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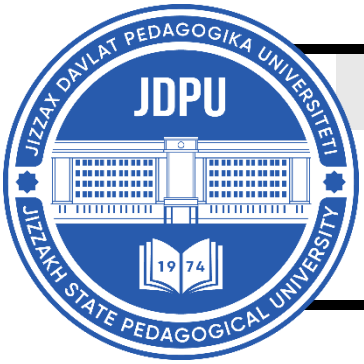

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IMPROVING PEDAGOGICAL CONTROL OF WRESTLERS (KURASH PLAYERS) DURING COMPETITIONS AND TRAINING

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ABOUT ARTICLE

Key words: training athletes, recovery, performance, massage, self-massage, physical activity.

Abstract: The methodology for the use of a complex of general and special exercises for assessing the physical training of qualified wrestlers in the process of training is improved.

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Relevance. The growth of sports achievements in the national sport of Kurash depends on the rational construction of an effective system for training qualified wrestlers. The proper distribution, planning, and monitoring of competition and training means are of great importance in determining and scientifically justifying the extent to which they contribute to the efficiency of managing the preparation of skilledwrestlers.

The theoretical foundation of tools and methods of pedagogical control over the training process of wrestlers is based on a three-level functional system for managing athletes' preparation in combat sports (this system distinguishes three main levels, making it possible

to fully conceptualize the entire training system and identify optimal relationships between its controlling and controlled elements) [A.A.Novikov].

Based on A.A. Novikov's three-level system, a scheme for pedagogical comprehensive control of qualified wrestlers' preparation was developed. In developing the foundations of pedagogical control in wrestler training, it is essential to consider, first and foremost, age-related development of the organism, as well as the individual development of functional systems, the variability and stability of qualities and characteristics during natural growth, and the consideration of individual traits in the development of specific skills under targeted training.

The aim of the research is to develop proposals and recommendations for further improving the theoretical and methodological foundations of pedagogical control over the competition and training process of qualified wrestlers.

Research methods. The study employed the analysis of scientific-methodical literature, questionnaires, pedagogical observation, pulsometry, pedagogical testing, pedagogical experiments, and methods of mathematical statistics.

Organization of the research. A system for recording and analyzing training and competition loads of skilled wrestlers was substantiated, through which effective tools and methods for the educational-training process were identified. Taking into account the individual characteristics of wrestlers, model descriptions of training and competition activities were developed, and the effectiveness of a unified system in enhancing the performance of competitive and training activities was determined.

Results and discussion. This article is explained by the fact that it is based on the views of national and foreign scholars in the field of the theory and methodology of physical education and sports training, the representativeness of experimental studies, and the processing of obtained results using mathematical-statistical analysis methods. The collected data and results were accurately processed with the help of computer technology. The reliability of the conclusions and scientific recommendations presented in this work is supported by the necessity of solving conceptual issues in the theory and methodology of pedagogical control of qualified wrestlers' training and competitive activity.

In Kurash, if a practicing coach does not have the minimum necessary information about the athlete's condition, it is impossible to speak about managing the training process. Therefore, special attention should be given to this particular link within the overall management system. Today, in modern sports, there are three types of control: stage-by-stage, current, and operational control, as well as three directions of control: monitoring of competitive activity,

monitoring of training aspects, and monitoring of the organism system. Pedagogical control in wrestlers' preparation can only exist through the development of all these directions and types. (see Table 1).

