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THEORETICAL ASPECTS OF COMPETITIVE ACTIVITIES IN SPORTS GAMES

Abstract. The article presents the authors' theoretical views on the structure, features and definition of the basic concepts of competitive activity in sports games. Sports games are the most spectacular and popular sports. A high tempo of game actions, a quick change of situations, direct contact with the opponent in the fight for the ball, limiting the time of possession of the ball, high emotionality and unpredictability of the result require specific requirements for the motor, functional and psychological readiness of the players. The study of various aspects of the players' mastery allows to focus the attention of researchers on the leading characteristics – morphological indicators of players, the level of development of motor abilities and morpho-functional specialization of the body of athletes, technical readiness, tactical skill, moral and volitional qualities. The complex of these indicators determines the effectiveness of the competitive activity of athletes. Competitive activity in sports games is a competition organized according to certain criteria in order to identify the level and objectively compare the skill of players and teams.

Keywords: *sports games, competitive activity, theoretical aspects.*

Relevance of the study. Relatively objective information about the effectiveness of competitive activity in sports games is provided by the results of competitions. However, the result of the competition does not always contain reliable information about the course of wrestling, the strengths and weaknesses of players and teams. For this, other indicators are used, which are obtained when registering data on competitive activity. The main directions of research of competitive activity in sports games are the following: determination of the total number and effectiveness of technical and tactical actions; determination of the efficiency and stability of sports equipment; control over sports tactics; measuring the physiological and biochemical reactions of the body of athletes during the competition and immediately after their end; control of mental states of athletes. This research is devoted to the definition of the basic concepts of competitive activity (theoretical aspects), the characteristics of the typology, structure and features of the players' game activity. The characteristic of competitive activity in sports games is the leading component of a number of scientific directions related both to the issues of improving the process of training athletes, increasing the effectiveness of playing competitive activity, and training future specialists in physical education and sports – physical culture teachers, coaches, judges, instructors, managers in branch.

The work is carried out in accordance with topic 1.4 "Theoretical and methodological foundations of sports development" of the Consolidated plan of research work in the field of physical culture and sports for 2011 – 2015 of the Ministry of Education and Science, Youth and Sports of Ukraine.

The subject of the research is the definition of the basic concepts and factors of competitive activity in sports games, the characteristic of the typology, structure and characteristics of sportsmen's playing activity. When studying this issue, the following methods were used: general scientific research methods – empirical and theoretical, as well as systemic,

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functional, specific sociological. As well as formal logical, comparative legal and other methods of scientific knowledge.

Recent publications review. Theoretical aspects of competitive activities in sports games were investigated by L. Hayrapetyants, V. Babushkina, V. Koryagina, E. Kudryashov, T. Akhmetzhanov, L. Matveev, V. Solomonko, I. Bodnar, N. Zavidovske, V. Davydov, T. Krucevich, N. Volovik, A. Zelentsov.

The article's objective is to study, generalize and theoretical analysis of competitive activity in sports games in the aspects of defining the basic concepts and factors that determine its result, characterizing the typology, structure and characteristics of the players' game activity.

Discussion. Competitive activity in sports games has repeatedly been the object and subject of extensive research by both individual specialists and research teams. Most teams of masters in football, volleyball, basketball, handball, futsal have in their staff specialists-scientists or complex scientific groups that monitor and evaluate the results of competitive activities of players, lines (defense, attack, goalkeeper, etc.), teams in general, determining a kind of "efficiency" of the player or team. General problems of competitive activity in sports games, questions of planning and control of competitive activity in aspects of pedagogical problems are considered in the dissertation on competition of a scientific degree of the doctor of pedagogical sciences L. Hayrapetyants [1]. The team of domestic authors – scientists and practitioners - prepared the publication "Tactics and Strategy in Football" [2, p. 3-4]. The study contains the views of the authors on the current state of competitive activity in football and ways to optimally assess it based on the widespread use of mathematical apparatus - methods of factor analysis, methods of multidimensional modeling and their combinations based on analytical and synthetic approaches. In 1996 he defended his dissertation for the degree of candidate of pedagogical sciences "competitive activity in tennis and methods of its evaluation" [3]. Its author managed to organically combine theoretical and practical components of competitive activity in tennis, to develop a system for assessing the individual effectiveness of technical and tactical activities of tennis players on the basis of objective and subjective parameters. Regarding basketball, the famous works of V. Koryagin [4, p. 8-13] and V. Babushkin [5, P.17-19]. These researches are based on the pedagogical analysis of parameters of competitive activity of basketball players of different age and qualification on the basis of statistical processing of data of technical and tactical activity of players during official games. The analysis of these indicators allows the coach, team players to have up-to-date information on the success of competitive activities in a particular tournament or a separate official game, to respond quickly to game deficiencies and correct them both during training activities and during the official game.

