

Opinion

Theme of dissertation work

"OPTIMIZING THE SHOOTING PREPARATION OF 9–12-YEAR-OLD BIATHLONISTS"
for obtaining an educational and scientific degree "Doctor" under doctoral program
Theory and Methodology of Sports Science, professional field 7.6. Sport

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Improving the quality of the training process is an up-to-date and significant problem for achieving sportsmanship in high-order athletes. In recent years there has been an appearance of children's world and Olympic festivals for 16–18-year-olds. This requires from a young age an increase in the quality of the training process.

From this point of view, the topic is extremely topical and significant. Elena Durchova has focused her development on the specialized preparation of 9 - 12-year-old biathlons, through an experimental approach and the use of modern methods and means.

The topic is extremely topical and due to the fact that the biathlon especially, the shooting preparation of which is a special place in the research work, is an element to the specialized training of the employees of the security and defense services, where a large part of these athletes later finds work realization.

The work was developed in a volume of 150 pages, illustrating 42 figures and 8 tables, 93 literary sources and 7 internet addresses were used to write it.

Understanding the specific matter of the subject well, the author from the introduction competently guides us with the problems of different goals and tasks in the training of biathlon children. Studies so far reveal a lot of research in the field of

professional sport, but the means and methods that form the main shooting qualities in infancy remain unclear.

In this particular niche, the PhD student has directed her scientific development. The doctoral thesis presents a specific path for the innovation of the training process, by examining the state of the shooting training of children biathlons, which is a foundation on which the quality of shooting, respectively, sports results strongly depend in the future.

With her professional experience, theoretical, practical pedagogical, and expert activity, Elena Durcova, in a consistent and logical relationship, presents the theoretical foundations of research scientifically applied problem.

At the end of chapter one, the working hypothesis, which correlates with the topic and the objectives and tasks set, is correctly derived.

The second chapter clearly states and presents: the objectives, tasks, organisation and methodology of the study. Of interest is the survey, which examines the opinion of the experts – biathlon coaches in the country. The effect of cognitive training has also been studied, through a number of tests and methods of psycho diagnostics, which increase the quality of attention. Very thoroughly and in connection with the topic are described the means and methodology of preparation in the athletes studied. The influence of specialized simulator "Scat" is established, on the qualities of the shooting technique in the studied children biathlons.

The organization of the study complies with the requirements for conducting the pedagogical experiment, giving opportunities for the collection of objective primary information. The complex methodology used has a specific focus and corresponds to the theme and the goal set.

The selected contingent of surveyed persons is 8 students - 5 boys and 3 girls aged 9 to 12 from the children's biathlon team in Bansko, in the period from 2018 to 2019.

At the end of the third chapter, it is established, improving the indicators of both dimensions, grouping and accuracy of shooting hits, which implies a well-mastered shooting technique, and meets one of the assigned tasks. The effect of using the Scat simulator in the preparation of children is also demonstrated by the established improvement of the two important factors in shooting in the biathlon – accuracy and time.

The fourth chapter, where the general conclusions, recommendations, conclusion and literature used are presented. The conclusions drawn find: a shortage of publications dealing with the problem of training and training in shooting with children biathlons from 9-11 years and the effect of this on achieving excellence. The benefit of cognitive exercises on the development of the quality of attention of the children surveyed biathlons was established. The methodology adopted shows a certain effectiveness. The results show significant growth and success rate in the attention quality test, extremely important for achieving high biathlon results.

In the summary of the analytical part of the dissertation, it can be argued that Elena Durchova is able to analyze and reveal patterns.

As a result of the theoretical analysis and summaries, 7 conclusions and 5 recommendations for the practice were made.

The comprehensive analysis of the training process in biathlon children and the improvement of their shooting achievements can serve as a basis for enriching knowledge and skills in this field, as well as improving the methodology of training in biathlon.

On the basis of the methodology applied, significant positive changes in the test contingent are unquestionably established,

Conclusion:

The dissertation on "Optimizing the shooting training of 9–12-year-old biathlons" is a personal work of the PhD student.

On this basis, I propose with confidence to the esteemed Scientific Jury to give a positive assessment for obtaining an educational and scientific degree "Doctor" of Ms. Elena Pirinova Durchova under the Doctoral Program "Theory and Methodology of Sports Science", professional field 7.6 Sport.

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Sofia

Drafted opinion / /

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