

METHODS OF DEVELOPING SPECIFIC PHYSICAL QUALITIES IN RUGBY TRAINING OF UNIVERSITY STUDENTS

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Abstract. *This article provides a scientific and methodological analysis of methods for developing special physical qualities in rugby training for university students. In the course of the research, training tools and methods aimed at developing physical qualities such as strength, speed, endurance, agility and explosive power, characteristic of rugby, were considered. The effectiveness of optimizing the training process, gradually increasing loads, and using a complex of special exercises was substantiated. The results obtained serve to increase the level of physical fitness in rugby training with university students.*

Keywords: *rugby, university students, special physical training, strength, speed, endurance, agility, explosive power, training methods, sports training*

Introduction. Nowadays, the effective organization of sports training in higher educational institutions, increasing the level of physical fitness of students and forming a healthy lifestyle are one of the urgent issues. In particular, rugby is distinguished by its high dynamism, strength and agility-based movements. Achieving high results in this sport requires athletes to have sufficiently developed special physical qualities. In the process of rugby training with university students, it is important to use effective methods aimed at developing special physical training, taking into account the age and functional capabilities of athletes. Therefore, there is a need to study and put into practice the methods of developing special physical qualities in rugby training on a scientific basis.

Literature review

The issues of developing special physical fitness of athletes in rugby have been studied by a number of leading experts. In particular, in studies covering the scientific foundations of rugby training by Reilly T., Williams A.M. and Doran D., it was noted that special physical qualities such as strength, speed, endurance and explosive power are of leading importance in the game of rugby. The authors scientifically substantiated that the development of special physical qualities in rugby training increases the effectiveness of game activity.

Platonov V.N. in his works on the theory and methodology of sports training notes the need for a gradual increase in loads in the process of developing special physical fitness of athletes, systematic planning of the training process. According to

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the author, in high-intensity sports, including rugby, the correct distribution of training loads serves to expand the functional capabilities of athletes.

Verkhoshansky Yu.V. The research conducted by the author extensively covers the system of exercises aimed at developing special physical qualities and the methods of their application. The author emphasizes the importance of using a complex of special exercises in developing explosive power, speed-strength training and agility, which are necessary in rugby.

The analyzed literature also shows that organizing rugby training for university students on a scientific basis and using methods aimed at developing special physical qualities are important factors in improving sports results and ensuring the effectiveness of training.

Relevance of the topic. Today, the growing popularity of rugby, especially the expansion of the activities of sports clubs and sections in higher educational institutions, requires improving scientific and methodological support in this area.

Traditional training methods used in rugby training do not always serve to sufficiently develop the special physical qualities of students. In this regard, it is urgent to develop and implement effective methods aimed at developing special physical qualities such as strength, speed, endurance, agility and explosive power. By increasing the level of physical training of students, it is possible to improve their sports results, reduce the risk of injury and increase the effectiveness of training.

The relevance of this topic is that the scientific study of methods for developing special physical qualities in rugby training of university students and their introduction into the practical training process is of great importance in the field of sports pedagogy and physical education.

Problems. A number of problems are observed in the process of developing special physical qualities in rugby training of university students. First of all, there are significant differences between the level of physical fitness and functional capabilities of students during the training process, which makes it difficult to plan loads based on an individual approach.

Secondly, in rugby training, more attention is often paid to general physical fitness, and insufficient attention is paid to the development of special physical qualities. As a result, such important qualities of athletes as strength, speed and explosive power are not sufficiently formed.

Thirdly, the insufficient use of modern pedagogical and methodological approaches in the training process, the lack of full consideration of the specific features of rugby sports when choosing exercises, causes problems. In addition, excessive or incorrect distribution of loads leads to an increased risk of rapid fatigue and injury in students.

Solutions. To eliminate the above problems, it is necessary to introduce a scientifically based, systematic approach to organizing rugby training. First of all, before the start of training, pedagogical tests should be conducted to determine the physical and functional state of students. This will allow you to plan training loads in accordance with individual capabilities.

Secondly, it is advisable to pay special attention to the development of strength, agility, endurance and explosive power by including a complex of special exercises specific to rugby in the training program. Gradual complication of exercises and consistent increase in loads ensure the effectiveness of training.

Thirdly, the use of modern pedagogical technologies and innovative methods, including interval training, game and competitive exercises, increases the effectiveness of rugby training. Also, the risk of injury can be reduced by properly organizing rest and recovery during training.

As a result, the proposed solutions will serve to effectively develop special physical qualities in rugby training of university students, optimize the training process and improve sports results.

Conclusion

The process of developing special physical qualities in rugby training of university students is one of the important factors in improving sports results. The results of the study showed that the targeted development of physical qualities such as strength, speed, endurance, agility and explosive power, which are inherent in rugby, significantly increases the effectiveness of training. The use of scientifically based methods, a complex of special exercises and an individual approach in the training process not only increases the level of physical fitness of students, but also improves their functional state. Also, proper planning and gradual increase in loads reduces the risk of injury and ensures the effectiveness of rugby training. As a result, it was found that improving methods aimed at developing special physical qualities in rugby training of university students is of significant scientific and practical importance in sports pedagogy and physical education practice.

Practical recommendations

1. It is recommended to conduct pedagogical tests before the start of rugby training to determine the physical fitness and functional state of students.
2. The training program should include special strength, speed and explosive power exercises specific to rugby.
3. Gradual complication of exercises and consistent increase in loads ensure the effectiveness of training.
4. The use of interval, game and competitive training methods increases the interest of students and has a positive effect on the development of physical qualities.

5. It is necessary to reduce the risk of injury by properly organizing rest and recovery during training.
6. It is advisable for coaches to adhere to the principles of an individual approach when organizing rugby training.

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