



Integrated Systemic Approach in Chess

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Annotation: The article discusses the types of training and an integrated systematic approach to the training of chess players. The most important goals and objectives in the preparation process were determined. The importance of special, technical and psychological training of chess players is emphasized.

Keywords: chess, training of chess players, training structure, special training, technical and psychological training.

Introduction. Obviously, chess is one of the oldest sports. Over a long history, a huge amount of empirical material has been accumulated for analysis and research [1, 2, 3, 4]. The experience of many well-known coaches, for example, such as I. Z. Bondarevsky, who led B. V. Spassky to the champion title of the 10th world champion, or A. S. Nikitin, who raised the 13th world champion G.K. Kasparov and their unique methods of special training cannot be ignored and require careful study.

Of the theoretical works on the topic under study, the works of A.F. Ilyin-Zhenevsky, V.A. Alatortsev, N.N. Golovko should be noted.

A. F. Ilyin - Zhenevsky singled out the most important conditions "contributing to the success of a tournament fighter":

- 1) Proper training, that is, the habit of prolonged mental work.
- 2) Appropriate external conditions under which the competition takes place [5, 6].
- 3) Appropriate hygiene during the entire competition [7, 8].

In addition, A.F. Ilyin - Zhenevsky, emphasizing the importance of special training, attaches exceptional importance to psychological preparation, psychological techniques used in tournament practice, daily routine and proper nutrition.

N. N. Golovko identifies the following factors that are essential for the formation of a chess player's sports form:

- 1) Chess training (theoretical and practical).
- 2) Neuro-psychic, moral-volitional training.
- 3) State of health.
- 4) Physical training.
- 5) Compliance with the sports regime.

V. A. Alatortsev draws attention to the need to create a comprehensive methodology for training chess players of the highest ranks, to develop a system of chess competitions that allow a chess player to grow, and the obligatory planning of preparation for competitions. V. A. Alatortsev notes



that the process of chess training consists of general and special training, which are interconnected with each other.

General training is aimed primarily at developing the necessary important qualities of a chess player - an athlete. Special training is carried out in direct connection with the mastery and improvement of skills on the basis of already acquired skills and abilities of general training [9, 10, 11].

The need for planning as a process control factor was singled out in his work by Yu. I. Botvinnik. Planning is the search for the best option for performances and preparation for them. By. Yu. I. Botvinnik, the general system of training a chess player is:

1. Planning;
2. Special training;
3. Physical training;
4. Psychological preparation;
5. Intellectual preparation.

A special study in the field of training highly qualified chess players was carried out by V. A. Bologan. His analysis led to the conclusion that the system of training highly qualified chess players includes the following elements:

1. Planning.
2. Self-control.
3. Professional chess training.
4. Physical training.
5. Psychological preparation.
6. Medical control.
7. Factors that complement training and competition and optimize their effect.

As noted, one of the decisive success factors with relatively equal levels of physical and technical-tactical readiness is the mental readiness of an athlete for competition, which is formed in the process of his mental preparation [12, 13, 14].

In the methods and programs for training chess players known from the literature, the main attention is paid to mastering the technical methods of playing in typical endgame and middlegame positions, diagnosing and training the quality of calculating variations and some other aspects of a chess player's preparedness.

The technical readiness of a chess player is the degree to which an athlete masters the knowledge, skills and abilities of a chess game. To model the structure of the technical readiness of chess players, a psychological analysis of the operational composition of the process of making a decision by a chess player was made, leaving aside the consideration of physiological mechanisms [15, 16, 17].

Schematically, the process of choosing a move in chess can be represented as a "calculation tree" of options. Assume that in the initial position there is a choice of three possible movements of the pieces. As a result of mentally carried out movements, new positions arise in which branches are again possible. In this case, there is a kind of mental movement along the "branches of the tree"



with the retention of intermediate positions in memory. Choice move depends on the comparative assessment of the positions in the nodes of this "tree".

Thus, decision-making in chess in its most general form is based on the mechanism of interaction between two mental functions - operative memory, which ensures the retention of changing situations on the board and the evaluation function [18, 19, 20]. The last function in the process of enumeration manifests itself at the unconscious level as a result of processing the knowledge and skills accumulated by the chess player.

The structure of the technical readiness of chess players includes the sum of special knowledge and skills on which the intuitive assessment of the position is based, which is realized when sorting through the options. At the same time, it is necessary to take into account the inextricable relationship between the specialized skills and abilities of a chess player - the evaluation and enumeration of options - with the mental functions that ensure their manifestation.

Mental preparedness, which is the degree of development of professionally significant mental functions and moral-volitional qualities of a chess player. The whole system of knowledge and skills in the field of chess within the framework of the traditional approach was considered based on the division of a chess game into three stages - opening, middlegame and endgame. Such a structure does not reflect the commonality and continuity of the constituent parts of a chess game as a whole. With this in mind, a fundamentally different classification of chess knowledge and skills is proposed.

Conclusion. The whole system of knowledge in the field of chess consists of the following elements:

1. Exact positions - these are positions with a reliably established value ("king with a pawn against the king").
2. The laws of a chess game are probabilistic dependencies between the location of the pieces and the evaluation of the position (the relative value of the pieces located in the center of the board).
3. The strategy and tactics of the game is a set of knowledge and skills about ways to achieve private goals, based on the static (strategy) and dynamic (tactics) features of the position (center, analysis - an element of strategy, double strike - an element of tactics).

Thus, it is noticeable that with the study, development and improvement of the theory of the training system for chess players, an ever wider range of factors and problems that need to be taken into account at the present time are getting into the orbit of attention.

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