

**DEVELOPMENT OF SPEED-STRENGTH QUALITIES IN RUNNERS
MIDDLE DISTANCE 15-16 YEARS**

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Abstract: *Modern requirements for achieving maximum results in middle distance running put forward certain changes in the speed-strength training of young athletes. In conditions of competitive wrestling, "middle athletes" often have to maintain a certain speed of running at a distance, and therefore fight fatigue, making significant demands on speed-strength training. From the extent to which the athlete has developed the basic physical qualities, on which the outcome of the competition depends, one can judge the further growth of his skill. It is necessary to develop speed-power qualities among middle-distance runners purposefully and systematically.*

Introduction

One of the problems in the development of speed-strength abilities of runners for short distances is in such a position when, despite accumulated large amount of factual material for individual issues and aspects, it becomes more and more difficult to systematize and generalize, and, therefore, make full use of its practice. The main tasks facing physical culture and sports are

are not only the education of physically developed athletes, athletes, but also the education of cultural and moral qualities, which will become the basis for the harmonious development of the personality as a whole.

The meticulous consideration of age and specific anatomical and physiological characteristics characteristic of various phases of development of

teenagers is an important criterion for the high effectiveness of training runners' speed-strength abilities. Load optimization and functional indicator monitoring are the cornerstones of a successful athlete's education. Finding patterns of speed growth at a specific age is very important, because a motor indicator is created during childhood and adolescence, and the foundation for future athletic performance is laid. There is clearly a need for research on the development of speed in 15-16-year-olds who jog for short distances.

Due to the fact that in adolescence, the human body is still in the stage of formation, the impact of physical exercises, both positive and negative, can manifest itself especially noticeably. It is imperative to know and understand, taking into account the age psychophysiological properties of especially young athletes. It understanding will provide the basis for active work in the conditions the changing modern world.

According to many experts, a significant place in the process physical education of the younger generation should be allotted the upbringing of speed-strength abilities of children, as high the level of development of these abilities largely contributes to the successful human labor activity and the achievement of high sports results in the future [3].

As a result, the training procedure must be focused on the athletes' age for the proper development of their speed-strength abilities. Finding patterns in the development of speed at a certain age is particularly important, because a motor indicator is created during childhood and adolescence, and the foundation for future sports results is laid. Without a doubt, there is a need to research the development of speed-strength traits in 15-16-year-old athletes who run short distances. We did a pedagogical study in this regard.

The study's focus is on the educational and training processes of athletes aged 15 to 16 who specialize in short-distance running.

Subject of study: means and strategies for the development of speed-strength capacities in athletes aged 14 to 15, who specialize in short-distance running.

Purpose of the study: to determine the effectiveness of the applied a set of exercises aimed at developing speed-strength abilities of athletes 15-16 years old specializing in running on short distances. Based on the set goal of the study, we have determined the following tasks:

1. Based on the analysis of scientific and methodological literature, show how the problem of speed-strength training among athletes is being solved, specializing in sprint running.
2. Make up a set of physical exercises aimed at development speed-strength abilities among athletes 15-16 years old, specializing in short distance running.
3. Experimentally check and substantiate the effectiveness of the compiled a set of physical exercises aimed at developing speed-strength abilities among athletes 15-16 years old, specializing in sprint running.

1.1. General characteristics and technique of running short distances

Short distance running (sprint) is one of the most popular types of athletics. Distances falling under the concept sprint, starting from 60 m and up to 400 m. Competition for shorter it is customary to carry out distances in closed rooms. The main goal of sprinting is to run a distance of a given length at the maximum allowable speed.

To achieve this goal, the athlete must direct his mental and physical qualities at a sharp start, which will allow him easy to pick up speed at a distance. Highest possible speed the runner must hold out to the end of the distance. Gifted Success in Short Distance Running athletes of various heights and constitutions, but usually good physically developed, strong and fast. Only

with constant improving the physical qualities of an athlete can achieve high results, however, and the psychological factor plays an important role.

As with all running disciplines, the athlete's primary goal is to be cross the finish line, so all actions during the distances must be coordinated from the very start to the finish. The whole the running process can be divided into four components: start, start acceleration, distance running, finishing.

