

REVIEW

on the monograph "Features of long-term training of highly qualified table tennis athletes in modern conditions", author: Mocrousov Elena

The monograph presented by the author Mocrousov Elena for reviewing consists of an introduction, three chapters, conclusions and recommendations, a bibliography - 74 sources, 145 pages of the main text, 39 tables and 38 figures.

In the formed monographic work, the author claims that modern trends in the development of high-performance sports require systematic improvement of the scientific, theoretical and technological foundations of long-term sports training. The main factors stimulating high rates of improving systems of long-term training of athletes are: the globalization of the importance of high-performance sports in the development of world and national physical culture and the increase in its role in the life of civilized countries; increasing the level of professionalism of coaches, specialists in scientific support for the training of reserves and national teams, managers of the physical culture and sports sphere; developing trend of integration of Olympic and professional sports and the growing popularity of the latter as a promising sphere of employment; the rapid increase in competition in Olympic sports; intensive search for reserves and growth of sports skills of highly qualified tennis players.

The first chapter is devoted to the modern reality of training athletes of the highest sportsmanship in table tennis, its nature and the main factors for the necessary development. Information about the importance of table tennis in the sports movement of the Republic of Moldova, its origin, and European and world public recognition, as well as the development and achievement of sports results in the previous years of our country.

Of particular interest is information on modern ideas about the training preparatory process in table tennis in our country, where

traditional approaches to sports improvement and tendencies to its intensification are revealed. At the same time, it is noted that without knowledge of the age characteristics of sports periodization and the developing functionality of the body of athletes, the process of improving the sports training of highly qualified tennis players is impossible and it must be constantly taken into account and based on long-term planning of the training process. Moreover, in this chapter, close attention is paid to the features of the modern long-term training of highly qualified table tennis athletes, which, through the fundamental factors of an effective training process, can contribute to the achievement of the necessary stage sports mastery of tennis players.

The second chapter of the monograph entitled: **"Features of the sports functioning of the female body systems and the proper dynamics of quantitative characteristics of the structural factors of the training process for highly qualified tennis players"** provides information on the methods and organization of the study, as well as on the features of physiological processes and functioning of the female body systems during sports training. The article also considers the issue of structural and content factors that ensure the proper level of sports and technical training of highly qualified tennis players, which affected the morphological status, functioning of the analyzer systems, intellectual and psychomotor abilities, general motor, coordination and sports and technical development of trained tennis players at different stages of sports improvement. Also in this chapter, the formation of groups of initial sports training is emphasized through a specialized initial selection of tennis players

and an inter-stage sports transfer of athletes to a higher qualification category.

The third chapter of the scientific work entitled: **"Substantive features of the structural factors of the training process of highly qualified table tennis athletes"** provides information on the specialized factors of long-term sports training of tennis players and their influence on the competitive qualification level of the observed tennis players. At the same time, the issue of the formation of tennis players' game movements, as an important coordination and technical motor action, and the ways of its improvement under different supporting conditions, was considered. This chapter also provides information about the design option for the structural-meaningful model of the Program of

the training process of tennis players in the annual mesocycle, its features and the importance of the special-training and pre-competitive stages of training in the general system of sportsmanship formation. An approximate didactic model of planning the educational and training activities of tennis players for a specific lesson is presented.

Thus, as a reviewer, I believe that the presented monograph is a topical scientific and practical work, in which the author Mocrousov Elena quite deeply revealed the designated topic **"Features of the long-term training of highly qualified table tennis athletes in modern conditions"**.

I believe that this monograph must be published and become a methodological guide for students, athletes and table tennis coaches.

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