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# ИНДИВИДУАЛЬНО-ДИФФЕРЕНЦИРОВАННАЯ ТЕХНИЧЕСКАЯ ПОДГОТОВКА ГИРЕВИКОВ ВЫСОКОЙ КВАЛИФИКАЦИИ

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## INDIVIDUALLY DIFFERENTIATED TECHNICAL TRAINING OF HIGHLY QUALIFIED WEIGHTLIFTERS

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### Аннотация

**Цель исследования** – обоснование необходимости построения индивидуально-дифференцированной технической подготовки спортсменов гиревиков высокой квалификации.

**Методика и организация исследования.** В педагогическом эксперименте участвовали спортсмены гиревиков высокой квалификации (n=30). В основу индивидуально-дифференцированного подхода положены антропометрические характеристики и особенности морфостатуса спортсменов гиревиков.

**Результаты исследования и выводы.** Проведенные исследования показывают, что между отдельными компонентами техники толчка по длинному циклу и антропометрическими характеристиками спортсмена, прослеживается слабая взаимосвязь. Было выявлено, что у большинства спортсменов различные весовые категорий компоненты реализации индивидуальной техники чаще всего соответствуют средним параметрам стандартной техники своей весовой категории, спортсмены не используют свои анатомические преимущества, при выполнении соревновательного упражнения.

В работе, в качестве примера, рассматриваются спортсмены с высокими длиннотными, антропометрическими характеристиками, обосновывается необходимость формирования для них рациональной техники движения, где основной акцент будет сделан на совершенствование амплитудных компонентов техники упражнения толчок по длинному циклу. Результаты проведенного исследования убедительно показывают имеющиеся индивидуальные резервы совершенствования технической подготовленности спортсменов гиревиков высокой квалификации.

**Ключевые слова:** индивидуально-дифференцированный подход, техническая подготовка, толчок по длинному циклу, антропометрические характеристики, хронометрирование фаз движения.

### Abstract

**Objective of the study** was to substantiate the need to build an individually differentiated technical training of highly qualified kettlebell lifters.

**Methods and structure of the study.** Highly qualified kettlebell lifters (n=30) participated in the pedagogical experiment. Anthropometric characteristics and features of the morphostatus of kettlebell lifters are the basis of the individually differentiated approach.

**Results and conclusions.** The conducted studies show that there is a weak relationship between the individual components of the push technique for a long cycle and the anthropometric characteristics of an athlete. It was found that in the majority of athletes of different weight categories, the components of the implementation of individual technique most often correspond to the average parameters of the standard technique of their weight category, athletes do not use their anatomical advantages when performing a competitive exercise.

The work, as an example, considers athletes with high long-range, anthropometric characteristics, substantiates the need for the formation of a rational movement technique for them, where the main emphasis will be placed on improving the amplitude components of the long-cycle jerk exercise technique. The results of the study convincingly show the existing individual reserves for improving the technical readiness of highly qualified kettlebell lifters.

**Keywords:** individually differentiated approach, technical training, long cycle push, anthropometric characteristics, timing of movement phases.

**Введение.** Проблема индивидуализации тренировочного процесса является не новой и периодически возникает в том

или ином виде спорта [1]. Это, чаще всего, обусловлено стагнацией спортивных результатов, значительный рост которых