Competitive activity in volleyball has significant features in comparison with other sports games, based on the principles of specific competitive activity (features of contact of the player with the ball, requirements for special physical training and tactical activity of players of individual roles – "libero", "connecting player"). analysis of the components of competitive activity in volleyball is contained in the studies of E. Kudryashov [6, p. 286-295] and T. Akhmetzhanov [7].

The study of the well-known Russian scientist L. Matveev [8, p. 70-113]. Quite a significant amount of work on the study, generalization and analysis of the components of competitive activity in sports games still leave a significant scientific space for unsolved and partially solved problems, the main of which are the following: 1) theoretical and methodological bases of the analysis of competitive activity in sports games as the leading factor of increase of its results; 2) competitive activities in sports games as a factor in optimizing the training process of players of all ages and specializations; 3) theoretical and methodological and pedagogical bases of competitive activity in sports games as a factor of professional training of future specialists in physical education and sports. topic "Optimization of training and competitive activities in sports games" (approved at a meeting of the Department of Sports Games, Minutes №7 from 05.02.2004; Scientific Council of the Faculty of Physical Education ZSU, Minutes № 11 from 23.02.2004, scientific -Technical Council of ZSU, protocol № 7 from 19.02.2004)

By analogy with the general concept of "activity" in the theory of sports games it is accepted to note sports, including training and competitive activity of athletes. The semantic limits of the general term "activity" are rather vague (activity as occupation, work, activity in general, etc.). "Competitive activity" in sports games is usually understood as a set of actions

of an athlete (team) in the process of competition, united by a common goal and objective logic of implementation (technical and tactical actions, rules of competitions) during the game.

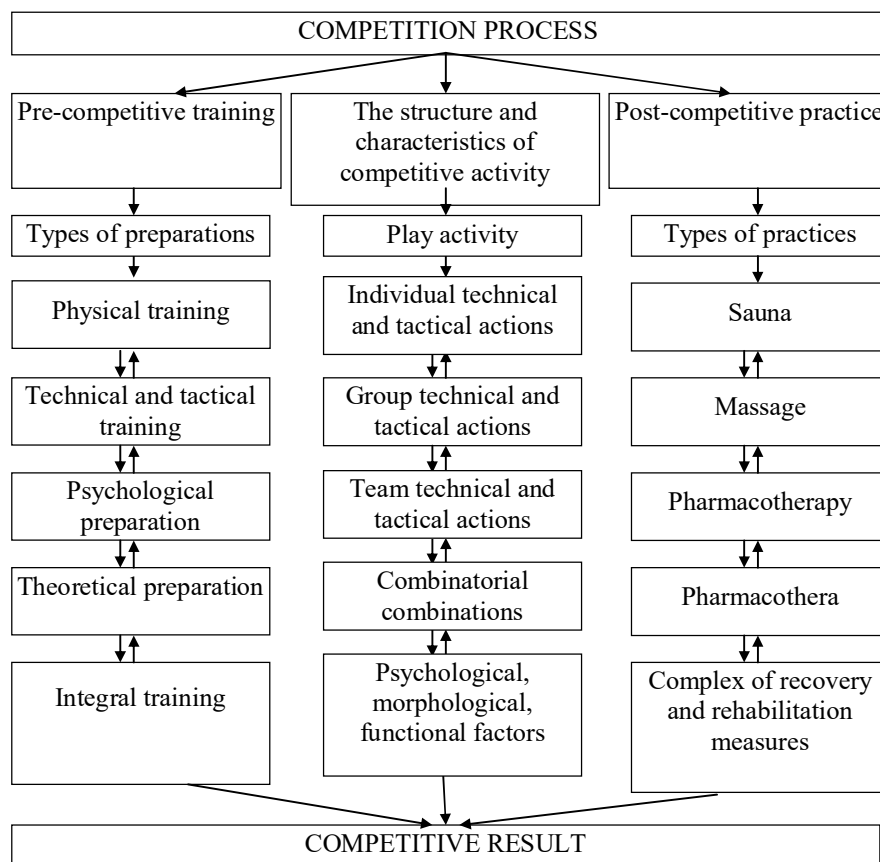


Fig. 1. The composition of competitive activities in sport games

As shown above (Fig. 1), the composition of competitive activities in sports games includes individual game actions (individual technical and tactical actions) and combining their complex forms (group and team interactions). Game actions are primarily integral complementary components of competitive activity, subject to its general logic. They have their own operational composition, i.e. consist of certain operations combined with a holistic game action (for example, moving to the optimal point of possession of the ball - carrying hands towards the ball - cushioning hand movements - catching the ball, and in general - the initial, basic and final elements actions, operations with a ball or other game object, when performing offensive and defensive actions in sports games. The term "operations", about competitive activities in sports games, has a complex interpretation.

