



53-iecscs-4th-265-FC-TB

## **SPECIFICS OF QUICKNESS DEVELOPMENT OF AVERAGE SCHOOL AGE PUPILS**

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### **Abstract**

Such questions of quickness characteristics are considered in the research as motor quality, age, sex, individual specifics and factors that influence quickness development; tools and methodic specifics of different quickness types among average school age pupils (11-12 years old); control of quickness development pupils' high-speed power components are considered in the research.

It was explored, that motor reaction and frequency of movements are developing in the best way in the age of 11-12 years. Also, high tempos of increasing of integral motor action speed (single and cyclic) were noticed. Tools for quickness development should be simple for coordination, diverse, adequate to particular quickness display. Their implementation should be with borderline and similar to borderline speed. Effective methods for quickness development are second, dismembered, playing and competitive methods.

There were developed and proved through the experiment, the effectiveness of quickness development programs for average school age pupils (11-12 years old) with athletic tools applying. The implementation of the program has lasted during 7 weeks and covered 18 lessons.

Statistically credible ( $p < 0,05$ ) increasing of results of control exercises execution by pupils from experimental group ("30m run(sec)", "30m run from walking (sec)" and "run on the place (movements quantity)") are testify the effectiveness of elaborated program. The level of pupils' competence from experimental group have increased in performance of exercises. The results are: "30m run (sec)" rise for 13,3%, "60m run" rise for 20%, "shuttle running 4x9 m (sec)" rise for 6,7%, "long jump from the place" rise for 13,3%.

**Key words:** average school age pupils, program of quickness development, tools, athletics.