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Technology of Managing System of Competitive Activity at High Qualification Gymnasts

Key words: *model, planned, development, process, objective, technology, technical, tactical, physical, skill, gymnast.*

Annotation: *this article takes the opportunity to review the structure and technologies of competitive activity's management and to recommend the sequence of making decisions and actions that make this process more predictable and pedagogically directed.*

The concept "management" has found the status of general scientific category carrying out a key role in the course of knowledge of difficult systems (L.M. Kulikov 1996). In theory, the practice of sports under the management of the system of training athletes is comprehended as the process of transferring a system from one (original) state to another (model, planned) through ordering (controlling) influences, based on its inherent objective laws and tendencies (principles) that characterize its qualitative certainty (properties) (L.R. Ayrapetyants 1992; V.K. Balsevich 2000; V.N. Platonov 1997; B.N. Shustin 1995, etc.).

The purpose of the present research is definition of components of management of competitive activity of gymnasts of high qualification.

Competitive activity - as a complex, self-developing, dynamic system, features of activity of gymnasts at competitions of various scales and also modern views on training of the athlete as the controlled pedagogical process have formed the basis for the development of algorithms for the formation of structure of competitive activity in the process of precompetitive trainings.

In the most general view this technology includes the object of management (gymnast), its motivational orientation, readiness (state), the competitive program, competitive load and behavior, i.e. basic elements of system of competitive activity. In the process of purposeful management (the operating system) the athlete is exerted by managing directors (trainer) and revolting (rivals, the system of competitions, carrying out conditions) impacts. Competitive achievement is result. The main objective of this process is to improve the efficiency and effectiveness of functioning of system. To make a decision about the management of this system, it is necessary to determine its purpose, the objectives of its individual subsystems and alternative (tactical) options for achieving these goals, which are compared according to certain efficiency criteria, and also to choose the most suitable for this situation way of organizing the solution of the problem on the basis of the leading principles.

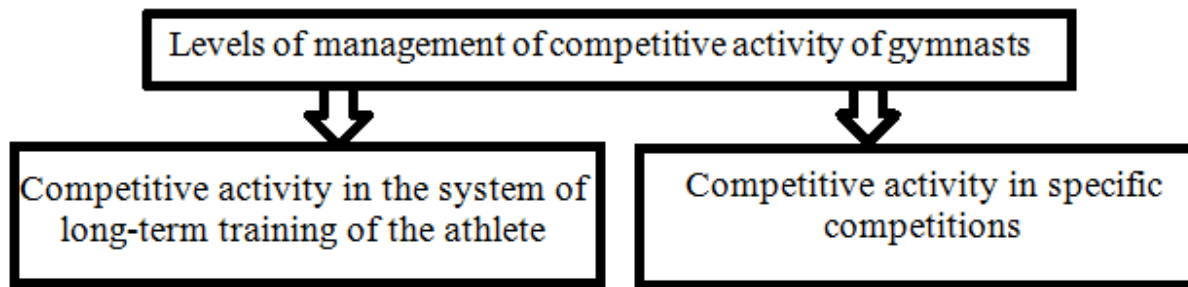


Figure 1. Levels of management of competitive activity of gymnasts

It is the most preferable to consider technology of management CA (competitive activity) of gymnasts as process of preparation and realization planned, proceeding at two levels (the figure 1.)