Table 1

Features of Organizing Pedagogical Control in Kurash

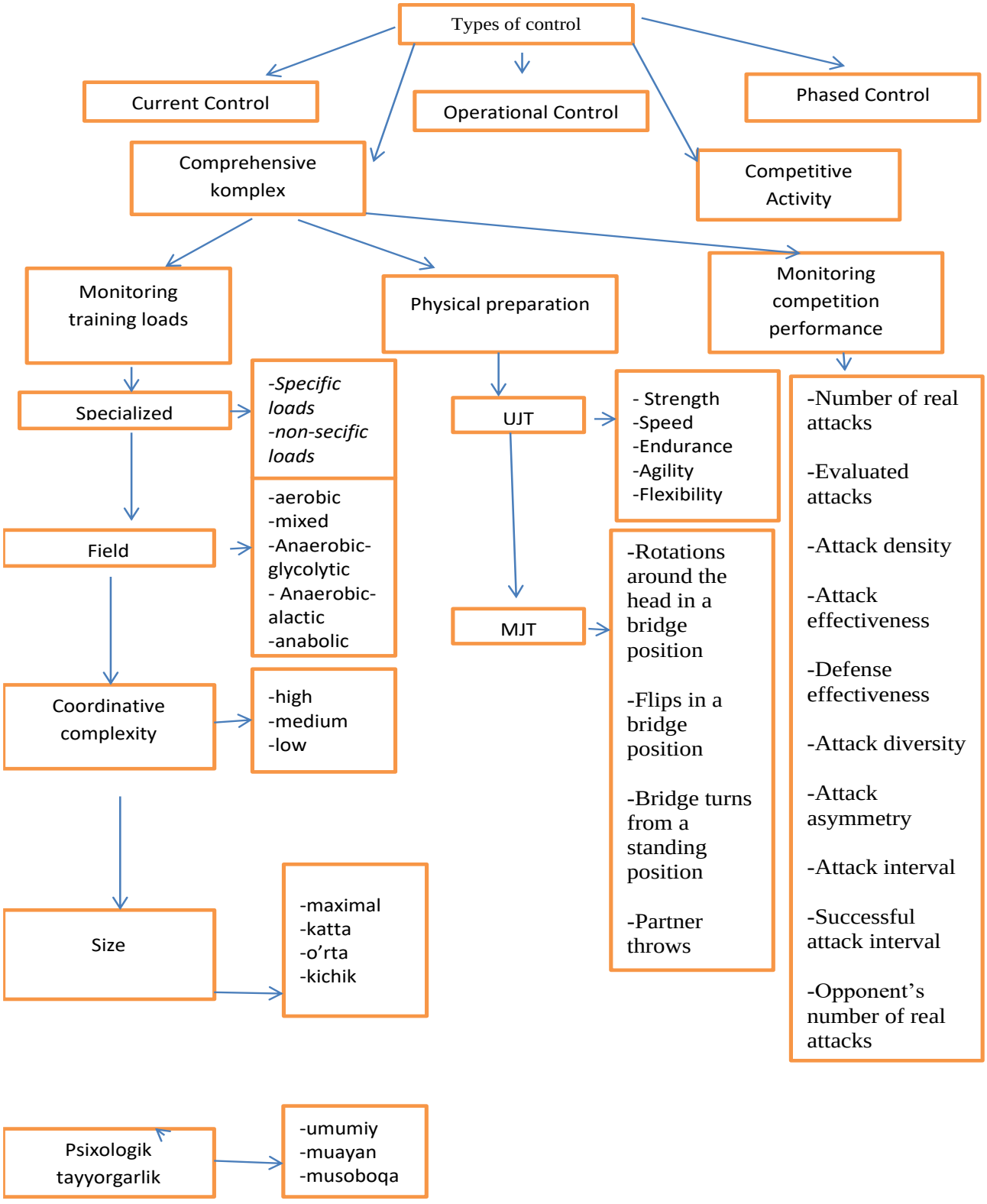
Control direction / Types of contral	Monitoring Competition Activity (MCA)	Monitoring Aspects of Training (MAT)	Monitoring Body Systems (MBS)
Stage Control (SC)	1	4	7
Current Control (CC)	2	5	8
Operational Control (OC)	3	6	9

The application of all types of pedagogical control during the training process increases the effectiveness of monitoring the wrestlers' preparation. Based on this scheme, and taking into account all types and scales of wrestling, a comprehensive pedagogical control program has been developed for wrestlers' preparation.

The analysis of attacking actions allows for a clearer understanding of the course of a match by identifying the main moments of the attack. This analysis may be of interest to the coach, as it can be used to develop various structures of match strategies, as well as to design a functional training program aimed at improving the efficiency of the wrestler's energy supply.

For organizing and conducting pedagogical control in the national sport of kurash, it is necessary to define objective criteria for each of the control types mentioned above. We have developed a comprehensive pedagogical control scheme for kurash. Here, the features of organizing the monitoring of physical loads, physical preparation, and competitive activity are presented (see Figure 1).

“The Scheme of Comprehensive Pedagogical Control in Kurash”



In the training system of the wrestlers mentioned above, one of the most essential components is the control subsystem, which includes not only the methods of analyzing technical and tactical skills and studying competitive activity, but also a battery of tests designed to assess the development of motor abilities and their performance under conditions

similar to specific activity. In particular, this battery of tests was intended for application in the sport of wrestling.

The results of the study revealed that the selected tests, based on the analysis of training and competitive activities, proved to be more informative and reliable, which contributed to the effective organization of the educational and training process (see Table 2).

