

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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DEVELOPMENT OF INDICATORS OF PHYSICAL AND TECHNICAL TRAINING OF THOSE INVOLVED IN INTERNATIONAL TYPES OF WRESTLING

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ABOUT ARTICLE

Key words: Mechanism, sambo, judo, wrestling, physical and technical training, cycles, program.

Received: 15.02.24

Accepted: 17.02.24

Published: 19.02.24

Abstract: the article highlights the change in physical and technical training indicators of wrestlers through the use of the training mechanism in sambo, judo and wrestling at the stage of improving higher sports skills in the training process in the pedagogic research.

INTRODUCTION

Importance and necessity. Currently, the indicators of the development of sports results in the world show the need to manage the integral training of athletes on the basis of a whole system. Therefore, optimization of the long-term preparation process should be carried out from the initial stages of sports specialization. The Olympic Games, which are considered the highest peak of sports competitions, as well as world and Asian championships, and other prestigious international competitions, cause an increase in interest in sports among young people. Almost all countries of the world are taking a number of measures to raise the importance of physical education and sports among the population to the level of state policy, to improve the health of the population and to attract them to sports. However, on the basis of the integration of the means of wrestling, not enough scientific research has been conducted to improve the effectiveness of technical and tactical training of wrestlers with the use of special exercises aimed at improving the physical and technical training, strength and reaction speed of wrestlers. The increasing interest and competition among representatives of several nationalities and peoples in national and international wrestling competitions in the national wrestling sport, taking into account the development of this sport, systematically preparing our wrestlers for competitions of various scales, increasing the effectiveness of technical and tactical actions requires the use of modern technologies.

The aim of the research work is to improve the physical and technical training of wrestlers based on the integration of international wrestling techniques.

Tasks of research:

diagnosis of the wrestlers' functional condition, physical work capacity and reserve capacity based on the principle of individualization of the physiological indicators;

development of an improved classification that meets the requirements of the present time and is based on a biomechanical approach instead of the traditional classification scheme of "throwing" movements

MATERIALS AND METHODS

In the research, methods such as scientific-theoretical analysis and generalization of information from domestic and foreign literature, questionnaire, pedagogical control, development of physical fitness based on anthropometric and functional figures of wrestlers, pedagogical experiment, expert evaluation method, mathematical statistics were used.

RESULTS AND DISCUSSION

In our opinion, the national sport of our country, "wrestling", which has a thousand-year history by using international means of wrestling, is becoming popular in many countries of the world today. Today, international federations are engaged in the development of individual wrestling. Currently, there are various types of wrestling in almost all countries of the world. Nowadays, the International Wrestling Association (IKA) ensures that this sport enters more than 60 countries of the world. [13; 328-334 p.].

Current problems of modern wrestling sports are the provision of coordination of physical and technical-tactical, methodological methods to the general development and special exercises inherent in the sport. During the sports-wellness phase of training, young athletes who have just started training are required to familiarize themselves with the techniques of several types of sports specialties: athletics, acrobatics, sports games and Individual Wrestling. Currently, children are limited to two hours of compulsory physical education classes per week in schools. With this capacity, physical development practically does not grow. In the adaptation of children's health and body to physical activity, the only completed motor mode in sports-wellness groups creates positive changes, significantly increases their interest in sports, creates a unified direction in the educational process for the physical development of students. It is required to increase the efficiency of physical development (physical and Mental) to a high level, to create reliable conditions for strengthening health. Children should attend training for at least six hours a week, taking into account the factors limiting physical activity. The problem of assessing the level of training of young athletes includes the following questions: the formation of goals, the selection of indicators that fully reflect the level of development of individual physical qualities of an athlete, the development of a methodology for

determining and evaluating criteria, determining the level of training of an athlete planning the educational process, analyzing its results at different stages of it. Sportsmanship in wrestling is determined primarily by the good technical and tactical arsenal of motor movements, which are based on the physical, psychophysiological and functional training of the athlete, ensuring success in the process of training a competitive athlete.

Table 1

Intra-group variability of total body sizes of highly qualified athletes specializing in various types of wrestling

| Total body size (cm) | Indicators (cm) | Contingent of wrestlers under research n= 42 | | |
|----------------------|-----------------|--|-------------|----------------|
| | | Sambo n=22 | Judo n= 20 | Wrestling n=23 |
| Body length | M+M | 172,95±1,92 | 172,38±1,31 | 173,44 ± 1,08 |
| | σ | 9,04 | 5,85 | 4,57 |
| Body weight | M+M | 70,53±2,31 | 67,44±1,30 | 67,83± 1,88 |
| | σ | 10,83 | 5,82 | 7,99 |
| Chest circumference | M+M | 98,00±1,39 | 93,25±0,70 | 91,20± 1,34 |
| | σ | 6,54 | 3,15 | 5,67 |

According to the data given, some dimensions of the body and their proportions and the circumference of the chest belong to genetically determined morphological signs. An analysis of morphometric indicators of wrestlers in 5 types of wrestling was carried out. Differences in the essence of the middle quadratic deviations were identified.

