

STAGES OF TRAINING IN JUDO

Jumadurdiyev Bahadir Kholmamatovich

Teacher of the Faculty of Physical Culture, Jizzakh State Pedagogical University

Abstract:

This article contains information on the training stages of judo, the physical training of athletes. Again the functional functions of the judokas, movement functions are also mentioned.

Keywords: judo, physical fitness, movement, function, stage, training, skills, qualification.

INTRODUCTION

At the stage of training with judo players, it is necessary to acquire all-round physical fitness, to strengthen health and harmonious growth, to acquire various skills and competencies, to learn the basic principles of technical and tactical movements of judo competition. It is appropriate to use tools aimed at teaching.

The task of physical training of judokas is to form the main components of the movement functions of judokas: strength, quickness, endurance, agility and dexterity, as well as the ability to manage their movements in time, according to the level of muscle strain. Judokas have ample opportunities to develop this physical quality in childhood. Therefore, in the development of special quick-power, it is necessary to try to maximize the speed and the frequency of movements that require great muscle strength. It is necessary to give more space to natural movements. Exercises performed in the form of a competition can also be of great help.

LITERATURE ANALYSIS AND METHODOLOGY

Carrying out training loads forces the wrestler to exert maximum effort in order to win the competition. Training loads should occupy 50% of the total time. Each exercise is performed in a short time (10-15 seconds) in several series, with a rest interval of 10-15 minutes. It is important to run again with maximum speed, which is done in the relay method at a distance of up to 20 m. It is also recommended to include in the training equal exercises for running 10-15 m outside in relays. In order to develop a complex movement reaction and the frequency of movements, it is necessary to use a wide range of running speed exercises from different sports positions. These exercises are performed by changing the running direction according to various visual signals. This allows you to model complex situations that arise during the game and react to each of the signals with response actions.

At the stage of initial sports specialization, in addition to the use of a wide range of games, game exercises, special preparatory exercise complexes that develop basic physical qualities, primarily speed and strength, can be used. This creates favorable conditions for creating a solid base of comprehensive physical training. Complexes aimed at developing more agility should be used in the main parts of training, after which exercises that help to improve this quality should be used. Much less time is devoted to the complex of appropriate exercises requiring strength, as well as to the complex of exercises requiring endurance. They are held in the middle and at the end of the respective training.

DISCUSSION AND RESULTS

Physical abilities develop in the process of activity, which requires not only their manifestation, but also a certain mode of their performance. A regimen is defined as the performance of some physical exercises within a training or training system and resting between them. In establishing the necessary order, first of all, the fluctuation of stages in a person's ability to work is important. In the process of performing physical exercises, the level of work capacity decreases due to the consumption of energy and functional reserves of the body.

Depending on the phase of rest each exercise is repeated, three main modes of movement activity can be distinguished, which have different effects on the development of physical qualities.

1. Each exercise in training is repeated with short rest intervals, i.e. in a stage where the quality of strength is not fully restored. All indicators of working capacity are regularly decreasing. This alternating mode of work and rest is suitable for the development of endurance.
2. The exercise is repeated with rest intervals that return a number of functional indicators of the body to the level before the activity, i.e. at the stage when the working capacity is fully restored. Such a regimen is typical for classes aimed at developing agility, strength, and coordination.
3. The exercise is repeated with much longer rest intervals corresponding to the stage where the capacity for work has been recovered. As the exercise is repeated in this mode, comprehensive changes are observed in a person's movement capabilities - muscle strength and speed increase, endurance decreases.

Power is understood as the judoka's ability to overcome the opponent's resistance or resist it due to muscle tension. The following types of strength are distinguished: general and special, absolute and relative, quick and explosive, strength endurance. General strength is the strength displayed by a wrestler regardless of the wrestler's special moves. Special strength is displayed by the wrestler in special moves that match the competition moves. Absolute strength is characterized by the power potential of a wrestler, which is manifested in his movements with a very large characteristic. The strength of wrestlers is important in competitions. Relative strength, that is, the strength per kg of the athlete's weight, is an indicator of the ability of the wrestler to overcome his personal weight. It is important to perform these methods quickly.

Quick strength is reflected in the ability of muscles to quickly perform movements associated with overcoming relatively small external resistance. Explosive strength describes the ability to exert large stresses in a short period of time relative to their intensity.

CONCLUSION

Endurance is the athlete's ability to exert muscle tension for a relatively long period of time. The following methods are used to develop the power capabilities of the wrestler: repeated tensions; short-term maximum voltages; increasing weights, percussive, combined effect; variability; isometric tension techniques.

The method of repetitive stresses is that the athlete repeatedly performs exercises with weights equal to 70-80% of the maximum weight while performing the exercise "to the last breath". This

method involves performing a series of strength exercises. Each series "until the last breath", 3-4 series in total, the rest interval between series is 3-4 minutes.

One type of repeated stress method is the dynamic stress method. It is characterized by performing exercises at a limit speed of 20-30% of the maximum weight. In this case, greater muscle tension is achieved not at the expense of heavy weight, but at the expense of high-speed movement. The short-term maximum tension method is currently the most effective for increasing absolute muscle strength. It involves working with weights at the limit and close to the limit. In muscle training, the style of maximum tension is shown in the simulators and with the help of one or two movements in one approach, in exercises performed with a heavy barbell (silent, swinging, lifting a hand, sitting and standing).

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