діяльності перебувають у жорсткому кон-
такті та безпосередньому протистоянні з суперниками.

Мета дослідження – визначити проблемне поле диференціації техніко-тактичної підготовки спортсменів у
командних ігрових видах спорту.

Методи дослідження: теоретичний аналіз і узагальнення наукової літератури, аналіз документальних ма-
теріалів, метод порівняння, абстрагування та систематизація.

Напрями диференціації в техніко-тактичній підготовці кваліфікованих спортсменів повинні врахувати те-
мпи розвитку організму, рівень підготовленості, кваліфікацію, соматотип, основні напрямки індивідуальної ігро-
вої діяльності, зони спортивного майданчика, ігрові функції (амплуа).

Проблемне поле диференціації техніко-тактичної підготовки кваліфікованих спортсменів передбачає роз-
робку концепції та її перевірки в умовах навчально-тренувального процесу в командних ігрових видах спорту.

Ключові слова: диференціація, техніка, тактика.

The problem presentation and analysis of recent investigations and publications. Adver-
sarial activities in such kinds of sport as basketball, handball, football, water polo, mini, beach foot-
ball, etc. are characterized by coordinating structure and orientation of technical and tactical actions
for getting the final effect in definite time. Achievement of the result in such sports is significantly
complicated by the moment, where sportsmen in adversarial activities are in direct confrontation and
hard contact with competitors.

Experts note [2, 3, 6, 7, 8, etc.] that training of qualified sports team was largely connected
with improvement of all kinds of tactical cooperation (team, group, individual). Nevertheless, no-
body can realize their skills without acquiring the necessary technical skills level.

Generalizing the statement of the most scientists [2, 6, 7, 9, etc.], technical and tactical training
in team sports should be considered as complete system in achievement of sports result.

However, the unified approaches in improvement of technical and tactical training in educa-
tional and training process in this group of sport aren't detected.

Relation to the important scientific and practical tasks. Research performed according the
theme 2.4 "Theoretical and methodological principles of training process individualization in team
sports" of the consolidated plan for research in the field of physical culture and sport for 2011-2015
of the Ministry of Ukraine of Family, Youth and Sports.

Aim of the research. To determine problematic field of differentiation of technical and tactical training of sportsmen in team sports.

Methods of research: analysis and generalization of scientific literature; analysis of documentary materials; comparison and logical method, abstracting and systematization of the results obtained.

Presentation of the basic material. Among last scientific researches [6, 7, 8] it is indicated that content training of sportsmen has become more complex. It is pointed that it required changes from extensive form (by quantitative increase) to intensive one (by improvement of qualitative part). In particular, using personal approach in training of sportsmen in team sports has been suggested and approved.

In researches during 2004 – 2010 the technology of individualization of young sportsmen training at stages of long-term preparation in sports games has been motivated. So its features at the second (pre-basic training) and the third (specialized basic training) stages of long-term training in sports games [4] have been studied.

Nevertheless, individualization of training has been directed into selection of some sportsmen characteristics and developing of training process with their consideration as well as individualization for skillful sportsmen that forms specificity of personal style of their activity.

At the level of qualified sportsmen it is more justified to develop training with consideration of some model characteristics set that allows to form groups of sportsmen and to realize differentiated (distribution of parts) approach to education and training process [5, 6].

Preliminary analysis of scientific methodological literature allowed to define some directions of differentiation of sportsmen training: by the rates of development (retardants and accelerates), by level of preparedness, level of skill, somatotypes (anthropometric data) and playing functions (role) [3, 9, etc.].

One of the most popular directions of differentiation that is marked in special literature is training with consideration of sportsmen somatotypes (set of anthropometric data). According to some authors, doing of certain set of playing functions (role) is strictly determined by anthropometric data of sportsmen. These affirmations are justified using the general totality of sportsmen but you should pay attention to number of examples of sportsmen of defined role and their anthropometric data (table 1).

According to the data obtained, sportsmen of one team in team sports, that are doing the same set of playing functions in competitive activities, have got essential anthropometric divergences. It allows us to state that differentiation exclusively by anthropometric data wasn't describing the features of competitive activities of sportsmen to the full.

So such functions which a sportsman does in the process of competitive activities are taking on the decisive meaning, role; anthropometric data serve only as the background for their modeling. So, according to the role, it is necessary to enter a variable component in training process of sportsmen in team sports.

The problem of training sportsmen of different role had been discussed by number of experts in relation to the young football players, especially callisthenics and functional training on base of erogenous means use [5].

