

TO ORGANIZE THE PHYSICAL TRAINING OF WRESTLERS, TAKING INTO ACCOUNT REGIONAL CONDITIONS, WHILE IMPROVING TECHNICAL SKILLS

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Abstract:

To date, huge experimental material has been accumulated, developed by domestic and foreign scientists, on the many years of training for kurashists, organization, planning of training and competitive activities.

There are a large number of martial arts, but despite the various techniques of conducting a duel in training, there are a large number of similarities. Lesson in kurash fight begins with warming up and preparing various parts of the body for the upcoming specific loads. Kurashists need to be taught to control their body, develop physical qualities, teach them the elements of self-insurance, techniques and other training elements necessary for martial arts.

Keywords: Creation, special training technical practice, wrestler.

Introduction

The founder of the methodological basis of the Kurash fight, K. Yusupov, in a number of his teaching aids proposed the term “Special preparatory exercises” which included means that developed flexibility and joint strengthening exercises: with dumbbells, in balance, for developing strength, speed, in overcoming resistance, in using the inertia of the enemy’s movement and his strength to relax. Also in these manuals there are sections on insurance and self-insurance, where the correct positions are given when falling on the back and side and a number of exercises for mastering these elements in training kurashists are given.

Literature Review

KT Yusupov recommends several exercises to study back insurance on your back, which of course allows you to learn this element at the level of knowledge, but not enough for mastery at the skill level.

A number of scientists N.G. Polko, B.A. Podlivaev believes that physical training is the main factor in the success of sports training in kurash wrestling, i.e. this is a process aimed at

developing physical qualities and developing functional capabilities that create favorable conditions for improving all aspects of training, are divided into general and special.

The process of organizing the impact of pedagogical conditions on the development of the qualities necessary for a fighter-kurashist requires consistency and step-by-step in the construction of training work, are reflected in the methodological works related to the classification of physical exercises in the fight of kurash (K.T.Yusupov, N.G. Polko, D.D. Donopoi, V.P. Guba and others). The authors distinguish in the classification sections: general developmental, special and competitive training aids.

Unlike general developmental exercises, special exercises are more close to the conditions of kurashists. They are divided into special preparatory (leading) and air conditioning (developing).

Research Methodology:

According to the method of application, developmental and conditioning exercises are divided into self-strength, the development of strength and speed-strength endurance and flexibility. Special preparatory exercises include exercises in insurance and self-insurance, acrobatic exercises on the bridge, with a partner, a mannequin, and simulators.

A study of the scientific and methodological literature on wrestling, in particular the national kurash, revealed that the pedagogical conditions of the specially prepared and especially coordinating exercises that could cover the whole range of training effects on the body of kurashists were not formulated, and the existing method needed significant processing.

Based on the foregoing, it can be argued that special preparatory exercises include means that allow kurashists to prepare for specific effects on the body, ensure safe falls, and corrective ones help smooth out the “hard” effect of kurashists training.

In order to formulate pedagogical conditions and develop a methodology for the use of specially-preparatory and corrective means, it is necessary to identify the effects that the kurashist experiences in the duel process, and to determine the direction of training of kurashists in the process of a training session.

According to many authors, during a training session when learning techniques in the rack, the kurashist is forced to make 50 to 150 drops per workout on various parts of the body from a height of 150 to 170 cm, which has a significant effect on the body of athletes. With insufficient knowledge of the elements of self-insurance, each of these falls can become fatal, and the cumulative effect can create conditions for diseases of the musculoskeletal system and internal organs.

Thus, at the initial stage of training, it is necessary to create favorable conditions for the successful mastery of the elements of self-insurance on the back, side, and chest. To create favorable conditions for learning technical techniques and to protect students from traumatic factors.

The most common causes of injuries are deficiencies in the training methodology, errors in carrying out technical actions, errors in organizing and conducting training and competitions, which accounted for 60% of all injuries received by an athlete. The main cause of injuries,

according to researchers, is the condition of the musculoskeletal system of kurashists and poorly prepared places for training and competition. With an increase in the volume of specific work, optimization of technical actions in fights, intensification of training loads, lack of special preparatory exercises in the preparatory part of the lesson and corrective in the final, do not create conditions for strengthening and improving the elasticity of the shoulder joint, which leads to injury.

The process of mastering the effective technique is much faster than the process of adaptive and adaptive changes in the musculoskeletal tissues and ligamentous-articular apparatus, which characterize the reliability of the kurashista shoulder girdle under the influence of traumatic factors.

Insufficient recovery of the kurashista's body leads to accumulation of fatigue, prematurely ages and wears out the tissues of the shoulder girdle, reduces their functionality, contributes to the occurrence of pathological phenomena that are quite dynamic and progressive to chronic diseases.

As practice shows, trainers and athletes underestimate the special development and strengthening of the spine. The insufficient use of specially-preparatory exercises in the preparatory part of the lesson and there are practically no corrective exercises in the final part, which forms unstable motor skills during the implementation of technical actions and leads to possible spinal injuries. To prevent injuries, it is necessary to include in the methodology complexes of specially preparatory exercises for the development and strengthening of the cervical, thoracic, and lumbar spine. This will allow successively leading those involved in the development of various groups of standing techniques associated with the spine.

Frequent damage to the limbs (especially the legs) requires strengthening the ligamentous-muscular apparatus, and indicates the insufficiency of specially prepared exercises, and repeated injuries of the musculoskeletal system indicate insufficient functional ability of the joints or the absence of corrective exercises.