Table 2

"The stability and informativeness factor of the tests assessing the motor abilities of qualified wrestlers (kurash Players) "

T/r	Indicators	Stability	Informativeness factor
1	30 m running (s)	0,912	0,598
2	Pull-ups on the bar (times)	0,927	0,731
3	Push-ups in a lying position (times)	0,347	0,721
4	Dips on parallel bars (times)	0,616	0,524
5	Sit-ups and stand-ups with an equal-weight partner (times)	0,754	0,498
6	Raising legs up to 90° while hanging on a gym wall (times)	0,907	0,651
7	Lifting and lowering an equal-weight partner while standing on a parallel bench (times)	0,376	0,408
8	Rope climbing without using legs, 4 m (s)	0,734	0,508
9	Standing long jump (cm)	0,691	0,597
10	Standing vertical jump (cm)	0,554	0,347
11	Medicine ball throw forward over the head (3 kg) (m)	0,437	0,517
12	Medicine ball throw backward (3 kg) (m)	0,911	0,727
13	Sit-ups from a lying position, 20 s (times)	0,718	0,521
14	3000 m running (m, s)	0,511	0,608
15	Shuttle run, 3×10 m (s)	0,918	0,641
16	Hip throw, 10 times (s)	0,695	0,545
17	Rotations around the head in bridge position: 5 to the left, 5 to the right (s)	0,601	0,607
18	Rotations around the head in bridge position: 10 times (s)	0,607	0,718
19	Shoulder throw, 10 times (s)	0,719	0,711
20	Throwing a dummy using "bordor" technique, 10 times (s)	0,476	0,702

As can be seen from Table 2, the reliability of the tests is confirmed by 9 out of 20 showing high correlation coefficients (0.7–0.9), and 7 showing average values of the correlation coefficient (0.5–0.7). This indicates that the main tests are reliable in terms of performance and can be used in the development of an evaluation system. For the analysis of the results in Table 2, the following indicators were identified: 6 high correlation coefficients (0.7–0.9) and 10

within the borderline values (0.5–0.7), which testify to the average level of correlation. The informative tests, as well as trial tests, also demonstrated that they can be used to assess the physical fitness of wrestlers.

A new system was developed to evaluate the results of the tests tested for reliability and informativeness (see Table 3). In the table, new weight categories and a five-point evaluation system were applied to the assessment process in wrestling. All indicators were divided into three weight categories of wrestlers: (60–66 kg), (73–81 kg), and (90–100 and +100 kg).

Table 3

Indicators of GTP and CTP of qualified wrestlers (kurash players)

N	Control exercises and measurement units 30 m running (s) Pull-ups on the bar (times)	Weight categories and points														
		60-66 kg					73-81 kg					90-100 +100 kg				
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1	Push-ups in a lying position (times)	5,2	5,1	5,0	4,9	4,8	5,3	5,2	5,1	5,0	4,9	5,8	5,7	5,6	5,5	5,4
2	Dips on parallel bars (times)	10	14	18	25	30	10	13	17	20	25	4	8	10	12	15
3	Sit-ups and stand-ups with an equal-weight partner (times)	35	40	50	60	70	35	40	45	50	55	20	25	30	35	40
4	Raising legs up to 90° while hanging on a gym wall (times)	10	20	30	40	50	20	25	30	35	40	5	8	12	15	20
5	Lifting and lowering an equal-weight partner while standing on a parallel bench (times)	6	8	10	12	14	8	10	12	14	15	4	6	8	10	12
6	Rope climbing without using legs, 4 m (s)	8	10	15	20	25	8	10	15	20	25	4	6	8	12	15
7	Standing long jump (cm)	6	8	10	12	15	6	8	10	11	13	2	4	6	8	10
8	Medicine ball throw forward	11,0	10,5	10,0	9,5	9,0	12,0	11,5	11,0	10,5	10,0	13,0	12,5	12,0	11,5	11,0