There have been found some numbers of researches of differentiated improvement in callisthenics of basketball players, football players, water polo players of different playing role [1, 2, 3, 4, etc.]. Also, callisthenics is forming a foundation for modeling of the other sides of preparedness separately technical and tactical. They are directly forming the backgrounds for getting result in competition activities in sports games.

Analysis of scientific and methodological literature for technical and tactical training has already indicated the being of scientific researches connected with improving the efficiency of attacking actions of basketball players of 15-17 years old based on modeling of resistance to opponents, where the consideration attempt of situational conditioning of game and players' opposition, who are doing the opposite functions, has been done. Study methods have been carried out on base to increase efficiency of attacking actions of qualified basketball players by transfer of structure models

of forwards technical actions and technical and tactical actions of defenders in playing situations of competitions' resistance. It approves the availability of structure distinctive features of technical and tactical actions of players with different role in basketball.

Table 1

№	Team	Surname	Role	Height / Weight
1	Youth football team of Ukraine «U 21»	D. Oliynik O. Hladkiy	forward	175 / 63 187 / 77
		O. Dopilka V. Vernidub	defender	181 / 68 194 / 86
		D. L'opa D. Harmash	midfielder	172 / 67 187 / 71
3	Handball club «Smart» (Kriviy Rig)	Ua. Hanichkyna L. Hrilka	left welter weight	180 / 69 190 / 72
		T. Sumaroka N. Dibrova	goalkeeper	180 / 64 189 / 71
4	«Dynamo» (Lviv, water polo)	O. Dobush V. Skuratov	midfielder	181 / 88 189 / 103
		M. Zinkevich V. Ueres'ko	goalkeeper	184 / 78 190 / 84
5	Mini-football club «Urahan» (Ivano-Frankivsk)	P. Shoturma M. Pavlyuk	universals	156 / 53 182 / 78
		O. Izhakivskiy K. Cipun	goalkeeper	182 / 85 188 / 75
6	Mini-football club «Dynamo» (Moscow, Russia)	O. Rahimov P. Kobzar	forward	169 / 78 178 / 68
7	Mini-football club «Dina» (Moscow, Russia)	R. Havier M. Perich	forward	170 / 63 190 / 90
8	Basketball club «Kaha laboral» (Spain)	D. Logan S. Emeterio	defender	184 / 82 198 / 84
9	Basketball club «Unikaha» (Spain)	M. Terrell F. Gerald	defender	175 / 77 191 / 82
10	Basketball club «Olympiacos» (Greece)	M. Pelekonos Z. Erceg	forward	198 / 81 210 / 85

Probably, these differences have got their display in other playing indexes. Thereafter, these indexes are forming features of competitions activities of players of different role that require some consideration in educational training process [5, 6, 7].

In other sources related to the structure of competitive activities in playing team sports, the information for improving technical and tactical training is really limited. So in grass hockey numbers of scientific researches, which are devoted to the studies of long-term training for young sportswomen regarding callisthenics, control and dynamics of the relationships, factor structure of physical and technical preparedness of sportswomen in grass hockey, has been detected. These researches don't consider game specifics of sportswomen competitive activities [3].

There are data [6] as for age, dynamics of development and specific improvement of coordination abilities of qualified hockey players. These researches disclose indirectly the problems of technical and tactical training by correlation with solving situational tasks (assessment and regulation of dynamic, as well as spatial and time options of movements, maintain balance, sense of rhythm, orientation in space, voluntary relaxation of muscles, coordination of movements). In addition, the disadvantages of tactical thinking are being compensated by the velocity of motor reactions, stability and distribution of attention, sense of time, distance, moment, etc.

Significance of different technical and tactical preparedness characteristics in training of 13-14 years old hockey players, where rankings of the main teamwork in attack and defense have been sub-

stantiated and performed, has been established. However, the effective ways of realization of technical and tactical training with consideration of playing role haven't been detected in this research.

The importance of the optimal completing of team with consideration of technical and tactical skill is substantiated in example of compositions of the hockey teams for XX Olympic Games (Turin, 2006), where using the optimal anthropometric indexes for defenders and forwards has proved that the efficiency of hockey players performance was mainly connected with the special facilities as well as with the understanding and realization of their playing functions at the playgrounds [6].

