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NEW APPROACHES TO THE PRIMARY SELECTION OF YOUNG ATHLETES IN THE INITIAL TRAINING GROUPS IN ATHLETICS

The article reveals the features of the primary selection of children in 2-4 grades of Belarusian schools by means of the republican sports and mass project “300 talents for the queen”. Participation in the project allows you to increase the level of children’s motivation for athletics and is one of the stages of selection in initial training groups.

Today, more and more people are involved in sports activities. Athletics is one of the most massive and popular sports, which has a number of advantages over other sports - accessibility and popularity, low level of injuries, a dense schedule of different ranks of competitions and others.

However, there are a number of problems among which can be distinguished:

- lack of coaching staff of high qualifications;
- weak material base;
- increasing competition (especially game sports);
- the late age of the start of classes in comparison with other types;
- not a particularly attractive competitive system (especially for children).

The modern level of competitive result, demonstrated by elite athletes in the international athletic arena, makes high demands on the quality of the resource that is subjected to purposeful pedagogical impact during the training process for a long period of preparation [1; 2]. The use of the most advanced sports training technologies allows you to achieve the target level of competitiveness exclusively provided that the object of pedagogical influence is carriers of really outstanding motor capabilities. According to a number of authors [3; 4; 5] selection and sports orientation are not only the most important, but also one of the key elements of the athlete training system.

The intake to training groups in athletics is currently carried out from 7 years. However, in practice, a situation is formed when competition from other types of sports activities in which the set in groups occurs at an earlier age, significantly reduces the number of motor-dedicated children potentially in terms of sports preparation prospects.

Specialists working with young athletes, among the main problems, highlight the low motivation of children to athletics. To minimize the losses of the potential resource base and ensure the influx of the contingent when intake in the initial training groups, experts have to violate the requirements of regulatory documentation, shifting the terms of starting classes in groups, or finding forms with children outside the existing regulations.

The selection in athletics has ceased to be competitive. Correct comprehensive physical development, health, active life position, willpower, discipline, determination, patriotism – these values have faded to the background, and individual self-realization, fees [4] came to the fore. At the moment, the situation is being straightened, the number of sports schools is increasing, but there is a shortage of children in sports sections. People ceased to perceive sport and physical activity as the need for healing and physical improvement of man [3]. These and many other problems put the coach in difficult conditions, many coaches lose interest in work, many change their occupation, which in the future can lead to a lack of qualified specialists.

In turn, the trends of the modern world make their own adjustments to preferences when choosing a sport. More and more parents make a choice in favor of hockey, football, tennis, etc. There is an increasing need to find new forms and methods of attracting children to athletics.

In 2015, the Belarus Athletic Federation, together with the Ministry of Education of the Republic of Belarus and the Ministry of Sports and Tourism of the Republic of Belarus, initiated a project to identify promising children for further athletics “300 talents for the queen”. The main goal of the project is to select and attract children to athletics.

The project is carried out in the format of a republican sports event and takes place in 4 stages.

At the first stage, the project participants (children of 2-4 grades of elementary schools, due to health reasons, related to the main health group) at the beginning of the first quarter in their schools, pass testing on the subject “Physical Culture and Health” within the framework of the school curriculum: running 30 m, jump from a place, shuttle run 4 x 9 m, throwing the ball, running 800 m (500 m). The results are processed using a specially developed program, where the corresponding points are assigned to each result. According to the results of the first stage, about 450 people (boys and girls) are selected from each region and Minsk for the second stage for the best amount of points.

At the second stage, the winners of the first stage are again handing over the same testing, but already centrally and under the leadership of athletics coaches. According to the results of the second stage, the winners of the project are determined, which fall into the team of their area. The quantitative composition of the team is as follows: 7 boys and 7 girls of the 2nd grade, 7 boys and 7 girls of the 3rd grade, 8 boys and 7 girls of the 4th grade. Based on the results of testing of the second stage, the team includes 3 (4) people with the most scored points in the sum of all disciplines, 1 person with the best result in running 30m, 1 person with the best result in a long jump from a place with the best result, 1 in throwing the ball and 1 person with the best result in running at 500m (800m).

The third stage takes place during the spring holidays. 7 teams, together with 5 coaches, go to the training camp for 6 days, in which they actively train and prepare for the final stage – stage 4.

The fourth stage takes place in late April. All teams come to the city of Minsk, where they take part in the athletics competition. All finalists of the project compete in a 30m hurdles running, throwing a stuffed ball from the knees, long jumping from a place. The teams also compete in the 8x50m relay race.

As a result of the competition, the winners and prize-winners of each age category are awarded in individual events and by the sum of the all-around, as well as the winners in the team competition are determined.

The format of the final stage takes place in a bright, colorful atmosphere, with the involvement of a large amount of animation, fairy-tale characters and positive emotions that allow you to show the competition participants that athletics is fun and dynamic, no less attractive than other sports.

Throughout the existence of the project “300 talents for the queen”, many of its participants have come to the athletics schools, a number of which, at the moment, have become winners and prize-winners of not only republican, but also international athletics competitions.

Thus, the development and implementation of new sports educational projects such as “300 talents for the queen” helps to increase children`s motivation for athletics, thereby being one of the stages of the initial selection of children to further exercises, which is undoubtedly an important indicator in the current time.

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EFFECT OF PACE AND POWER ON BOAT SPEED IN KAYAKING

The effect of the kayaking components on each other can lead either to the improvement in the sporting result, or to its deterioration. The definitions of this effect will help to reduce the negative interaction of stroke parameters on each other and to strengthen the positive actions to achieve the goal. Moreover, this will enable to select the most appropriate means and methods of training to improve the kayaking performance.

Price of the victory in kayaking is determined sometimes by tenths, and other times even by hundredths of a second. The search for additional reserves, which contribute to increasing the level of athlete's training and achieving the maximum competition form, is the most important task in