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Individualization of Sports Training of Young Tennis Players

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A B S T R A C T

This article examines significance of individualized approach during psychological training at different stages of many years' perfection in tennis. The tasks of the research were studying of place and role of psychological component in general system of tennis players' sport training as well as determination of specificities of individualized approach during 14-15 years old and elite tennis players' psychological training.

A R T I C L E I N F O

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INTRODUCTION

Strive for provisioning of conditions for maximal possible results, coming from natural bents and developed on their base wide spectrum of sportsman's abilities, shall be in the basis of rational construction of tennis players' many years' training. Realization of this strive shall be ensured exclusively in planned way and with durable trainings, which consider peculiarities of organism's development and sportsmen's individual potentials [1-3, 5, 18, 19, 24, 30, 35, 39- 41]. It was established that consideration of sportsmen's individual characteristics in training process facilitate more qualitative opening of their bents, effective mastering of technical-tactic skills and increase of sportsmanship. Thus, one of ways for optimizing of training process in any kind of sports is application of individual approach to construction of training sessions [4, 6, 7, 9-12, 19, 26-29]. In scientists' opinion usage of mentioned above arsenal of properties would permit to apply differentiated approach to construction of trainings and realize reliable training of sportsmen of different age and qualification [2, 5, 8, 20-24, 31-34, 36-38, 42- 43]. As data from different kinds of sports witness individual approach is used mainly in training of elite sportsmen. And such approach is connected with consideration of exercises' technique, choice of competition functioning's structure, modes of training and so on. In this connection research of individualization of psychological training of tennis players and determination of its role at stages of many years' perfection are rather urgent. Purpose, tasks of the work, material and methods The purpose of the work is to determine significance of individualized approach during psychological training at different stages of many years' perfection in tennis. The tasks of the work were studying of place and role of psychological component in general system of tennis players' sport training as well as determination of specificities of individualized approach during 14-15 years old and elite tennis players' psychological training. The methods of the research: analysis and generalization of data of special scientific-methodic literature, questioning, method of experts' assessments, pedagogic observation, methods of mathematical statistic, analysis of Internet data. Results of the research Psychological training are an important component of sport perfection in different kinds of sports. Tensed training and competition functioning require from a sportsman demonstration of different psychological qualities, which, harmoniously combining with other sides of fitness, would ensure opening of actual motor potential and the highest results in the most responsible competitions of training period or sport career of a player. f all, studying of sportsmen's

psychological potentials requires certain level of additional knowledge (theoretical and practical base, methodic of diagnosing and so on), that can limit quantity of qualified specialists and spectrum of the studied questions. Second: the studied object (sportsman's psychological potentials) is rather complex structure, which requires consideration of many components and laws. The received during literature review data show that great number of works is devoted to studying of only separate problems of sportsmen's training (psychic features or personality's characteristics). It does not permit to create systemic idea of peculiarities and significance of psychic functioning in training and competition functioning of tennis players. Besides, experts note importance of psychological training of tennis players at different stages of many years' perfection. But such work is conducted oftener only with elite sportsmen, who pretend on success in great international championships (see fig.2). Great majority of the questioned experts (62%) point that as on today psychological training is conducted only with elite sportsmen. Only 32% of expert mentioned that psychological training is used in training process of tennis players at specialized basic stage. It quite clear that such differentiation of psychological training means is not accessible. Because formation of individual style of functioning's psychic regulation requires stage-by-stage process and takes long time. Early diagnostic of junior sportsmen's psychological features will permit not only to determine the prospects of their future sport perfection, but also to make correct choice of methods and means of sport training, to choose the object of future specialization, determine manner of competition functioning and so on. One of urgent direction of training process's perfection is maximal orientation on individual bents of sportsman during construction of training process and choosing of individual structure of competition functioning. Specificity of sport functioning is that with every stage of many years' perfection sportsman faces newer, more difficult tasks. Then, amount of training and competition loads gradually increases, compatibility of environment intensifies. In such conditions every sportsman chooses his own way of overcoming obstacles, finds motivation for further struggle and achievement of future sport results. Surely, qualified assistance of specialist in sport psychology can significantly increase effectiveness of this process and usage of psychological training means shall not be restricted only by elite sports. That is why principle of individualization is a determining during sportsmen's training at all stages of many years' perfection (see fig.3). Just this opinion is shared by questioned by us experts (86%), who, by great majority of their answers, underlined importance of application of individualized approach in tennis players' trainings. Discussion As a result of the conducted researches we confirmed opinion of specialists (M.S. Bryl, 2001 [1]; Zh. L. Kozina, 2010 [9]; Bane M.K., Reid M., Morgan S., 2014 [13]; Borisova O. V., 2011, 2012 [14-16]; Buszard T., 2014 [17]; Jagiello Marina, Jagiello Wladyslaw, 2014 [25] et al.) about significance of application of individualized approach in training functioning in game kinds of sports. This problem becomes especially acute concerning individualization of psychological training in tennis. For the first time we showed open attitude of coaches and elite players to means of individual psychological training at different stages of many years perfection. The received results permitted to state insufficient level of individual training of 14-15 years old tennis players and speak about demand in further implementation of specialized psychological training programs in practice. Conclusions: 1. The conducted questioning showed that great majority of specialists consider psychological training to be an important component of general system of many years tennis players' training (94%). With it most of the questioned experts (62%) points that psychological training is usually practiced only with elite sportsmen. Only 32% of experts pointed that psychological training is used at stage of specialized basic training of tennis players. 2. Principle of individualization is a determining one in the period of sportsmen's training at all stages of many years perfection. About 86% of experts underlined significance of application of individualized approach in training of tennis players. 3. Analysis of received results showed that in work with elite sportsmen (in contrast to junior tennis players) individualized approach was used much oftener (in 46% of cases). Only 14% of the questioned respondents pointed that individual approach is used during psychological training of tennis players at basic stages of many years' perfection. The prospects of further researches are connected with implementation in training process of 14-15 years old tennis players of specialized programs, oriented on correction of sportsmen's psychological fitness, considering their individual features.

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