

OPTIMIZING CHESS PLAYERS' TRAINING THROUGH INTENSIFICATION OF THE TRAINING PROCESS

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Abstract The article reveals the relevance of intensifying the training process of chess players in the context of increasing demands on their physical and psychological preparation. An experimentally tested methodology aimed at developing strength endurance and spatial orientation during the competition period is presented. The results of the study confirm the effectiveness of the system based on the principles of continuity, gradual progression, and wave-like load dynamics.

Keywords: chess, sports training, intensification, special physical preparation, strength endurance, spatial orientation, pedagogical experiment.

Relevance of the Study Modern conditions of competitive chess require athletes not only to possess a high level of technical, tactical, and psychological preparation, but also to be able to effectively adapt to rapidly changing situations during a game, regularly process large amounts of information, and implement advanced training methods. Given the continuous increase in the level of international competitions and the emergence of new generations of talented chess players, there is a growing need to improve the athlete preparation system.

One of the key areas for improving the quality of sports training is the intensification of the training process, which involves increasing the density, productivity, and focus of training sessions without excessive increases in their overall volume. This is particularly relevant to chess players, as the effectiveness of their performance largely depends on their ability to make correct decisions within a limited amount of time, promptly analyze positions, and manage their emotional state under stressful competitive conditions.

The intensification of chess training involves the active use of modern computer-based analytical programs, methods of simulating game situations, individualization of training loads, and development of specific intellectual and psychophysiological qualities of athletes. This contributes to the formation of stable playing skills, improves decision-making efficiency in the “key episodes” of games, and reduces the number of tactical and positional errors.

Furthermore, modern competitive conditions are characterized by an increase in the number of competitions at various levels, requiring chess players

to maintain a high level of competitive performance over an extended period. This necessitates rational planning, optimization, and intensification of the training process in order to achieve stable sporting results.

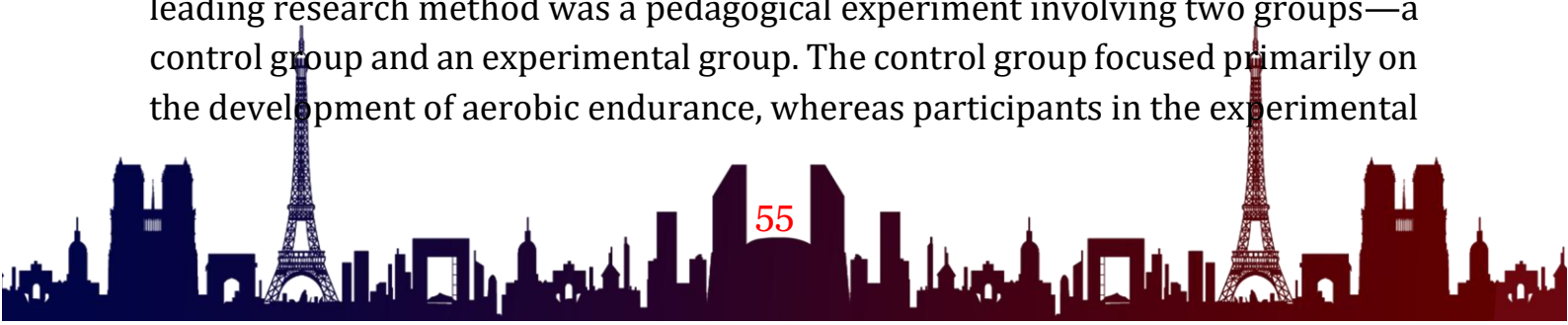
The study of issues related to the intensification of the training process in chess is therefore timely, practically significant, and relevant both for chess training specialists and for athletes striving for successful performances at the international level.

In the physical preparation of qualified chess players, the primary objective is to achieve an optimal level of physical fitness during the preparatory period, with its culmination coinciding with the beginning of major competitions. At the final stage of this period, athletes reach peak functional capacity and physical readiness. At this time, the main task of coaches and chess players is to maintain the achieved level of fitness until the beginning of competitions, which is ensured through specific physical training methods during the 6–7 days of the competitive stage.

The training activities of chess players attending sports schools (SS) are organized according to a “double-cycle” model, comprising two preparatory periods (January–February and August–September), two competitive periods (March–May and October–December), and one transitional period (June–July). However, to date, the content of specific physical preparation of chess players remains insufficiently studied and requires further scientific substantiation. Further research and methodological development are particularly relevant in the areas of specific endurance and coordination abilities.

An analysis of scientific and methodological literature and the results of a sociological survey revealed a contradiction between modern requirements for sports training standards in the area of “Physical Preparation” and the lack of a detailed system of specific physical preparation for chess players. Accordingly, the aim of the present study was to provide a scientific rationale for and experimentally verify the effectiveness of a methodology aimed at improving spatial orientation and strength endurance in qualified chess players during the competitive period.

The study employed the following methods: analysis of scientific literature, examination of regulatory documents, questionnaire survey, pedagogical testing, experimental research, and mathematical and statistical processing of data. The leading research method was a pedagogical experiment involving two groups—a control group and an experimental group. The control group focused primarily on the development of aerobic endurance, whereas participants in the experimental



group followed a methodology aimed at developing spatial orientation and strength endurance.

Results of the Study To determine the significance of specific physical preparation for chess players, a questionnaire survey was conducted among five coaches and five grandmasters. Analysis of the questionnaires demonstrated that the development of strength endurance and spatial orientation during the competitive period was recognized as a priority area of preparation. The developed methodology fully corresponds to the fundamental principles of sports training in chess and is based on the following principles:

1. **Continuity of the training process**, ensuring the cumulative effect of physical loads and contributing to the progressive development of coordination and endurance abilities.
2. **Consistency and progressive increase of loads**, involving a gradual increase in training intensity, which contributes to improvements in sports performance.
3. **Undulating variation of training loads**, facilitating physiological adaptation through the alternation of phases of increased and reduced training loads.

The methodological program included specially selected exercises aimed at developing spatial orientation in chess players.

Conclusions As a result of the study, a system of methodological tools was developed to improve spatial orientation and strength endurance in chess players during the competitive period. The principal methodological approaches included continuity of the training process, gradual progression of training loads, and an undulating load structure. The training content incorporated both specific and general physical exercises, as well as methods based on strictly regulated and variable training sessions.

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