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FEATURES OF STRENGTH TRAINING OF ADOLESCENTS AGED 14-15 YEARS, TAKING INTO ACCOUNT THEIR PHYSICAL DEVELOPMENT

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ABSTRACT: - The article discusses the physical capabilities of adolescents aged 14-15 years. The exercises for the development of physical abilities of athletes are justified.

KEYWORDS: Physical abilities, wrist throw, a set of exercises.

INTRODUCTION

The relevance of the problem is due to the importance of strength training of hockey players aged 14-15 years, for the effectiveness of performing a wrist throw. The effectiveness of executing throws is determined by their technically correct execution. The main criteria of the throw technique are the strength of the throw (the speed of the puck's flight) and the accuracy of hitting the target.

The main meaning of the game of hockey is to complete the attack and take the opponent's goal. Usually, the attack is completed by throwing the puck at the goal. The quality of the throw depends on the performance of the athlete.

During training sessions, as well as at competitions, hockey players perform motor actions with different strength characteristics. Long-term hockey training contributes to the development of strength qualities of individual muscle groups, in particular the shoulder girdle and hands.

By repeatedly repeating throws with maximum effort, you can increase the strength of the throw, and it is also important to pay more attention to athletic training. For adolescents aged 14-15 years, you can use exercises of general strength training due to physiological characteristics, which, if properly approached, will have a positive effect on working on the strength of the throw.

Purpose of the study. To identify the effectiveness of the use of strength exercises in hockey in adolescents aged 14-15 years on the development of speed and accuracy of the throw.

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Object of research: educational and training process in Binokor HC.

In this regard, the following research tasks were solved:

1. To analyze the scientific and methodological literature on the topic under study
2. Choose control complexes for general strength and special strength training for hand throw training, and include them in the training process.
3. Determine the effectiveness of strength training on the speed and accuracy of the wrist throw.

Strength is one of the main athletic qualities a hockey player needs. Strength is needed both when running on skates (strong legs) and when throwing pucks (strong hands) and when power wrestling strong torso muscles. Strength largely determines the speed of movementand is important in the development of agility.

During the game, hockey players perform sudden braking, jerks, numerous accelerations, unexpected stops, throws, collide with each other, hit the sides, conduct power single combats, so athletes need strength training, which is the main physical training.

To increase the speed of the puck when making shots, it is necessary to train the muscles of the hands. The muscles of the hands are represented by three groups in accordance with the anatomical and functional features of the links of the upper limb of the human body. The division into groups to a certain extent is conditional, since in the process of even fairly simple movements, many seemingly innocent muscles are involved.

The first group of muscles of the shoulder girdle is trapezoid and deltoid muscles.

The second group of muscles consists of the biceps flexor of the forearm, triceps and extensor of the forearm.

The third group of muscles is the forearm and hands.

The following muscles are directly involved in the execution of the wrist throw:

triceps, biceps, forearm, flexors and extensors of the forearm and hands.

Methods and organization of research.

The study was conducted in 2022 among adolescents aged 14-15 years on the basis of Humo Arena. The study involved two groups of adolescents of 10 people each, who were divided into two groups-control and experimental (CG and EG).

For three months, the CG group had 24 training sessions (2 times a week) for the overall strength of the wrist throw.

The exercises were tailored to specific muscle groups that affect the wrist throw: forearm, biceps, triceps, shoulder and hand muscles.

Training sessions were held before the main ice sessions, so that hockey players could consolidate the "strength" acquired in the gym

and transfer it to the wrist throw during the main ice training. Classes in the gym were held on average for about 50-60 minutes.

In the experimental group, classes were held on the ice during goalie training.

EG had24 training sessions on special strength training. For training sessions, half of the hockey field was allocated, where exercises on the strength and accuracy of the wrist throw were practiced. Classes were held twice a week in the morning for 60 minutes.

The assessment of the speed of the wrist throw was carried out using the MAD GUY device.

The hockey player was given two pucks and was asked to make a wrist shot as hard as possible from the distance of the "tendrils" of the hockey field, approximately 2.5 meters. When performing two throws, the best result was revealed and recorded in the table.

The accuracy of the throw was determined by performing 10 hand throws from the distance of the "tendrils" of the hockey field. A target was fixed on the goal in the lower left and upper, lower right and upper corners. The player's task is to hit the target as many times as possible with the puck. After that, the number of hits is recorded.

A set of general strength exercises aimed at forming the strength of the wrist throw consists of exercises for training the corresponding muscle groups.

