

## **Peculiarities of training athletes in game sports at different stages of their training**

The training process for individuals looking to dedicate themselves to sports involves several unique aspects throughout their preparation. Key stages in athlete training include general physical conditioning, specialized training, and focused competition readiness.

For those aiming to succeed in team sports like basketball, soccer, or volleyball, achieving excellence involves employing nuanced training approaches at every stage of development. Unlike individual sports, where personal skills take precedence, mastering the dynamic and ever-shifting dynamics of team play entails distinct considerations:

Nowadays, one of the key phases in the preparation process is general physical training, which centers on improving overall physical fitness, basic physical qualities, and skills. This stage emphasizes enhancing aerobic and anaerobic endurance, strength, flexibility, and coordination. Furthermore, a variety of training techniques, incorporating mixed drills and game scenarios, are employed to enhance versatile skills, contributing to comprehensive athletic development.

Yet another phase within the training process involves specialized training. This stage is designed to cultivate specific physical and technical skills that hold significance for a particular sport. It includes the use of simulated exercises and scenarios mirroring in-game situations. The focus is on refining the tactical elements of the game and making strategic decisions regarding the application of tactics.

Another phase involves gearing up for competitions, specifically tailored for the characteristics of upcoming events and taking into consideration the traits of opponents. This stage incorporates intense training to elevate competitiveness. The examination of strategies and tactics is integral for the optimal utilization of both individual and team skills during competitions.

At every stage, considering the athlete's traits, physical condition, age, and psychological characteristics is crucial. Training programs

must be flexible and adjustable to attain optimal results. Furthermore, psychological preparation and effective recovery after both training sessions and competitions constitute essential elements for the successful training of athletes.

For emerging athletes, the emphasis should be shifted away from the imperative of winning, focusing instead on instilling a profound affection for the sport. This entails a departure from rigidly structured drills in favor of cultivating a dynamic, inclusive atmosphere. The objective is to provide a space where youngsters can engage in unstructured activities, run, jump, laugh, and explore their affinity for the sport. This vision includes the incorporation of mini-games featuring simplified rules, whimsical challenges, and collaborative activities aimed at fostering teamwork without accentuating the competitive aspect. It is within this context that they will establish the groundwork not only for skill development but also for the refinement of agility, coordination, and the cultivation of an enduring passion for the sport.

The developmental stage during adolescence encompasses specific facets. Enhancing proficiency involves refining technical aptitudes in basketball (passing, dribbling, shooting) and volleyball (serving, attacking). The intensity and complexity of training progressively escalate, incorporating a tactical comprehension through diverse formations and gaming strategies.

The Maturity Stage, at ages 17 and above, centers on refining individualized training to meet the distinct roles and requirements of athletes. The goal is to enhance physical performance through targeted conditioning programs and the incorporation of sports psychology techniques to adeptly handle high-pressure situations.

Additionally, there is a focus on sport-specific conditioning, customizing training to meet the distinctive demands of each sport. For example, soccer players may participate in drills specifically designed to defend against opponent formations.

Moving beyond fundamental training, an advanced approach incorporates various elements for comprehensive athlete development. Video feedback analysis becomes a pivotal tool, enabling the tracking of individual and team progress, identification of areas for enhancement, and refinement of game strategies.

Prioritizing mental toughness, athletes engage in mental training programs to cultivate focus, emotional control, and resilience. The emphasis on injury prevention involves implementing strategies such as proper conditioning, stretching, and recovery techniques to mitigate the risk of injuries. Furthermore, fostering team synergy is crucial, achieved through collaborative activities and cultivating a positive team environment that prioritizes strong team dynamics and effective communication.

To summarize, guiding athletes through various developmental stages necessitates a tailored and all-encompassing methodology. Essential elements encompass the enhancement of both physical and technical proficiencies, mental readiness, adept pressure handling, and proactive injury prevention. A critical emphasis lies in acknowledging the unique attributes of each athlete, aiming to attain optimal outcomes.

Scientific supervisor: Volodymir BOBR