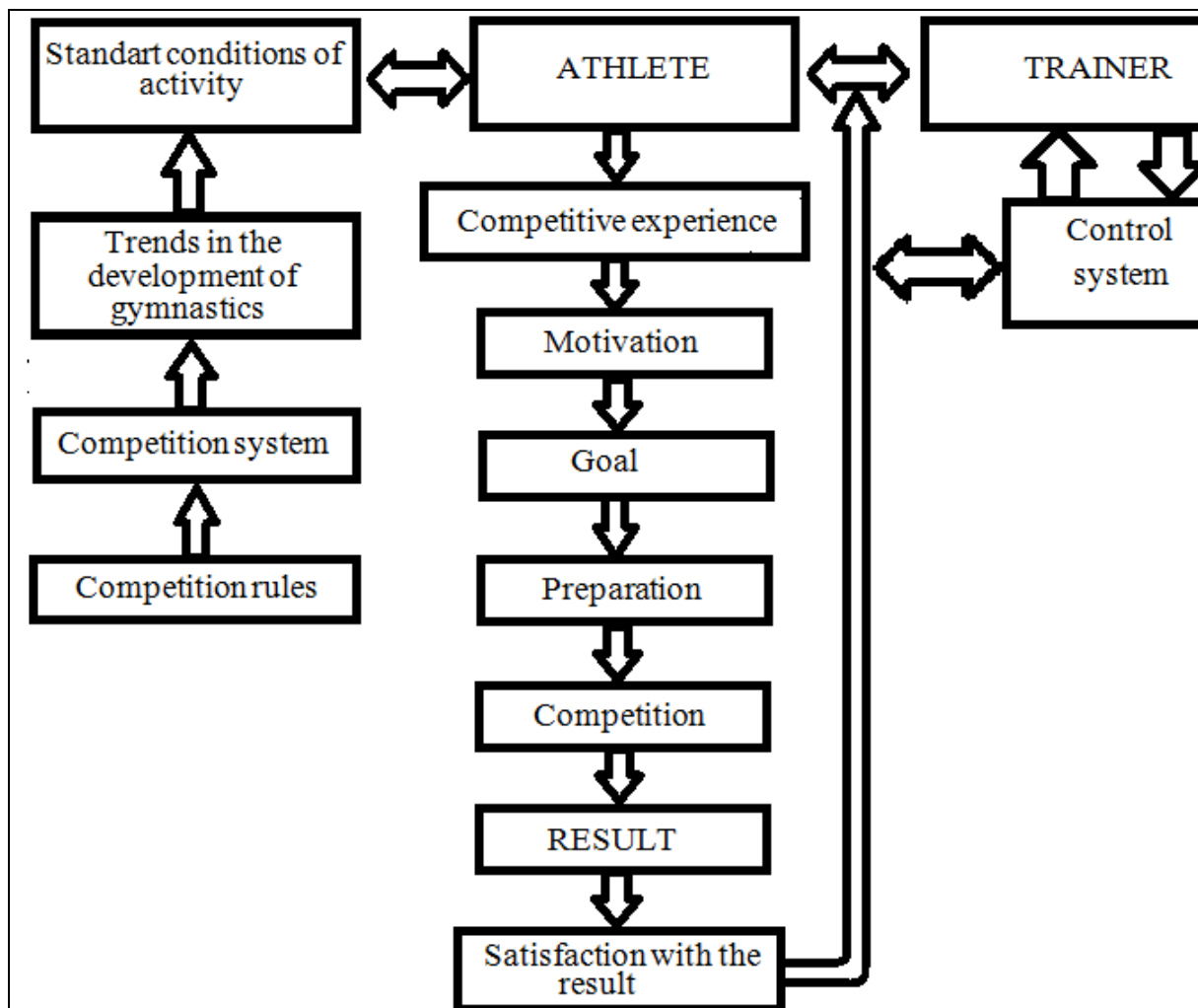


Figure 2. The scheme of management of competitive activity of gymnasts in the course of long-term preparation.

This type of management of competitive activities can be considered as a stage management (V.N. Platonov, 1997), which provides for the construction of the process in large structural formations: long-term preparation, a year cycle, period or stage. In this case, adaptation of athletes to extreme situations of struggle at the main competitions is provided, firstly, with long-term competitive adaptation and, secondly, modeling of direct precompetitive preparation taking into account technical and tactical, physical, morpho-functional and mental features of highly skilled gymnasts.

The management of competitive activity at the first level provides complex application as the general, and specific regularities, principles, means and methods of system of training of gymnasts and is carried out by the athlete and the trainer by means of traditional management operations: collecting and analysis of information, acceptance and implementation of the decision.