More significant than individual game actions, the components of competitive activity are their combinatorial elements – combinations of tactics of a particular game and the level of performance of game techniques by specific players [9].

Reliability of competitive equipment in sports games is the sum of indicators. First, these are indicators of stability in relatively standard conditions of stability in relation to the factors that prevent the correct implementation of the technique of game techniques and their combinations. Secondly, indicators of a certain variability – in the conditions of constant change of a game situation the skill of game action during competitive activity has to remain rather steady, to provide a positive result in variable conditions of game [15]. tactics of a particular game and the level of performance of game techniques by specific players [9].

In the process of competition to a large extent determine the composition of the structure and features of competitive activities in sports games [10]. They (structure and features) are caused both by the tactical plan of game and a direction of competitive activity as a whole, and by laws and concrete conditions of realization of the purpose in the course of the official game. It is clear that in itself the individual operations and game actions of the athlete

do not yet characterize his competitive activity as a whole – they become its components only when combined on the basis of the overall structure of a particular sports game. The phase nature of the changes it causes (in mental and biofunctional aspects). Before the start of the competition in the pre-competition phase (see Fig. 1) predictions, expectations and a kind of "tuning" for a successful performance is associated with a range of changes in mental and functional state of the player, subsequently expressed in the deployment of pre-start processes. There is the processes of forming a positive psychological status of the competition of the player, his motivation based on understanding the needs, interests and self-assessment of the player's real capabilities, modeling future competitive activities, designing its forms, content and results of the upcoming competition [11]. In the process of competitive activity, pre-made installations, the model of activity is specified, clarified and adjusted in relation to the game situations that actually develop on the site. Accordingly, there is a realization of the functional capabilities of the player, manifested in the complex of his game actions (individual group, team). Depending on the content of competitive activity, total volume and intensity of physical activity, after the end of competitive activity, in the phase of "post-competitive practice", processes of return to the initial level of functional state of body systems, reimbursement of spent bioenergy resources [12].

Competitive technique refers to relatively effective ways of performing game techniques, which are the initial forms of building the movements of players. Tactics of competitive activity are the general forms of realization of a certain way of achievement of result in game. In the practice of competitive activity in sports games, technique and tactics do not exist separately from each other. Sufficient conditional separation of these components is possible only with the use of methods of teaching game actions and studying competitive activities of an analytical nature. Indicators of reliability of competitive equipment is the sum of indicators of its stability, optimal variability.

Conclusions The above allows us to state the following:

- the study of theoretical aspects is one of the leading factors in improving the efficiency of competitive activities in sports games,
- the study, analysis and generalization of competitive activities ages and qualifications in sports games,
- theoretical, methodological and pedagogical foundations of the study of competitive activities in sports games is a leading factor in the training of future professionals in physical education and sports.

Prospects for further research are based on the principles of studying, systematizing and refining the theoretical aspects of competitive activities in certain types of sports – basketball, volleyball, handball, football and futsal.

Conflict of Interest and other Ethics Statements

The author declares no conflict of interest.

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ТЕОРЕТИЧНІ АСПЕКТИ ЗМАГАЛЬНОЇ
ДІЯЛЬНОСТІ У СПОРТИВНИХ ІГРАХ

Анотація. У статті викладені теоретичні погляди авторів на структуру, особливості та визначення основних понять змагальної діяльності в спортивних іграх. Спортивні ігри - найбільш видовищні і популярні види спорту. Високий темп ігрових дій, швидка зміна ситуацій, безпосередній контакт з противником в боротьбі за м'яч, обмеження часу володіння м'ячем, висока емоційність і непередбачуваність результату вимагають специфічних вимог до рухової, функціональної і психологічної підготовленості гравців. Вивчення різних аспектів майстерності гравців дозволяє акцентувати увагу дослідників на провідні характеристики - морфологічні показники гравців, рівень розвитку рухових здібностей і морфо-функціональної спеціалізації організму спортсменів, технічну підготовленість, тактична майстерність, морально-вольові якості. Комплекс цих показників обумовлює результативність змагальної діяльності спортсменів. Змагальна діяльність в спортивних іграх це - організоване за певними критеріями суперництво з метою виявлення рівня і об'єктивного порівняння майстерності гравців і команд.

Ключові слова: спортивні ігри, змагальна діяльність, теоретичні аспекти.