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# PLANNING AND MANAGEMENT OF TRAINING LOADS IN PRE-COMPETITION PREPARATION OF YOUNG GYMNASTS

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***Annotation.*** *This article covers the pedagogical, physiological and methodological aspects of scientific planning and management of training loads for young gymnasts during the pre-competition preparation period. Special attention is paid to ensuring the harmony of the components of physical, technical, tactical and psychological preparation during sports training, determining the volume and intensity of loads in accordance with the individual characteristics of athletes. Also, methodological approaches aimed at preventing fatigue during the pre-competition preparation stage, effectively organizing recovery processes, monitoring training loads and increasing sports performance are analyzed. Scientific and methodological recommendations are developed to ensure optimal preparation of young gymnasts for competitive activities.*

***Keywords:*** *young gymnasts, pre-competition preparation, training loads, load planning, load management, physical training, technical skills, functional state, recovery, sports performance.*

## INTRODUCTION

Today, achieving high results in sports, expanding the physical capabilities of young athletes and preparing them for international competitions is one of the important tasks facing sports pedagogy. In particular, gymnastics requires a high level of physical training, coordination of movements, flexibility, strength, agility, balance and technical skills from an athlete. The development of these qualities is directly related to the scientific organization of the training process, the correct distribution of loads and taking into account the individual capabilities of the athlete.

The pre-competition period is of particular importance in the process of preparing young gymnasts for competitions. Because at this stage, the main goal is to improve the physical and technical capabilities formed in previous preparation periods, to perform the exercises in the competition program consistently, to increase the accuracy of movements and the quality of execution.

## LITERATURE REVIEW

The issues of planning and managing sports training are one of the fundamental directions of sports theory and methodology. In this direction, V.N. Platonov paid great attention to the issues of periodization of the system of sports training, coordination of the volume and intensity of physical loads, and taking into account the functional capabilities of the athlete.

According to his scientific views, in the process of sports training, loads should be organized consistently, step by step and in accordance with the individual characteristics of the athlete [1].

The theory of periodization of sports training, developed by L.P. Matveyev, substantiates the issues of purposeful organization of training periods, achieving and maintaining sports form during the competition period. This theoretical approach serves as an important methodological basis for determining the composition and ratio of training loads during the pre-competition preparation period [2].

The peculiarity of the training process in the sport of gymnastics is that, along with the development of physical qualities, it requires the mastery of complex coordination movements and ensuring the accuracy of technical execution. In this regard, the balance between general physical training, special physical training and technical training is important in the training process of young gymnasts.

J. Bompa and C. Buzzichelli, in their research on periodization of sports training, emphasize the need to coordinate the volume, intensity, number of repetitions and recovery intervals when planning loads [3]. This approach is also an important theoretical basis for increasing the effectiveness of training in pre-competition training of gymnasts.

The analysis of the literature shows that load management in pre-competition training of young gymnasts is not limited to determining the amount of exercises. This process requires comprehensive consideration of the athlete's functional state, technical training, psychological stability and recovery capabilities.

**RESULTS AND DISCUSSION**

Effective planning of training loads in the pre-competition preparation of young gymnasts should be carried out on the basis of several interrelated factors. In this case, the volume, intensity, duration, number of repetitions and recovery intervals of training loads are of great importance.

Main directions of planning training loads

When determining the content of training during the pre-competition preparation period, it is advisable to give priority to the following directions:

The first direction is to improve special physical training.

At this stage, exercises aimed at developing the strength, flexibility, agility, balance and coordination qualities of gymnasts are used. However, as the competition approaches, it is not advisable to excessively increase general physical loads. The main attention should be paid to maintaining existing physical capabilities and combining them with technical exercises.

The second direction is to stabilize technical training.

The sports result in gymnastics largely depends on the correct, accurate and consistent implementation of technical elements. Therefore, in the pre-competition period, it is important to repeat the combinations performed by athletes, strengthen the connections between complex elements, and reduce errors in execution.

The third direction is functional training control.

Monitoring the athlete's heart rate, recovery rate, sleep quality, and subjective fatigue level during training allows you to change the loads in a timely manner.

The fourth direction is psychological training.

It is also important to develop the athlete's emotional stability, self-confidence, and ability to concentrate during the pre-competition period. This can be done using breathing exercises, concentration, modeling competition conditions, and psychological preparation methods.

Distribution of loads during the pre-competition preparation period

A weekly microcycle is an important methodological tool in planning loads. The microcycle determines the content, duration, intensity, and recovery days of training.

The table below represents a sample weekly microcycle for young gymnasts. This table is not the result of an experiment, but is developed as a scientific and methodological recommendation.

**TABLE 1. SAMPLE WEEKLY MICROCYCLE FOR THE PRE-COMPETITION PREPARATION OF YOUNG GYMNASTS**

| Day | Training content | Load intensity |
|---|---|---|
| Monday | Special physical and technical exercises | Moderate to high |
| Tuesday | Improvement of competitive elements | Moderate |
| Wednesday | Performance of complete routines | High |
| Thursday | Active recovery, flexibility and coordination | Low |
| Friday | Simulation of the competition programme | Moderate to high |
| Saturday | Correction of technical errors | Moderate |
| Sunday | Rest and recovery | No training load |

The pedagogical importance of optimizing training loads in the pre-competition period

The main goal of optimizing training loads is not to give the athlete as much load as possible, but to effectively use the existing training potential.

Especially in young gymnasts, since the processes of growth and development of the organism continue, it is necessary to take into account the characteristics of age and biological maturity when determining training loads.

The concept of the development of young athletes, developed by Lloyd and co-authors, also justifies the need to take into account the characteristics of biological maturity and individual development in planning physical training [4].

Also, when working with young gymnasts, the complexity of technical elements, the number of repetitions and the conditions of their execution should be coordinated. The same training program may not have the same effect on athletes of different levels of training.

From this point of view, it is advisable to adhere to the following pedagogical principles of managing training loads:

The principle of individualization.

The principle of consistency and gradualness.

The principle of mutual compatibility of load and recovery.

The principle of regular pedagogical control.

The principle of taking into account the age and biological characteristics of the athlete.

The principle of harmony of technical training and physical development.

The training process organized on the basis of these principles serves to improve the quality of athletes' preparation for the competition, reduce technical errors, and control the risk of overexertion.

**CONCLUSION**

Based on the theoretical and methodological analyses conducted, it was determined that planning and managing training loads in the pre-competition preparation of young gymnasts is one of the important pedagogical factors ensuring sports effectiveness.

Effective organization of training loads creates the necessary conditions for maintaining the athlete's physical capabilities, improving technical skills, controlling functional status, and achieving high results during the competition.

In general, scientific planning and management of training loads in the pre-competition preparation of young gymnasts is an important condition for increasing the effectiveness of sports training, stabilizing technical skills, and ensuring optimal preparation of athletes for competitive activities.

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