1) barbell extension (French bench press)
2) standing bicep barbell lift
3) reverse grip bicep barbell lifts
4) sitting dumbbell press
5) extension and flexion of the barbell with the wrists of the hands in a reverse grip

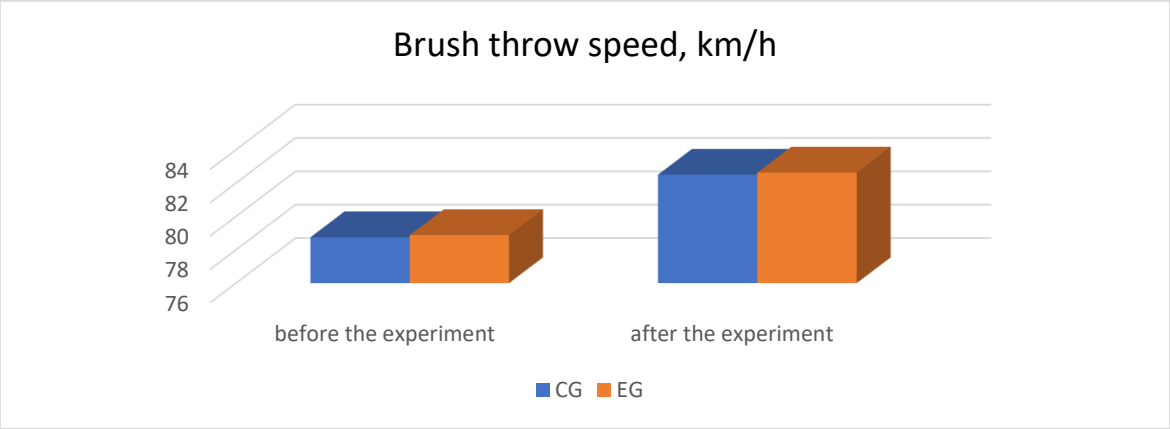
Indicators of strength and accuracy of the hand throw CG and EG (n=10) before the pedagogical experiment in 2022.

Indicators	Gender	Number of people	in the Group	Before the experiment	tp	p
Hand throw speed, km / h	M	10	CG	78.75±0.93	0.09	>0.05
	M	10	EG	78.88±1.06		
Accuracy of hitting the target from 10 throws	M	10	CG	3.63±0.26	0.25	>0.05
	M	10	EG	3.75±0.4		

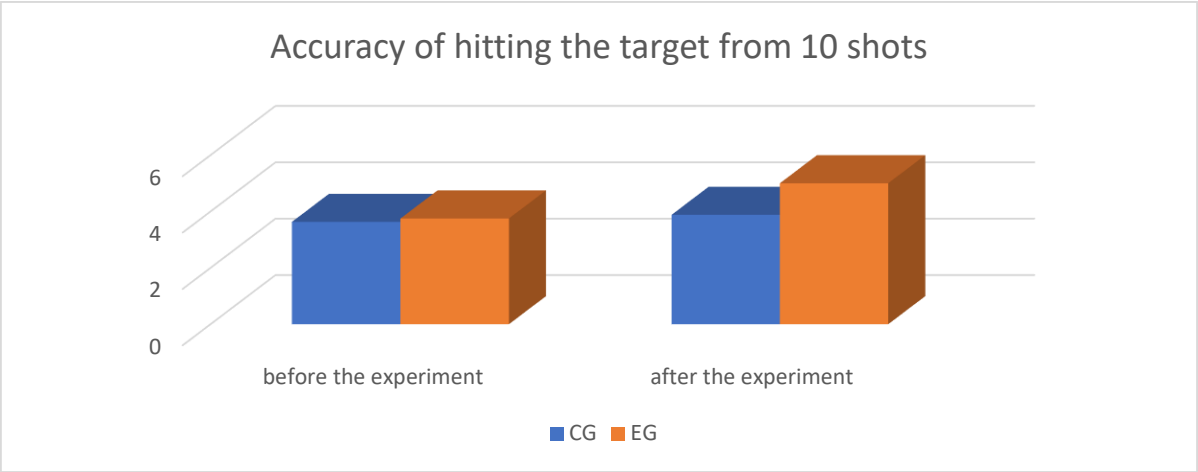
Indicators of strength and accuracy of the hand throw KG and EG (n=10) after the pedagogical experiment of 2022

Indicators	Gender	Number of people	in the Group	after the experiment	tp	p
Hand throw speed, km / h	M	10	CG	82.5±0.66	0.1	>0.05
	M	10	EG	82.63±1.06		
Accuracy of hitting the target from 10 throws	M	10	CG	3.88±0.26	3.03	>0.05
	M	10	EG	5±0.26		

Diagrams of hand throw strength indicators CG and EG before and after the experiment



Diagrams of hand throw accuracy indicators CG and EG before and after the experiment



Comparing the two proposed sets of exercises, we can conclude that a set of exercises for developing the accuracy of the wrist throw in hockey players engaged in special strength training is much more effective than a set of exercises for general strength training.

Both training sets of exercises are successful and may have further practical application, but the complex used in EG is more effective.

CONCLUSION

Analysis and generalization of special scientific and methodological literature on ice hockey, as well as the results of our own research, have shown that this problem is not sufficiently studied.

The exercise sets were compiled on the basis of the studied literature and personal experience, taking into account the age and physiological characteristics of adolescents. Composite complexes can be used in the practice of training young hockey players and included in the training process for the development of strength qualities.

The conducted formative experiment, on the basis of which the results were obtained, showed the effectiveness of the developed complexes for general and special strength training for the development of strength and accuracy of the wrist throw, which was confirmed by the results of the study. When conducting a ascertaining experiment, it was found that special strength training directly has a positive effect on the formation of the

strength and accuracy of the wrist throw, and general strength training only affects the strength of the throw, the accuracy of the throw remains unchanged.

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