

# STANDPOINT

Of a dissertation submitted for the award of  
The educational and scientific degree "Doctor" in NSA "V. Levski ",  
Department of Snow Sports  
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**TOPIC:** OPTIMIZATION OF SHOOTING TRAINING  
FOR BIATHLONS 9-11 YEARS OF AGE

**Author of the dissertation:** Elena Pirinova Durchova

**Scientific adviser:** Assoc. Prof. Krastyo Zgurovski, Ph.D.

Improving the sports training of adolescent biathletes will lead to new higher achievements in sports. The good development and improvement of shooting training is a necessary and important basis for the work of biathlon specialists in other components of training. It also allows coaches to use different training models according to the age, gender and abilities of the athletes.

That is why the submitted dissertation has a topical and important problem that will contribute to the enrichment of the theory and practice in biathlon.

The work is structured in four chapters, thus meeting the requirements for a doctorate.

The dissertation consists of 134 pages, of which 4 are an appendix, 8 tables, 43 figures and a bibliography, which contains 100 literature sources - 84 in Cyrillic, 9 in Latin and 7 websites.

The first section provides an overview of the topic in a volume of 70 pages. The doctoral student has built a good analysis based on the used literature sources and correctly determines the idea and relevance of the research topic.

The research hypothesis, the goal and the tasks are formulated clearly and precisely in the second section, giving an idea of the sequence of the presented material in the work. The doctoral student has set himself five tasks that correspond to the hypothesis and purpose of the study.

This section reflects the methodology and organization of the study, which was conducted over three years, divided into three stages. It can be seen that the presented work is the result of in-depth scientific research of Elena Durchova. The object of the study are 8 girls and boys aged 9-12 years. The methods used are appropriate and well applied in the course of the overall development of the dissertation.

In the third chapter a theoretical analysis of the results of scientific research is made. It is built consistently and on a professional level, illustrated with tables and appropriate figures that contribute to the correct and complete presentation of the study.

The conclusions made are summarized in Chapter Four and derive from the analysis of scientific output.

As the main contributions of the dissertation I would point out:

1. The theory and practice of biathlon have been enriched with the positive influence of the Scatt shooting simulator in the initial shooting training of children.
2. An innovative model for specialized shooting training of 9-11-year-old biathletes has been created.
3. Scientific research has found that combining a Scatt shooting simulator with cognitive training is innovative for learning and improving shooting skills in children practicing biathlon.

The doctoral student has publications that reflect the scientific results on the topic.

The abstract is prepared according to the requirements and reflects the main and most important points of the dissertation.

In view of the above, I am convinced that this dissertation fully meets the requirements for awarding the educational and scientific degree "Doctor".

That is why I propose to the esteemed members of the scientific jury to give their positive vote for awarding the educational and scientific degree "Doctor" to Elena Pirinova Durchova in professional field 7.6. "Sport", doctoral program "Theory and Methodology of Sports Science".

11.02.2022

Member of the scientific jury:

Sofia

(Assoc. Prof. Ventsislav Gavrilov, PhD)