

SCIENTIFIC AND THEORETICAL FOUNDATIONS OF PROFESSIONAL CHESS PLAYER TRAINING

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Annotation: The article discusses the theoretical foundations of professional training of high-class chess players. The main attention is paid to the specifics of the training process, the peculiarities of psycho-physical training and the use of various methods that ensure the optimal development of both physical and mental endurance of players. The article also examines the social, cultural, and mental factors that influence the effectiveness of chess players' training in modern sports practice.

Keywords: sports training, chess, qualification, training, intellectual sports, methodology, psycho-physical training, intellectual endurance, social factors, cultural traditions.

Relevance of the Study The problem of professional training of high-level chess players occupies an important place in the theory of sports training. In recent decades, chess has become one of the most popular intellectual disciplines, contributing to the development of human cognitive abilities. This sport requires not only a high level of intellectual capacity but also considerable effort in terms of physical preparation and psychological resilience. In the context of globalization and advances in sports technologies, chess players strive for the most effective training system that takes into account all aspects of their development, ranging from physical endurance to strategic thinking.

Sporting achievements in chess are an important indicator of success in national and international competitions. However, the training process of qualified chess players is not limited to game analysis and tactical preparation. It requires a comprehensive approach incorporating both theoretical and practical components. Therefore, the development of training methods and methodologies for chess players represents a relevant task in sports science.

Aim of the Study The aim of this study is to provide a comprehensive analysis of the training system for qualified chess players and to identify the most effective training methods that contribute both to improving their intellectual abilities and to strengthening physical and psychological endurance. The study also aims to analyze the influence of external social and cultural factors on chess players' training, particularly within the context of modern competitive sport.

Furthermore, the study seeks to identify the specific characteristics of chess training in comparison with other sports, where primary emphasis is placed on physical exertion. In chess, however, analytical abilities, the capacity for prolonged concentration, and psychological resilience under competitive pressure are of particular importance.

Methods and Organization of the Study The study was based on the application of a range of scientific methods, including theoretical analysis of existing scientific literature, systematization and generalization of theoretical data, and empirical observation. During the study, several experiments were conducted involving participants from different age and qualification groups, which made it possible to identify key aspects of the training process.

The methods included both traditional training techniques and innovative approaches, such as psychological training, techniques aimed at improving mental concentration, and exercises for developing visual memory and spatial perception of the chessboard. The organization of the study also involved the use of modern technological tools, including chess analysis software, which enables chess players to analyze their mistakes and improve their strategic decision-making.

Results and Discussion The results of the study demonstrated that a systematic approach to chess training requires a comprehensive impact on several aspects of athletes' development. Unlike most sports, where primary emphasis is placed on physical preparation, chess players need to pay particular attention to the development of mental endurance, analytical abilities, and concentration. At the same time, the findings indicate that physical preparation plays an important role in maintaining overall endurance and the ability to tolerate prolonged mental loads.

Particular attention should be devoted to psychological preparation within the training process. Psychological resilience enables players to cope with nervous tension during competitions, which is especially important during prolonged chess games. In this regard, the use of psychophysiological training methods, such as meditation and breathing exercises, can contribute to improving concentration and reducing stress.

Furthermore, the study demonstrated that social and cultural factors play an important role in the development of chess players. Countries with well-established chess traditions often demonstrate higher levels of player preparation, which can be attributed to strong competition and well-developed



training infrastructure. Social support, access to international tournaments, and qualified coaches are also important components of successful chess training.

Conclusions Professional chess training requires the application of comprehensive methods that take into account both the athlete's physical condition and psychological and emotional readiness for competition. Chess players should develop not only their intellectual abilities but also maintain an adequate level of physical endurance to successfully cope with long and demanding games.

To improve the effectiveness of training, attention should be given not only to theoretical instruction but also to psychological support, concentration training, and strategies for managing stress and emotional load. It is also important to consider the influence of social and cultural factors on the development of sports infrastructure, the availability of qualified coaches, and the level of competition within a country.

The need to integrate intellectual and physical preparation is becoming increasingly important under modern competitive conditions. Therefore, an important direction for future research is the development of new methodologies that promote synergy between the cognitive and physical development of chess players.

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