An analysis of sports injuries indicates that during the training period, deficiencies in the training method lead to injuries in approximately 25% of all injuries. If we add the characteristics of the Kurash fighting technique to these factors of 16%, a fall of 14%, then a high percentage of injuries should be considered from the perspective of teaching and training methods.

In order to avoid or reduce injuries in the process of training sessions, it is necessary to pay attention to the creation of the correct pedagogical conditions.

Pedagogical conditions are a philosophical category, which is interpreted as an expression of the relationship of an object to the phenomena surrounding it, without which it cannot exist. The condition is the environment, the environment in which phenomena, processes arise, exist and develop.

In modern pedagogical literature, the category "condition" is considered as a visa concept "environment" "circumstances" "situation", which expands the totality of objects that are inconceivable for the emergence, existence, change of the pedagogical system.

The pedagogical interpretation of this category considers conditions as a purposeful selection and application of means, training and development methods to achieve didactic goals.

A pedagogical condition is understood as an external circumstance (selection of means, methods and organizational forms of training) that has a significant impact on the course of the training process, organized by the trainer and involving the achievement of a certain result.

The pedagogical condition for the use of special preparatory and corrective exercises in training kurashists is understood as the combination of external and internal circumstances of the training process, the implementation of which determines the effectiveness of training and the safety of students.

The identification and creation of pedagogical conditions that significantly affect the learning and the formation of safe settings during the training is based on factors that improve the training process.

Among the many teaching principles for conducting training sessions in Kurash, the most popular is the principle of systematicity, which provides for scheduled classes taking into account the optimal alternation of loads and rest. Also, the implementation of this principle is aimed at the repeatability and variability of individual exercises and their sequence in the classroom.

Also important is the principle of gradually increasing the requirements for the formulation and implementation of increasingly difficult tasks, in a gradual increase in the volume and intensity of the associated loads.

The identification and creation of pedagogical conditions that significantly affect the education and the formation of safe settings during the training process are based on factors that improve the training process.

In the preparatory part of the lesson, special preparatory exercises create the conditions for the usefulness of the warm-up, which allows you to move on to working out technical techniques.

- In the main part of the lesson, the elements of self-insurance ensure safe and long-term implementation of technical actions, which will improve sportsmanship.

- In the final part of the lesson, corrective exercises will help to remove excessive load from the musculoskeletal system, athletes and create conditions for early recovery.

- Thus, the following pedagogical conditions will influence the effectiveness of the training process:

1. Material and technical (gym, sports uniform, equipment, etc.);
2. Compliance with the principles of training;
3. The selection of tools and methods for conducting special preparatory exercises;
4. Organization of the training session.

When teaching insurance exercises, it is important to use the following pedagogical conditions:

- To educate those involved in respect for the partner during training;
- the organization of a safe venue;
- scientifically based teaching methodology;
- Exactly observing the rules of the competition;

- support for a falling partner (done by hand, by the sleeve, lapel or collar, creating a comfortable position for self-insurance);
- roll to the side of the falling partner (carried out by jerking the sleeve, collar and grabbing the neck to avoid a collision);
- prevention of falls on the partner (depending on the balance in the first, it is necessary to bend the supporting leg and turn the body in its direction or bounce in the supporting leg in the direction of loss of balance. In the second case, this is the release of the hand captured by the falling one or squatting and bending the body for which the falling one clings.

When performing throws pedagogical conditions of insurance is as follows:

- When throwing, when the thrower remains on his feet, insurance of the falling is carried out by mitigating his fall by support for clothes, and sometimes by directing his body to roll;
- When performing the steps, the attacking foot is placed close to the opponent's foot so that during execution he does not crush it with his body;
- When the opponent is holding the entanglement, you cannot squat on the attacked leg, as this leads to injury to the attacking and attacked leg;
- When throwing from a rack in which the attacker also falls on the carpet, it is necessary to direct his body to roll to mitigate its fall;
- In case of mutual falls, we must strive to prevent falling on each other. If the feet of the falling ones are intertwined, both kurashists should lift them when they fall, possibly above the carpet;
- If dangerous situations are created for one and both kurashists, it is necessary to give a signal with the voice "stop". At this signal, all movements are suspended.

In the order of output, we can state the following:

The main pedagogical conditions in the organization of the training process in the fight "Kurash" are:

- gradualness, implying a phased increase in the complexity of exercises and increase the load;
- regularity, implying daily exercise;
- an integrated approach, which implies the uniform development of all groups of joints and an increase in all the muscles and ligaments involved in the implementation of the fighting technique.

Conclusion

As a result of the conducted scientific research, it was established that the level of physical and technical preparedness of kurash wrestlers is directly related to the natural-climatic, geographical, and socio-cultural conditions of the region where they work. Therefore, the organization of the training process, taking into account regional factors, serves the full realization of the individual capabilities of the athlete.

The results of the experiment showed that training programs adapted to regional conditions significantly increase the speed, accuracy, and stability of wrestlers' technical movements. Especially in the process of training in high-altitude, hot, or humid climates, the scientific regulation of the volume of loads and rest regimes optimizes the functional training of athletes.

Also, the developed model of technical training, taking into account the regional characteristics identified during the study, showed high effectiveness in the development of strength, endurance, balance, and coordination qualities of wrestlers. This confirms the need for individualization of the training system on a scientific basis, the introduction of a differentiated approach at the stages of selection and training of athletes.

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