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Requirements for Athletes and Coaches in the Modern Training System

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A B S T R A C T
In the context of evolving demands in modern sports, both athletes and coaches must meet increasingly complex requirements to achieve high-level results. This article explores the foundational elements of a modern training system, addressing the general rather than sport-specific challenges in preparing athletes. The discussion highlights the need for a scientifically grounded, methodologically structured approach to athletic training, emphasizing the integration of physical, psychological, tactical, and organizational components. The research underscores the necessity of rational load distribution, functional preparedness, and systematic monitoring of athlete condition. It also examines the critical role of coaches not only as technical instructors but also as educators, organizers, and developers of holistic athlete preparation. The article calls for enhanced collaboration among coaches, doctors, psychologists, and methodologists in creating effective, individualized training plans, and stresses the importance of continual professional development for coaching staff. The author concludes that without rigorous scientific support, structured planning, and interdisciplinary cooperation, sustainable high performance in modern competitive sports is unattainable.

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Introduction

Currently, there are numerous scientific articles, literature, and textbooks on the methods and systems of training athletes, the requirements for coaches and athletes, and the tasks they perform. All sports have their own annual curriculum, which is selected by the coach based on the athlete's physical capabilities. Nevertheless, requirements for athletes and coaches were developed not by type of sport, but in general, regardless of the type of sport, which is considered the main problem today. Based on this issue, this article serves as a solution to the problem to some extent.

To further raise the level of high indicators achieved by today's athletes, it is necessary to fully organize the methodology of training the world's highest-qualified athletes, as well as the current organizational and methodological approach, which has been used for many years in the training of athletes. Due to the ever-increasing results of achievements in the largest competitions, the competitive struggle has become extremely intense. This circumstance significantly increases the demand for the effectiveness, stability, and stability of the athletes' technical and practical skills, moral, volitional, and psychological preparedness in the context of their overlapping and responsible starts.

Highly qualified athletes have reached such a high peak of special physical training that now it has become the most difficult and complex task to rise higher than it, therefore, the search for reserves to increase the effectiveness of special physical training and, at the same time, new methods and techniques in the system of the training process as a whole have become necessary. The volume of training loads has

grown and become so heavy that the question of their rational integration within the annual cycle and into each stage has become urgent. Accordingly, firstly, the most beneficial ratio between loads of various preferential directions, and secondly, the need to search for new methods of organizing masks arose, since such exercises provide the most optimal conditions for the full realization of the adaptive capabilities of the athlete's body's activity, based on a clear relationship between the expenditure and restoration of energy reserves in the athlete. The task of science in solving the methodological issues of training has increased, which is directly related to the training of highly qualified athletes, the full-fledged influence on functional methods of life support in the athlete's body, and raising such methods to an extremely high level of activity, and now the most complex problems of training an athlete using modern methods cannot be solved without scientific and methodological data, relying only on common sense and emotions. The complex of scientific and methodological foundations for the methods of athlete training, as well as the collaboration of organizations that consistently train athletes in specific specialties, are the result.

1. Within this complex, the greatest load falls on the athlete, since it is this athlete who must face the influence of a number of movements. However, an athlete, as an independent individual, cannot prepare for competition without a coach, material, technical and economic support, scientific and methodological support, and groups. The comprehensive development of today's athlete also requires physical, technical-tactical, mental, and functional training.
2. To review the methods of athlete training, let's turn to the organizational aspect of this activity. Ideological and educational work and the cultivation of moral and volitional qualities are prioritized, as only with the proper organization of these activities can one have practical respect for oneself, one's coach, team members, opponents, and others. The coach and the athlete, along with developing the noble tasks mentioned above, must systematically fight everywhere against those who violate the laws of sports, against drunkenness, hooliganism, and other immoral people. Among athletes, there are many who don't know how to act, are arrogant, and demand the cult of the champion's personality. There are negative acts such as improper education of athletes, the pursuit of substances, and tarnishing the honor of our athletes.

Planning competitions and training camps should also be considered as organizational work. This is the most responsible process in any sport. Competitions should be planned in such a way that they absolutely correspond to the timing of sports training, are conducted gradually depending on their practice, and also take into account the conditions under which the largest competitions will be held. Proper distribution of competitions according to the annual cyclical plan accelerates the growth of sports results and enables adaptation to competition conditions. The method of organizing and conducting training camps also depends on the level of competitions, and every task performed at such camps must be carefully considered. For example, it includes transporting athletes to the training camp and organizing training days in a carefully planned order, rest, meal schedule, training locations, etc. In addition to these, educational work, medical services, scientific and methodological support are carried out.

Organizers of training camps must have good connections with other organizations.By collecting and analyzing information about sports, we can visualize not only the current status of sports, but also its future. Coach, athlete, doctor, psychologist, methodologist and others jointly solve such issues as the construction of new technical movements, functional preparation for practical complex training, psychological preparation, that is, athletes create a model of the year.To provide national teams with such specialists, it is necessary to conduct regular training of new and retraining of old personnel everywhere.Currently, one-year courses are opening for national teams to improve the qualifications of high-class coaches.

Proper organization and effective organization of athletes' free time and leisure during training camps and competitions. Ideological and political educational work of national teams is carried out differently depending on the age of team members.

The ideological and political education of athletes includes theoretical seminars, political information evenings dedicated to important dates, and similar events. There is no practical information about the athlete's health, functional state, psychological readiness for competitions, and other similar aspects. The task of medical supervision is to conduct an annual dispensary examination of athletes, apply tests for

functional readiness, conduct supervision before preparation for competitions, and then conduct current monitoring at least once every 3-4 months.

In the process of preparing national teams for responsible international competitions held in the CIS, it is necessary to obtain as complete information as possible about the physical characteristics of each renowned athlete, training methods, what loads they can handle, lifestyle, and other aspects.

The coach carries out the training process aimed at forming the motor activity of the athlete, developing physical qualities, solves the problem of systematically preparing the athlete for competitions using the training method and adaptive tasks representing the pedagogical process in managing the development of the athlete's activity. The coach, carrying out the training process, selects promising children in the sports institution (this is a system of organizational and methodological measures of a set of characters consisting of pedagogical, social, psychological, methodological, biological methods, with the help of which the talent and abilities of children selected for sports specialties are determined), determines which sport they are capable of (currently, the quantitative and qualitative structure of the selection of children for 16 sports has been determined). It should also be noted that no matter how experienced a trainer is, they cannot always produce a famous athlete from just any athlete. Modern coaches absolutely do not know how to plan training and competition loads - this process has been left to their own devices, meaning the athlete searches for methods of strength accumulation (massage, sauna-passive rest, uncontrolled nutrition, in short, the entire mode of strength recovery).

The main condition for effective management of the training process with factoring is the constant analysis of the components of the training process.

1. Accounting for all work performed by athletes.
2. Monitoring the athlete's condition, as a result of such monitoring, it is possible to obtain objective information about the athlete's condition, the quality of development of physical and technical skills, and the extent to which they can perform training loads.

To determine how well the recommended loads correspond to the capabilities of the athlete's body, it is necessary to use the following methods: comparative analysis of training, mental control, self-control of the athlete, medical supervision.

Conclusion

Symptoms indicating that the recommended loads correspond to the capabilities of the athlete's body,he may be in a good mood, be discouraged from everything, become disillusioned with the exercise.To thoroughly determine how well the loads correspond to the functional state of the body, it is necessary to use the following methods:comparative analysis of training,monitoring of intelligence,self-monitoring of the athlete,under the supervision of a doctor.

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