Start. Before starting the movement, the athletes occupy the initial position in front of the starting line. Currently for easy running pads are used. At the command "Ready to start!" the runner takes the starting position at the starting line, placing your feet in the starting stations. It is believed that a torso tilt of 40-45 degrees is for an athlete optimal. In this case, the legs must be bent at the hip and knee joints, GCM is located closer to the forward leg. This the position of the body is considered more stable and optimal for committing starting dash. The arms are bent at the elbow joints and occupy the opposite position to the legs.

At the command "Attention!" the athlete must immediately rise and fix the final starting position while maintaining support hands on the track and the contact of the feet with the starting blocks ... ". To start, you must adhere to the sequence dash action. Position of athletes called "five-pillar", from the name it becomes clear that the pivot points five. The legs of the athlete rest on the pads, the knee of the back leg is bent at the bottom an angle of 90 °, hands placed on the starting line. The back keeps it straight position, although some athletes prefer to arch their back, when this will push the shoulders forward a little. For an effective start, the athlete must press on the pads to accelerate the run. Straightened hands are on the starting line, support goes to the thumb and forefinger finger.

By adopting the correct position and fixing it after the command "Attention!", the athlete should try to avoid excessive muscle tension, while is in constant readiness for an instant start. With the command "March!" the entire

body of the athlete should work on the principle of pushing out of the state of the compressed spring.

Thus, to improve the effectiveness of starting runners' action is a technique aimed at improving coordinated action of arms and legs, as well as rational

the ratio of efforts, active and economical execution of swing movements.

To avoid mistakes at the start, you must remember about the correct position of the head and torso. With a low head tilt and high pelvic lift, the sprinter loses the ability to straighten, and risks fall or stumble. Improper positioning of the head and pelvis can lead to an early rise of the body already in the first steps and reduce

the effect of starting acceleration. The optimal position of the pelvis is position at shoulder level.

Distance running. A characteristic feature of distance running is the presence of an unsupported position - flight. Flight period begins with the phase of carrying the leg and ends with lowering the leg to the support. During the flight, the leg that has completed the repulsion is extended in the hip joint, bends at the knee, the thigh is rapidly moving forward and upward, carrying out the removal of the leg. The maximum speed is developed due to more steps. It requires a lot of energy to accelerate. WITH an increase in running speed changes the way you place your foot on support. More experienced runners place their feet on the front.

The take-off is completed by straightening the ankle joint and supporting legs.

The technique of placing the feet is considered to be the correct toe straight and forward. With an excessive turn of the foot outward, repulsion worsens.

Finishing.

No matter how prepared the athlete is, his physical abilities are not will allow him to maintain maximum speed throughout. The closer the finish line, the more obvious the decrease in speed (on average this is 5-8%). Slowdown of speed comes with the onset of fatigue muscles that are involved in repulsion, and as a result, decreases the length of the stride, which means that the speed decreases. To maintain speed it is necessary to increase the frequency of running steps, and this can be done by hand movements.

Conclusion

Based on the obtained theoretical knowledge, we were a pedagogical experiment was carried out, which was aimed at obtaining results with the introduction of a set of additional exercises, aimed at the development of speed-power qualities of athletes-printers 15-16 years old.

As a result of our investigation, the following conclusions were reached.

1. Analysis of literary materials devoted to the subject of speed-power training, as well as speed and technical training, revealed that speed-power training holds a distinctive place in the training process of short distance runners. Simultaneously, specialists cannot agree on whether methods of speed-strength training are the most beneficial, or in what combination they should be utilized. We're talking about jumping workouts and explosive exercises using a barbell and other weights in a certain way. These two routes in the development of athletes' power capabilities-printers are the key ones in the process of their training, according to literary sources.

2. In comparison to a group of athletes-sprinters who followed the standard program, we saw a higher increase in results in all control exercises reflecting the level of running preparedness in the group of athletes-sprinters who used jumping training aids; 3.the results of the pedagogical experiment prove the effectiveness of the applied set of exercises to increase the level

development of speed-strength qualities among young athletes of 15-16 years old.

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