The basis for this purpose is tendencies of development of artistic gymnastics, the competition system, competition rules, skill and a psycho-functional condition of the athlete.

Existence of the previous competitive experience based on the fixed adaptive (system) structural trace and motivational orientation, allows the athlete and the trainer to determine the main goal of the forthcoming activity.

After that, the direct precompetitive preparation begins, including definition of initial state, the development of model of competitive activity and the program for its implementation, which realization allows to prepare the competitive exercises that meet the goal and the current level of development of sports and technical skill.

The prepared program of actions is implemented at specific competitions, leading to a sport result, which is a product of competitive activity, which has both individual, and social value, and significance for the athlete and society.

In the process of this activity, the trainer and the gymnast constantly exercise parallel control of the athlete's condition and behavior, development of competitive situation and, if necessary, make adjustments to his competitive actions.

All changes occurring in the gymnast's organism during preparation and participation in competitions are formed and fixed as a complex of adaptive morpho-functional rearrangements in the form of a system structural trace (L.M. Kulikov, 1996), which is expressed in the transition from urgent adaptation to long-term (V.N. Platonov, 1997).

It is also necessary to note the probabilistic nature of the behavior of the system of competitive activity, always striving for 100% of the planned program of actions, but, due to the multifactority and complexity of the activity itself, the achievement of the final result can vary within certain limits.

In this regard the great value is gained by the control system of competitive activity which by means of the timely correcting impacts on a state and the competitive program, is capable to increase reliability of achievement of the planned result and bring it closer to 100%.

Besides, not the last role in competitive activity is played by satisfaction of the athlete, both result, and process of activity and preparation for it. It in the long-term plan can promote either acceleration, or delay of process of further improving sportsmanship.

First of all, the athlete and the trainer study and summarized standard conditions in which competition will take place: the competition regulations and special requirements for the final exercises.

Then pass to specification of a type of the forthcoming competitions which can be (Platonov V.N., 1997) preparatory, control, leaden, selection and main.

Taking into account the individual importance for an athlete at the same competitions, absolutely opposite goals and tasks can be solved: the effectiveness of the activity, the achievement of mastery, the achievement of stability, etc.

The important value will be had also by competitions conditions: the estimated list of participants, the material and technical resources, features of the venue, medical support, the regime of life and nutrition, the possibilities of recovery during the multi-day tournament and material incentives.

After that, on the basis of the available needs for competitive activity, motives of achievement of success are formed and the main goal - achievement of the greatest possible individual result which can consist in a victory, the taken tournament place, a demonstration of high sportsmanship.

Further it is possible to pass to modeling of the competitive combinations and to achieve the corresponding levels of technical and psycho-functional readiness for the upcoming competitions. The optimal duration of this training is a four-week period.

The most important part of the competitive activity is realized directly at the competitions, which last three to five days, depending on their scale: arrival and testing of the competition places, qualification and days of the final competitions. Activity on competitions includes the basic elements of the system of the CA (competitive activity) of gymnasts: competitive actions, competitive loads, competitive tactics, the condition of the athlete and his behavior.

The dynamism of competitive struggle requires constant study and observation of the competitive situation: in sports gymnastics, athletes do not have direct contact with the rival, they can even perform with the main competitors in different streams and teams, and in the final act not at the same time that considerably complicates the situation of the choice and decision-making. Therefore it is necessary to constantly control competitive actions and behavior of the main rivals and, taking into account this circumstance, to make further tactical plans and to define complexity of the carried-out exercise. In this regard the trainer and the athlete by means of the current or operating control and correction manage activity of acrobats at specific competitions.

No wonder that the offered simplified technological schemes of management cannot fully reflect all complexity and variety of the situations that arise in the process of preparation and participation of gymnasts in competitions, however with their help it is possible to present the

main aspects of control technology, its structure, the sequence of actions and decision-making, which should make this process more predictable and pedagogically directed.

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