

## INDIVIDUALIZATION OF TRAINING PROCESS AS A LEADING CONSTRUCTION OF SKIERS' TRAINING COMPONENT IN PREPARATION FOR HIGHER ACHIEVEMENTS

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**Annotation.** The aim was to improve the process of preparation of skiers in preparation for higher achievements. It is spotted urgency of introduction of individualization in the training process, the principles and directions of realization. It is offered individualized relationship seen as consistent instructional techniques and forms of management training athletes. It is proved that increasing individualization rationality of functional reserves of athletes and prevent early retirement. Argues that the correction of the training process is the need for the development of genetic expression in the function of an athlete and popular sports specialization. It is noted that during the preparation of the highest achievements of a fundamentally important point is to ensure that the conditions under which the period of maximum susceptibility athlete to achieve the best results with the same period of the most intense and complex in the coordination for training loads.

**Keywords:** personalization, training, skiing, racing.

### Introduction

In modern sports high level of sports results is frequently achieved with the help of extreme loads, straining sportsmen's physical and functional abilities to the limit. To avoid to early exhaustion of organism's reserves and excessive oppression of sportsman organism's adapting mechanisms, it is necessary even in early age to individually plan training and competition loads and actively use factors and conditions, increasing the efficiency of sportsmen's training and competition activity [1]. Individualization of training process at the stage of preparation to the highest achievements is urgent in connection with the beginning of Winter youth Olympic Games. In the opinion of specialists in theory and methodic of sports training [4-5] it is important to consider individual functional and physical indicators of sportsmen already at early stages of many years sports training; in the future it will permit to completely realize their potentials both in training and in competition activity at the following stages of sports perfection.

Basing on analysis of literature [1-2], it can be said that realization of individualization principle in sportsmen's training is ensured by development of optimal system of many years training process, by determination of rational structure of competition activity, by creating of balanced system of out-of-training and out-of-competition factors and conditions utilization. Recent years, tension of training and competition loads in the process of preparation of qualified racing skiers has significantly increased owing to constant growing of competitiveness at international competitions. As it is proved by practice, the tension of training process can be survived not by all sportsmen; many of them finish their sports career already in young age. There are many reasons of canceling sport career, but the main are the absence of sport gift and insufficiently effective training methodic [6].

Systematic researches of individualization problem in junior sports have been started comparatively recently and at present they are in the stage of accumulation of empiric data, development of theoretical methodical principles of research of the problem, approaches to individual programming of junior sportsmen's training [2], that exactly determines the urgency of study of individualization in training process.

The research has been fulfilled as per "Combined plan of scientific & research works in the field of physical culture and sports for 2011-2015" of Ministry of education and science, youth and sports of Ukraine by subject 2.2. "Theoretical-methodic principles of highly qualified sportsmen's training in conditions of sports professionalizing".

### Purpose, tasks of the work, material and methods

*The purpose of the research* is improvement of racing skiers training process at the stage of preparation to the highest achievements by mean of individualization of training process on the base of analysis of scientific-methodic literature and advance practical experience.

*The methods of the research.* In this work we used methods of system analysis, generalization of literature data and methodical documentation as well as our own experience.

### Results of the researches

In training theory and applied literature, significance of individualization for optimization of results is marked out with reference, first of all, to a number of important principles. For example, principle of individualization is, by T.O. Bompa [10], one of 7 principles of training, while principle of individuality is, by B.S. Rushall [11], one of 7 principles of teaching. Besides, individualization was described as one of important principles of sport instructing, one of the most important elements of teaching process and as a key conception of training [<http://www.coachesinfo.com/index.php>].

The quality of professional racing skiers' training depends, to a large extent, on modern researches of training and competition activity, on the results of researches in pedagogical and biological disciplines, on considering of sports equipment perfection, grease auxiliary articles and etc. [6]. At the stage of preparation to the highest achievements provision of conditions, under which the period of sportsman's maximal liability to achievement of the highest results coincides with the period of the most intensive and difficult in respect to coordination training loads, is the key moment. With such coincidence sportsman usually achieves maximal possible results, otherwise they are worse [4].

One of the most important condition of individualization principle's realization in preparation of qualified racing skiers is availability of acting system of pedagogical control (control of competition activity, training and competition loads, control over the state of sportsman (usual, current and working) [1].

Basing on analysis of literature data, it can be said that realization of individualization principle in training of sportsmen is also ensured by development of optimal system of many years training, by determination of rational structure of competition activity, by creation of balanced system of out-of-training and out-of-competition factors and conditions' utilization [1, 3, 4, 8, 9].

Systemizing of in-born and acquired morpho-functional indicators, of individual-typological properties, of dynamics of motion potential's development, of adapting process's to physical loads peculiarities and energy supply mechanisms for specific workability in appropriate motion mode shall be in the base of system of monitoring of junior sportsmen's training.

Theoretical analysis [5] showed that the basis of system of monitoring of individual junior sportsmen's training is functional-time principle of systemizing of individual-typological properties, which consider in-born and acquired constitutional features of children, adapting and behavioral strategy under influence of different environmental factors in the period of children's growth and development.

The process of sports training shall be individualized as minimum by the following directions [1]:

- Individualization of technical and integral training in compliance with perspective model of sportsmen's competition activity;

Individualization of special physical preparation in compliance with perspective model of physical preparedness;

- Correction of pedagogical, training and other influences in compliance with dynamics of working, current and steady (stage) state, and with individual psycho-physiological features of sportsmen;

Basing on the results of researches it is recommended to use the following algorithm of individualization of junior sportsmen's training process [8]:

- Receiving information about individual forms of responses to loads, about the level of different sides of preparedness and the strain of organism's adapting mechanisms;
- Development of individual model of competition activity;
- Development of individual training program on qualitative and quantitative levels;
- Determination of strategy of training program's realization;
- Control over execution of program and its compliance with functional capabilities of a sportsman.

Individual way to the peaks of sportsmanship is determined by fulfilling of tensed training and competition loads, by main and auxiliary means in their scope and intensity in every annual cycle of training. Sportsman moves forward at the rates, which are determined by organism's potential to surviving high loads to adapt to them. It is necessary to increase technical, volitional and theoretical sides of sportsman's preparation [6].

The phenomenon of modern system of highly qualified racing skiers' training is in the fact that with fulfilling general principles and rules, individualization of training content significantly grows. The more sportsmanship level is the more specific plan of training must be, which shall consider individual features, bents, skills, domestic conditions of a certain skier. With achievement of sportsmanship level the same results of adapting reconstructions of a skier can be obtained by different training methods. Revelation of this personal variant of training of elite racing skier is the highest art of a coach [7].

### Summary

Training of qualified racing skiers is a difficult many years process, considering biological laws of sportsman organism's development and pedagogical principles of sport training.

In training process of qualified racing skiers, great attention shall be paid to their individual capabilities.

Correction of training process lies in the necessity of development of those functions of sportsman's organism, which are more expressed genetically, which are demanded by sport specialization and by program of main competitions of a season.

*The prospects of further researches* should be connected with determination of individual characteristics of functional state and physical preparedness of qualified racing skiers during year, that will permit to develop individual training programs for the stage of preparation to the highest achievements.

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