

Methodology for Developing the Physical and Technical Training of Wrestlers

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Abstract:

This article shows that the use of special exercises for the development of physical and technical training of wrestlers in combination with rotational acceleration exercises not only led to a rapid increase in these qualities, but also allowed the formation of some other qualities (strength, strength endurance, speed-strength) and the function of maintaining balance.

Keywords: wrestlers, training, athlete, physical training, training

It is known that the technology of managing athletes' training consists of specific structural elements: information collection and analysis, decision-making, organization of execution, control and program adjustments. These elements interact and complement each other, contributing to the effective functioning of the entire system. The structure of multi-year training depends on many factors, among which the following are distinguished:

the structure of the athlete's competitive activity and training;

the laws of the formation of sports skills;

the laws of the formation of adaptation processes in the leading functional systems of the organism for this type of sport;

the individual and sexual characteristics of the athlete and the rate of their biological maturation;

the composition of training tools and methods, the dynamics of training loads (V.K. Balsevich, 2002; K.P. Sakhnovsky, 1990).

Any management system is always aimed at achieving a specific goal. It is further defined by setting specific tasks. A prerequisite for the successful solution of the tasks set is the availability of scientifically based information about the factors determining the achievement of the goal.

A complex of selectively involved components can be called a system, in which the interaction and mutual relations of the components have the character of mutual assistance of the components to obtain a useful result. The result is an integral and decisive component of the system, an instrument that creates a mutually orderly effect between all its other components (P.K. Anokhin, 2005, 2010). In the system of program management of the training process, the trainer and the athlete (as the subject of management) interact with each other and the external environment.

The essence of managing the training of wrestlers is to develop and implement general and specific tasks, tools and methods, taking into account the set goals and information about the structure of the organism, the laws of its functioning and development. (Y.V. Verkhoshansky, 2003; M.P. Shestakov, 1998).

However, in complex (cybernetic) systems, there can be many options for both the management result and the ways to achieve it (D.D. Donskoy, 1999). That is why the search for options for structuring training that are appropriate for the purpose is the central task of sports theorists and practitioners.

In sports theory, the multi-year training process is conditionally divided into several stages. For example, V.N. Platonov (2007, 2008) offers 5 stages - initial, initial basic, specialized basic, maximum realization of individual capabilities and preservation of results. In the author's latest works, 8 stages are distinguished, but this does not significantly affect the general rules for structuring the multi-year training process.

The author of this study is particularly interested in the initial training stage, since sport, being a combat sport in its essence, consists of a sufficiently large number of complex movement actions in terms of coordination. It is this circumstance that determines the special importance of the initial training stage in the long-term training process of athletes.

The training process of young athletes has its own specific content, which is due to the age-specific development characteristics of children and adolescents.

A number of general trends are noticeable in the system of training the sports reserve, which must be taken into account when managing the training process at all stages (N.Y. Nabatnikova, 2000; V.N. Platonov, K.P. Sakhnovsky, 2008).

In most sports, including wrestling, the initial training stage falls on the junior school age.

Within the framework of this stage, the following main tasks are solved: health promotion, comprehensive physical development and the formation of interest in sports activities (V.N. Platonov, 2000, 2004 and others). A special place is given to the child's game activity. The purpose of the game is considered, first of all, as the emotional content during the performance of physical exercises. The use of the game method in the training of young athletes ensures high emotionality of the training, rapid development of physical abilities and gives children the opportunity to demonstrate such qualities as initiative, courage, independence and quick thinking. Children's preparation is expressed in the variety of means, methods and organizational forms, the wide use of various sports, elements of active and sports games.

At the initial training stage, priority is given to comprehensive physical training, which is carried out in combination with special basic training. In this case, 50-65% of the time is allocated to general training, and 35-45% to special training. However, the relatively small amount of

movement skills required for performing special training exercises and an even smaller amount of competition exercises makes this difficult.

At the same time, the effectiveness of training at this stage largely determines the success of further sports improvement.

The main task of managing the training of young athletes at the initial training stage is to ensure the comprehensive training of participants, mastering the rational technique of exercises that contribute to growth in the chosen sport.

In training with children, a complex of special training and game exercises is widely used. Special attention is paid to tactical training.

According to the authors, it is advisable to include special tactical tasks in training that contribute to the development of skills in young athletes to perform simple tactical operations. Participation in competitions is an effective means of mastering sports techniques and tactics. At the same time, the insufficient level of integrated training makes it difficult to achieve this.

It is well known that the main means of developing endurance in children, adolescents, and young men and women is long-distance running and cross-country running. Athletes of this age are well adapted to work with aerobic characteristics, as a result of which their oxygen-transport system capabilities increase.

However, according to V.N. Platonov (2000, 2004), this approach, despite its deep penetration into special literature and sports practice, cannot be recognized as sufficiently correct. It can only be fully consistent with those sports and their individual areas, the level of achievement of which is largely determined by aerobic performance.

As for martial arts, this approach in relation to them needs clarification and additions, since the endurance structure of representatives of this sport includes, first of all, the ability to perform effective work of an anaerobic-aerobic nature.

In our opinion, for the formation of integrated training, the training process should be structured taking into account the above-described circumstances, starting from the initial training stage.

Another important aspect of the management system is the selection of rational means and methods that ensure the achievement of planned sports results by young athletes. Therefore, the main place in the system of management of training and competition loads, the development of their structure and the ratio of various means of training is given to the issues of planning and standardization of training and competition loads. However, these issues are not sufficiently widely covered in the specialized literature for the sport of track and field athletics.

To ensure a close relationship between the training loads of young and older athletes, it is necessary to take into account the requirements of the stage of higher sports mastery. Therefore, a gradual increase in training loads is often replaced by their rapid increase (V.S. Lemeshkov, 1999). Typically, such an increase in the load often coincides with the transitional age period, which negatively affects the formation of the young athlete's body. This approach, in our opinion, can be explained by the tendency of athletes to unfounded early competitive practice.

It is worth recognizing that the following biological laws should be included in the list of biological laws that should be taken into account when developing the content of multi-year sports training: age-specific dynamics of growth and development of psycho-physical and functional systems, heterochronous growth, periods of the highest conservatism and variability of the level of maturity of various functional systems at all stages of multi-year training, the influence of individual rates of biological maturation on the dynamics of physical qualities and sports achievements (N.J. Bulgakova, 1999; A.P. Zolotarev, 1997, 1999). When training young athletes, it is also necessary to

strictly adhere to all conditions related to personal hygiene, nutrition, training, and sanitary and hygienic conditions of training. Ensuring comprehensive, harmonious development is one of the main rules for training young athletes (A.P. Laptev, S.A. Polievsky, 1990).

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