The similar directions in educational and training process have been selected in American football. The differentiation between orientation of activity (attack or defense) has been recommended by author to be carried out; besides this, the role of the field position [9] has been defined. Also these scientific data can be estimated as attempt of differentiation of sportsmen' training in zones (playing parts) of the playground. The confirmation of these scientific views has also been detected in basketball, where the technical and tactical mastery of high qualified basketball players in realization of rapid breakthrough [2] has been recommended to improve.

So it is set by numbers of previous researches that anthropometric data can be the background of modeling some players functions by playing role, but isn't the determinative component in their realization.

It should be noted that there were larger reserves as for narrow specialization of players in such kinds of sport as handball, mini-football and hockey. It is connected with the replacements of players, which are permitted during the game without stopping the game time. So, in process of training of sportsmen in these kinds of sport it is more essential to differentiate playing functions of players, separately for attack and defense.

The situation is different in basketball, football and rugby. In these kinds of sport sportsmen have got defined positions and do different technical and tactical actions for orientation (defenders, forwards, centrals, etc.) It also updates the necessity of differentiated approach to their technical and tactical training.

Analyzing a number of selected players' role in team kinds of sport in scientific and methodological literature points on it being inconsistent. It should be noted that the system of differentiation of technical and tactical training of sportsmen by their playing role according to goalkeepers (football, handball, hockey, etc.) [3] is more reasonable and perfect. It is caused by the fact that in competitive activities goalkeepers did the specific work regulated by the rules of competitions.

So, the problem of qualified sportsmen training in team sports with the consideration of actions structure and playing functions, which are directly performed by them in competitions, needs solution.

It can be done by verification of differentiation concept as for technical and tactical training of qualified sportsmen in team sports.

Conclusion. Directions of differentiation in technical and tactical training of qualified sportsmen predict the consideration of paces of body development, level of preparedness, level of skill, somatotype, direction of activity, zone playground, playing functions (role). The problematic field of differentiation of technical and tactical training of qualified sportsmen predicts modeling of concept and its verification in conditions of educational and training process in team sports.

Further research perspectives provide determination of differentiation principles of technical and tactical training in team sports.

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**ДИФФЕРЕНЦИАЦИЯ
ТЕХНИКО-ТАКТИЧЕСКОЙ ПОДГОТОВКИ
В ИГРОВЫХ КОМАНДНЫХ ВИДАХ СПОРТА
КАК НАПРАВЛЕНИЕ
НАУЧНЫХ ИССЛЕДОВАНИЙ**

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Аннотация. Соревновательная деятельность в таких видах спорта как баскетбол, гандбол, футбол, водное поло и др. характеризуется сложнокоординационной структурой и различными направлениями технико-тактических действий, направленных на получение конечного эффекта в лимитированных условиях. Достижение результата в этих видах спорта существенно осложняется тем, что спортсмены в соревновательной деятельности находятся в условиях жесткого контакта и непосредственного противостояния с соперниками.

Цель исследования – определить проблемное поле дифференциации технико-тактической подготовки спортсменов в игровых командных видах спорта.

Методы исследования: анализ и обобщение научной литературы, анализ документальных материалов, сравнения и логический метод, абстрагирование и систематизация.

Направления дифференциации в технико-тактической подготовке квалифицированных спортсменов должны учитывать темпы развития организма, уровень подготовленности, квалификацию, соматотип, направления индивидуальной игровой деятельности, зоны спортивной площадки, игровые функции (амплуа).

Проблемное поле дифференциации технико-тактической подготовки квалифицированных спортсменов предполагает разработку концепции и ее проверки в условиях учебно-тренировочного процесса в командных игровых видах спорта.

Ключевые слова: дифференциация, техника, тактика.

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Annotation. Adversarial activities in such kinds of sport as basketball, handball, football, water polo, mini, beach football, etc. are characterized by coordinating structure and orientation of technical and tactical actions for getting the final effect in definite time. Achievement of the result in such

sports is significantly complicated by the moment, where sportsmen in adversarial activities are in direct confrontation and hard contact with competitors.

Aim of the research is to determine problematic field of differentiation of technical and tactical training of sportsmen in team sports.

Methods: analysis and generalization of scientific literature; analysis of documentary materials; comparison and logical method, abstracting and systematization of the results obtained.

Directions of differentiation in technical and tactical training of qualified sportsmen predict the consideration of paces of a body development, level of preparedness, level of skill, somatotype, direction of activity, playground zone, playing functions (roles). The problematic field of differentiation of technical and tactical training of qualified sportsmen represents the modeling of conception and its verification in conditions of educational training process in team sports.

Key words: differentiation, technique, tactics.

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