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The Place and Significance of Accuracy of Movement in the Structure of Physical Characteristics

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Abstract. *This article describes the role and importance of accuracy of movement in the structure of physical qualities, the organization of experiments to improve the physical development of tennis girls of different ages and genders and their physical and special training.*

Keywords: *physical qualities, accuracy of movement, physical development, special training, sports, training.*

In the research works of a number of authors, attention is paid to the importance of accuracy of movement in the structure of physical qualities. For example, O.B. Nemsov (2003), marking the place of accuracy in the structure of physical qualities, the accuracy of movement in space is its function, parameters related to time and force that can be seriously changed and their mutual ratio are the means of achieving accuracy in space of movement. will tell.

F.P. Suslov and J.K. According to Kholodov (1997), the accuracy of any driving activity depends on the sensitivity of the emotional systems involved in management, as well as on the ability of a person to consciously perceive his emotions. According to the authors, the spatial and temporal orientation of sensory abilities, as well as discrimination and perception of changes in movements, are susceptible to training. It is more difficult to determine the amount of muscle tension. Highly skilled athletes performed movements with an amplitude accuracy of up to 0.30 and a duration of 0.1 s under experimental conditions.

L.D. Nazarenko 2003, S.D. Boychenko, Ye.N. Carceco, V.V. In the work of Leonova (2003), a classification of basic movement coordination was carried out according to a number of general and special signs and structural elements. It focuses on the concept of coordination and coordination skills in physical education and sports activities. A.A. The following point of view advanced by Danilov (1992) is noteworthy. According to him, the level of rationality and reliability of action in throwing a tennis ball is determined by the amount of pedagogical influence. It follows that for each age period, the amount of loads on its motor apparatus should not exceed the allowed optimal amount, and the growing organism should not be pushed out of the limits of reliability of the coordination system of movements.

One of the decisive factors in achieving the final useful result of movement activity in modern sports is the procedural and final precision of technical and tactical actions in the conditions of constantly changing and suddenly arising competitive situations. When playing sports, the formation of accuracy of movement and improvement of its resistance to environmental and destructive factors require a scientifically based approach to the organization of the training process at the initial stages of the multi-year sports training system.

In recent years, the amount of work devoted to the study of the specifics of the formation of accuracy of movement and improvement of its stability during sports has increased significantly.

Some of the studies were conducted among tennis players (O.V. Matysin, 2002; O.A. Shapovalova, 2002; G.I. Ivanova, Sautkina., 2003; Pulatov D.A, 2009, etc.). In these works, ideas are given about the regularities in the formation of the reliability of specific and purposeful acts of action during tennis.

In this regard, S.P. Biles-Gayman (2001) provides a comprehensive teaching material of note. It covers in detail the essence and content of tennis player techniques and teaching methodology, taking into account the technologies for improving the reliability of specific and purposeful movements in the usual conditions affected by stimulating and destructive factors. At the same time, the growing competition in tennis competitions requires a new, scientifically based approach to the problem of improving the accuracy of tennis players' game movements, based on the modeling of the conflicting effects of endogenous and exogenous stresses. V.P. According to Jur (1981), a very strong but uncertain tennis player loses the opportunity to a more accurate opponent. Therefore, the author offers a very original set of exercises to improve shot accuracy. These can be used not only at the initial stage of training, but also during the full period of long-term training of tennis players.

It is known that the stimulation of various parts of the vestibular analyzer causes a violation of the body balance function, as well as a discoordination of movements lasting 1.5 minutes, and in some cases up to 7 minutes, a violation of the accuracy and speed of the movement reaction.

Some authors suggest the use of various rotational movements (increasing the hips, turning 900 in jumping) to improve the stability of vestibulomatic reactions. (A.P. Skorodumova, 1984, 1990; F.A. Abdurakhmanov et al., 1992; V.B. Bezverkhov, 2008, etc.)

It is known that modern tennis makes high demands on the aerobic capacity of the athlete's body. A.P. Skorodumova (1990), studying the level of oxygen demand during a tennis match, considered that tennis is one of the most strenuous activities. It was determined that the average oxygen consumption is 80-81% of the individual MPX, and the pulse frequency is 162-170 beats/min. , the amount of energy consumption in the game is -10 kcal/min in women. and in men - 13 kcal/min. is equal to According to the researcher, it is appropriate to use the "Circular training system" in the process of physical training in tennis, because it can effectively improve the aerobic mechanisms of sports performance.

A.P. In her research, Skorodumova (1995) focuses on a number of issues related to the construction of the training process of highly qualified tennis players. According to the researcher, the structure of the tennis competition is based on indicators of the volume of technical and tactical actions, the total duration of the game, the net time of the game, the speed and duration of playing one point, the comparison of sections in different distances and directions to be overcome. consists of weight. The qualitative characteristics characterizing the activity of the competition, the effectiveness and reliability of the technical and tactical actions used are also shown.

G.P. Ivanova (2003) studied the movement asymmetry of tennis players on the example of the striking right hand and the left supporting leg, and came to the conclusion that the tennis stroke should be considered as a complex movement system that includes two motor structures: a) free structure for organizing the accelerated movement of flour; b) a structure that ensures the balance of the whole body. In accordance with the asymmetry profile of the movement of the tennis player, three types of interaction of structures were identified by them: a) adaptation mode or integration of structures; b) the regime of autonomy of structures; c) Mode of competitive participation of body and leg muscles in the work of structures. Undoubtedly, such a system-structural approach to the analysis of the coordination structure of the stroke is very important as a scientific-methodical tool for the purposeful organization of the training process, and the technical-tactical skills of tennis players can significantly increase the reserve potential.

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