

FEATURES OF TACTICAL MOVEMENTS OF PARAVELOSPO RTS IN COMPETITION CONDITIONS

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Abstract: *This scientific work analyzes scientific and literary sources on the topic of the features of tactical actions of para-cycling athletes in competitive conditions. The main goal of the research is an in-depth study of the tactical approaches of para-cycling athletes in the competitive process, the factors of their formation, the dynamics of applied strategies and actions based on existing scientific literature.*

Keywords: *para-cycling athletes, training, competition, tactical training, literature analysis, opinions of scientists, scientific sources.*

Introduction. The insufficient study of problems related to the optimal distribution of training and competitive loads during the annual training period of para-cycling athletes in the world requires the use of training load methodology at various stages of this direction. Of particular interest is the distribution of various exercises, as well as the optimal amplitude of the volume and parameters of loads, depending on the training of para-cycling athletes during the preparatory, competitive, and transitional periods, combined precisely with competitions. Due to the insufficient study of changes in the methodology of training loads at the stage of initial specialization of para-cycling athletes, a more detailed review remains one of the urgent tasks.

A number of studies are being conducted on the preparation of para-cycling athletes, the optimization of their training loads, their differentiation according to the level of importance, the development of selection norms, and the use of active recovery means in the training process of para-cycling athletes. Also, scientific and practical research is being conducted to determine the indicators of the relationship between the physical work capacity of para-cycling athletes and the existing physical fitness of a para-athlete, depending on the type of sport. Despite the fact

that the methodology for preparing para-cyclers for competitions has been sufficiently developed, there is a need to optimize the methodology of training loads in the development of racing in para-cycling.

The purpose of the research is to develop proposals and recommendations for improving the methodology for optimizing the training loads of para-cycling athletes.

Research task. Analysis of the opinions of scientists on the features of tactical actions of para-cycling athletes in competitive conditions and the methodology of preparing para-cycling athletes for competitions.

Research methods and organization. We all know that the word tactics, in a short sense, means the method of conducting arguments. Throughout the long history of sports competitions, tactics have continuously changed and improved in accordance with the physical development of athletes and the improvement of the technical equipment of riders. Successful participation in individual types of multi-day cycling races "Tour de France," "Giro de Italia," "Vuelta a España," which are currently the most popular, depends on how correctly the athlete distributes all tactical obstacles and overcomes them. The tactics of cycling should be understood as the athlete's activity aimed at correctly distributing the force expended at the distance, reacting to the actions of the opponent and partner to achieve victory during the race and in the competition as a whole. Based on the physical fitness of the racer or the entire team, experience from previous competitions and training, as well as theoretical training.

According to J.K. Kholodov, modern cycling conditions pose serious challenges for coaches and athletes in achieving high speeds, increasing endurance and strength, and fully utilizing physical and technical preparedness. All these tasks can be completed by conducting appropriate training and educational work on the tactical training of the racer. The basis of this activity is the athlete's tactical thinking ability, which is closely related to the cyclist's physical, technical, and mental preparedness.

In our opinion, the best school for improving tactical skills is a competition. The world's leading cyclists participate in up to 80 starts on a very wide program on the highway or track during one season. In this case, most competitions are personal in nature, which, in turn, allows the cyclist to experiment in the field of tactics. Shortcomings in the system of sports training, including tactical training, in which significant reserves are hidden, necessitate extensive research on the tactics of cycling and the development and improvement of tactical training methods.

According to A.R. Abdulzhanov, along with the formation of tactical knowledge and skills, tactical thinking develops. He emphasized that its main features are the athlete's ability to quickly receive, evaluate, identify and process information, anticipate the actions of the opponent and the results of competitive situations, and most importantly, find the one that leads to success among several solutions in a short time.

In the scientific research of A.A. Kuznetsov, attention was paid to changing the set of technical methods and actions. The higher the athlete's level of preparedness, the more opportunities they have in the tactical sphere. For example, only a highly physically prepared wrestler can skillfully change the wrestling tactics depending on the situation. It was noted that after the opponent who received the points switched to defense, the wrestler could use active means of opening the defense, requiring endurance and strength.

In general, tactical skill relies on a rich experience of knowledge, working ability, and skills that allow accurately performing planned actions and accurately assessing the situation in the event of unforeseen limitations.

Cycling competitions - highway, cycling cross-country, mountain biking (on elevated terrain), track (special cycling area). The number of participants in the competitions depends on the type of competition and is held for men, women, teenagers, girls, and youth groups.

In the long-term scientific research of A.A. Zakharova, individual, team, and group races on the highway were recommended. The distance of one-day races ranges

from 4 km to 200 km for men and from 3 km to 90 km for women. Juniors (16-17 years old) at distances up to 90 km, girls

Can compete in distances up to 60 km. Athletes from the youth group (18-19 years old) stated that men can compete in races up to 140 km, and women up to 90 km.

Conclusion. Competition is considered the best school for improving tactical skills in paracycling. The world's leading paracyclists participate in up to 80 starts on a very wide program on the highway or track during one season. In this case, most competitions are personal in nature, which, in turn, allows the cyclist to experiment in the field of tactics. Shortcomings in the system of sports training, including tactical training, in which significant reserves are hidden, necessitate extensive research on the tactics of cycling and the development and improvement of tactical training methods. In general, tactical skill relies on a rich experience of knowledge, working ability, and skills that allow accurately performing planned actions and accurately assessing the situation in the event of unforeseen limitations.

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