	over the head (3 kg) (m)															
9	Medicine ball throw backward (3 kg) (m)	220	230	240	250	260	200	220	230	240	250	160	170	180	200	220
10	Sit-ups from a lying position, 20 s (times)	60	65	70	75	80	50	55	60	65	70	25	30	35	40	45
11	3000 m running (min, s)	11,0	11.5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
12	Shuttle run, 3×10 m (s)	11,0	11.5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
13	Hip throws, 10 times (s)	40	45	50	55	60	30	35	40	45	50	10	15	20	25	30
14	Rotations around the head in bridge position: 5 to the left, 5 to the right (s)	12,45	12,30	12,15	12,00	11,45	13,00	12,45	12,30	12,45	12,00	13.30	13,15	13,00	12,45	12,30
15	Rotations around the head in bridge position: 10 times (s)	8,3	8,1	7,8	7,5	7,0	9,0	8,8	8,5	8,1	7,8	9,2	9,0	8,8	8,6	8,4
16	Shoulder throws, 10 times (s)	17,0	16,0	15,0	14,0	13,0	18,0	17,0	16,0	15,0	14,0	19,0	18,0	17,0	16,0	15,0
17	Dummy throws using “bordor” technique, 10 times (s)	24,0	23,0	22,0	21,0	20,0	25.0	24,0	23,0	22,0	29,0	28,0	27,0	26,0	25,0	24,0
18	**Control exercises and measurement units**	26,0	24,0	22,0	20,0	18,0	28,0	26,0	24,0	22,0	20,0	30,0	29,0	28,0	26,0	24,0
19	30 m running (s)	25,0	20,0	17,0	15,0	13,0	25,0	20,0	18,0	16,0	14,0	30,0	25,0	23,0	20,0	18,0
20	Pull-ups on the bar (times)	28,0	25,0	21,0	19,0	17,0	30,0	28,0	25,0	23,0	20,0	40,0	38,0	35,0	32,0	30,0

Through a new approach, it is possible to objectively assess the physical preparedness of qualified wrestlers. Converting physical preparedness indicators into coefficients allows for the comparison of different wrestlers’ performance as well as the development of each wrestler’s motor abilities. The advantage of this battery of tests is that wrestlers can be examined under almost any training conditions without the use of complex equipment. At the same time, it provides data that objectively reflect the level of development of the wrestler’s motor abilities.

To determine the integral indicators of General Physical Training (GPT) and Special Physical Training (SPT) of qualified wrestlers, Table 4 was developed, which makes it possible to define a generalized indicator for all 20 tests of special physical preparedness. As can be seen from Table 4, the maximum value of the total scores is 100 points, which reflects a high level of physical preparedness of the athletes. A score of 80 points represents a good indicator of special physical preparedness; however, it immediately highlights in which one or several tests delays are observed. A score of 60 points represents an average indicator of special physical preparedness, indicating that the wrestler has insufficient preparation.

Table 4

GPT and SPT indicators of qualified wrestlers

Conventional units	**Scores obtained for tests**				
Pedagogical assessment	100-80	80-60	60-40	40-20	20-10
	Excellent indicator	good indicator	Average indicator	Weak indicator	Very weak indicator

A score of 40 points and 20 points indicates the insufficiency of the wrestler's preparedness. Using this table, the coach can identify the strengths and weaknesses of the wrestlers' preparation and, based on the obtained results, organize the educational and training process in a purposeful manner.

The management of wrestlers' training is carried out on the basis of individual model characteristics of preparedness. These model characteristics are developed through the analysis of physical fitness testing data, expert evaluations of technical and tactical skills, and quantitative indicators of certain components of competitive activity. Furthermore, the management of wrestlers' preparation is implemented by determining the degree of consistency between the predicted model characteristics, as well as identifying compensatory interrelations among certain parameters of sports mastery (which ensure achieving high sporting results).

Conclusion

The proposed approach makes it possible to study the state of physical preparedness of qualified wrestlers, compare indicators, and monitor the development of each wrestler's motor abilities. The advantage of this complex lies in its technology: it allows for testing wrestlers under almost any training conditions without the use of complex equipment. At the same time, it provides information reflecting the level of development of a wrestler's motor abilities, which is substantiated by the analytical and statistical methods described above.

In the study, two groups consisting of 18 athletes each were formed: experimental and control groups. As the initial indicators of the wrestlers' preparedness, the results of tests carried out during the first month of the training period were taken. At the end of the experiment, two more control test trials were conducted. The monitoring of preparedness was carried out according to pre-selected test tasks, which reflected the specific characteristics of wrestlers' motor activity under competitive conditions. The preparation of the experimental group was conducted according to the developed program, which took into account the intensity of competitive activity as well as the quantitative data reflecting the technical-tactical and physical preparedness of qualified wrestlers.

The specific characteristics of wrestlers' competitive activity and the individuality of the main technical-tactical actions determined the methodological emphasis on the individualization of wrestlers' sports training in the educational and training process.

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