Table 2

Training mechanism in sambo, judo and wrestling at the stage of improving high sports skills

| Preparation system composition | Sambo | Judo | Wrestling |
|--------------------------------|---|--|--|
| Athletes | Highly qualified sambo players are 19 years of age or older. SU, who have a high level of technical-tactical and physical readiness, able to carry large physical and mental loads | Highly qualified judokas are 19 years of age or older. SU, who have a high level of technical-tactical and physical readiness, able to carry large physical and mental loads | Highly qualified wrestlers are 19 years of age or older. SU, who have a high level of technical-tactical and physical readiness, able to carry large physical and mental loads |
| Coaches | Coaches who have well mastered the methodology of integral training and scientific provision of training of highly qualified athletes through the means of International types of wrestling | | |

| | | | |
|--|---|--|---|
| Aim of preparation | Improving the tools and methods of sambo wrestling to achieve high results | Variative conduct of training to maintain the position of a leading athlete in the international arena | Planning sports training through the use of modern technologies in the preparation of reserve athletes for national teams |
| Psychological training in competition and training processes | To give motivation in achieving high results and form such characteristics as intuition, attention, feeling the opponent | Nurture self-control and control in the process of training and competitions | Increasing psychological perception of competition conditions, achieving high results, increasing awareness and independence window |
| Technical-tactical training | Increase the effectiveness of offensive, defensive and counter-offensive actions | Improving the combination of actions | Taking the tactics of carrying out the competition, depending on the nature of the opponent |
| Recovery tools | Shower, hammam, sauna, massage, physiotherapy, mental-hygienic, pharmacological agents, active rest | | |
| Expected result | The presence of a desire to achieve maximum sports results and increase it even later. Strong position from the national team | | |

For instance, in the types of specialties under consideration, abdominal, shoulder, thigh girth, curacostic fat layer thickness, shoulder, paws and thigh length repeat the characteristics of intergroup distributions. The scale of the variation of these signs is typical for the length of the wrist, calf, neck circumference, transverse diameter of the middle chest, pelvis and thigh bones and the thickness of the fat layer on the back surface of the shoulder (see Table 2).

This table gives a preparatory program in sambo, judo and wrestling at the stage of improving high sports skills, in which the goals and objectives of training are the development of types of training and the methodology for using restorative means. The great coaching experience in preparing for International types of wrestling will help to comprehensively study the characteristics that are characteristic and appropriate for these athletes, the empty and strengths of training, determine the most effective methods and means of training, the option of planning training loadings. This in turn allows you to increase the efficiency and quality of the training process and, therefore, to maintain the level of sports results.

Results of testing wrestlers at the first stage of the experiment (n = 12)

| | Tests | Kurashchilar guruhi | | Farqlarning ishonchliligi | |
|---|--------------------------------|----------------------|-------------------------|---------------------------|-------|
| | | Control group M±m | Experiment group M±m | t | p |
| 1 | 60 m running(s) | 8,25±0,31 | 8,24±0,38 | 0,14 | >0,05 |
| 2 | Jump from standing to long (m) | 248±0,14 | 248,2±0,12 | 1,2 | >0,05 |

| | | | | | |
|----|---|-------------|-------------|------|-------|
| 3 | Climbing rope-4.5 m s | 6,03±0,06 | 6,02±0,06 | 0,25 | >0,05 |
| 4 | Turnstile pull (s | 16,7±0,76 | 17,0±0,80 | 0,27 | >0,05 |
| 5 | Measurement of the strength of the hip bend (kg) | 157,2±1,37 | 157,4±1,42 | 0,26 | >0,05 |
| 6 | 10 seconds pull | 7,9±0,20 | 8,0±0,23 | 0,33 | >0,05 |
| 7 | Throwing the opponent 10 times, s | 14,0 ± 0,38 | 14. 2± 0,41 | | >0,05 |
| 8 | Standing 10 times with the opponent on his shoulder, (s) < BR > | 13,5 ± 0,50 | 13,6± 0,61 | 0,18 | >0,05 |
| 9 | Exercise mannequin shooting 3x8, s | 61,1± 1,15 | 61,3± 0,90 | 0,11 | >0,05 |
| 10 | Time to bend the exercise mannequin 10 Times (s) | 28.7±1,58 | 28,.5±1,5 | 0.37 | >0,05 |

For example, in the Control Group (CG) on the "standing jump to length" test, the value was 2.48 ± 0.14 CM, and in the experimental group (EG) - 2.43 ± 0.12 CM, but the best result was not confirmed by the degree of reliability. It is worth noting that the results of this test only confirmed that the wrestlers involved in the main experiment were qualitatively identical test results. In the second stage of the experiment, a comparative analysis of the test results of athletes of control and experimental groups showed a different case in the test results of wrestling athletes in comparable groups.

CONCLUSION

Summing up, achieved a 12.3% improvement in the overall score of the wrestlers' technical training as a result of the application of the training mechanism in sambo, judo and wrestling at the stage of improving higher sports skills.

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заведениях: сб. статей XIX Международ. науч. конф., Белгород, 25–26 апр. 2023 г./Белгор. гос. технол. ун-т.–Белгород: Изд-во БГТУ, 2023.–471с. ISBN 978-5-361-01170-4 (p. 462).

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