

Research on core strength training of young track and field athletes

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ABSTRACT. Core strength training improves the stability and strength of the core muscles of competitive athletes and improves the athletes' physical fitness. When athletes are engaged in high-intensity exercise, they are not only using the muscles they need, but the muscle groups connected to them are also being pulled. The coordinated control of the muscles of the track and field requires strict control and wants to achieve stability in the game. Achievements, it is necessary to achieve the stability requirements of the core strength, the muscle group in the core area of the body can do this. In fact, the reason for the muscle strain injury should be the core strength of the athletes in the exercise of high intensity and high explosion. Due to the weak muscles, most of the sports in the track and field competition, in order to achieve stable results in the game, it is necessary to achieve the stability requirements of the core strength, the body core group of muscles can do this. This paper analyzes the core training methods using literature review. There are many methods of training. The article only analyzes some of them in a targeted way, and provides reference for the training of core strengths. A very important role can also provide reference.

KEYWORDS: Athletics, Aorce at the core, Train.

1. Misunderstandings in training that need to be corrected

Young track and field athletes mainly prefer ordinary physical ability training. They think that ordinary physical ability training can be improved in technical training. They think that core strength training can be used in ordinary athletics, running, jumping, and voting. Ascension, there is no need to go to the individual to strengthen the strength core training, so there is a misunderstanding of the core power concept.

2. Core strength training lacks systematicity

Juvenile track and field athletes core strength training plan development statistics Have a training plan, no training plan Number of people 115 260 Percentage

30% 70%It can be seen from Table 1 that the core strength training of young track and field athletes has 30% of the data of the training plan test and 70% of the training plan without training plan. Under the comparison of the two data, the number of people with training plans is obviously insufficient, but the core Before the strength training, we must do a good plan and purposeful system. The core strength is in the normal training, the training is mainly based on the coaches. Some coaches are thinking about what to practice when they are training physical fitness. There is no systematic training for the core strength. This lack of systematic training may be This leads to an athlete's lack of understanding of the core strength, and there is a situation in which there is a very physical explosion in the game. This situation is very unfavorable for the game. Therefore, we must pay attention to the core strength training methods of the system. Before the core strength training, it is necessary to make a perfect plan for the athletes' situation and to improve the performance of the athletes. The core strength is in the normal training, the training is mainly based on the coaches, the students are main body. Some coaches are training what they want when they are physically active. There is no systematic training for core strength, let alone attention. This lack of systematic training may lead to an athlete's lack of understanding of the core strength, the scores have been on the horizontal line, and there is a danger of sports injuries, and there will be such a situation in the stadium that there is a very physical explosion defect. This situation is very unfavorable for the game, and it will have a great impact on the enthusiasm and psychology of the athletes. Therefore, when training athletes, the coaches must constantly understand the frontiers of the training era and learn the latest training methods.

3. Do not pay attention to the collection and arrangement of athletes' normal training data

Statistics on the collection and implementation of core strength training data for young track and field athletes.Fixed test once a month. Unfixed test Number of people 80 295Percentage % 21% 79%.It can be seen from Table 2 that 21% of the young athletes in the core strength training are fixed once a month, and 79% are not fixed. It can be seen from the data that it is often only known to increase physical fitness. It is considered that physical fitness is promoted in high-load and high-intensity training. There is no clear data and scientific and effective implementation of the effects of core strength training. Such training not only has no significant effect, but also causes problems in the athlete's physical condition. To solve such problems, we must train the trainers to implement and collect some data for the training of athletes under the core strength. Athletes' physical strength and other aspects can be better developed. In the training of athletes' intensity, there is no clear data and scientific and effective implementation of the effects of core strength training. Such training not only has no significant effect, but also causes problems in the athlete's physical condition. In order to solve some of the problems encountered by athletes, the coaches should perform well in the training of the trainers and perform some data collection on the training of the athletes under the core strength. After analyzing and sorting out the data, the trainers have problems in the usual

training, and re-define a new training plan. Only then can athletes get better development in physical fitness and other aspects, and the athletes' injuries will be well reduce.

4. Ignore the coordination of muscles in the core part under heavy load training

If athletes want to achieve stable results in the competition, they must meet the stability requirements of the core strength, and the muscles in the core area of the body can do this. There are many projects in the track and field that are carried out under unsteady conditions. The coordination of the muscle groups in the core area also determines the stability of the athletes' difficult movement techniques during the competition. The coordination of the core parts is also great for the athletes with strong ability. Improve the completion of athletes' heavy-duty sports, and also allow athletes to see their own ascension.

5. Core strength training also needs attention in preparation activities

Youth track and field athletes core strength training statisticsCore strength training general strength trainingNumber of people 90 285 Percentage 24% 76%.It can be seen from Table 3 that the young track and field athletes mainly prefer general strength training, and that the general strength training is often improved by 76% in technical training. They believe that the core strength training is in the ordinary track and field training. From the ability to the promotion, there is no need to specifically strengthen the core training of strength, so there is a misunderstanding of the concept of core strength training. In general strength training, it is considered that only 24% of the core strength training is required, as long as the 24% of track and field athletes have some corresponding understanding of some concepts of physical fitness. Core strength training can also take the form of preparatory activities before class. When the athlete is under heavy load, it can help improve the excitability of the nerve. Enhance the stability of the movement, improve the ability of the core muscles to burst, muscle regulation. The recommendations can be divided into different types of preparatory activities, which can be ideally divided into general preparation activities and special preparation activities. Mastering the effects of the core strength training of these two preparatory activities will also greatly help the athletes, and the sports performance will be improved. Continuously develop core strength training methods that have not yet been discovered, and constantly research and understand existing methods. In the competition and training, the athletes combine the training methods to train the sports, improve the athletes' ability to use the core strength to achieve good results in the competition, and also reduce the training intensity of the athletes in the usual physical requirements.

6 .conclusions and recommendations

(1) For high-level athletes, core training is an indispensable condition for achieving better results. The core strength is very helpful for high-level athletes to break through the existing level, and it also greatly promotes the difficult movement technology.

(2) The core strength will also greatly help the track and field athletes to improve the stability of the track and field technical movements. In the athletes' competition, the stability of the core strength is improved, which can better strengthen the athlete's nerve to muscle control, reduce energy consumption, improve work efficiency, prevent muscle strain during high-intensity exercise, and also enable athletes to better overcome Psychological fear, you can get good results in large-scale events.

(3) Coaches need to constantly learn the most cutting-edge training methods, constantly instilling the importance of core strength training in training. Before performing difficult exercises, it is necessary to carry out separate training of small muscle groups, only to strengthen small muscles. Group training, difficult movements can better improve athletes, overcome various obstacles, and break the original limitations.

(4) A complete system plan is required before and after training. A good warm-up plan is required before training. After training, it is necessary to analyze and compare the unstable actions and find out the problems. Study the weaknesses of muscle groups, carry out separate training enhancements, grasp and grasp the data collection and collation after each training, in order to get good results, and also improve the psychological and physiological aspects, but also for later Provide a good reference and reference role.

(5) In the case of heavy load training, it is necessary to collect a large number of physical physiological indicators for sorting and collection. After analyzing the data, in order to better control the stability in the later difficult and large sports competitions, the movement integrity and perfection can be better, and the athletes' ability to coordinate movements will be great. The room for improvement in the range can achieve better results in the game. Enhance the athlete's psychological quality and enthusiasm.

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