



Improving the Performance of Technical and Tactical Actions in Sambo

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ABSTRACT

This thesis presents an analysis of the study of the technical and tactical actions of sambo wrestlers, which represents the beginning of a reception in the stance and the transition of technical actions to the stalls. The conclusions on the development of the performed attacking actions in the stalls without stopping from the beginning of the reception from the rack are briefly stated. A survey had conducted among sambo wrestlers, which includes 20 questions. Based on the results of the survey, we determined the importance of technical actions in the wrest against stalls.

Keywords:

wrestling, sambo, technique, tactics, throwing, training process, survey.

Sambo wrestling is an important sport in terms of the variety of techniques. At the stage of creation, he mastered all the most effective methods of international wrestling and other martial arts. Sambo wrestling embodies not only high physical fitness, but also developed thinking ability, which has a significant impact in competitive competitions.

Undoubtedly, the services of coaches are great in the development of athletes. Based on the individual characteristics of sambochi, each of them chooses the most convenient wrestling techniques and methods. So, for some, the advantage is standing wrest, for others - on the parterre.

At the stage of learning and improving the technique, it is important to get acquainted with the ability to use the largest number of them, both parter methods and standing methods. In the process of applying techniques at a practical level, sambo wrestlers choose the most convenient for them.

Observing the course of the competition, is reasonable to conclude that, if the two aspects are equal, the sambo wrestlers will win because of a larger arsenal of moves.

The relevance of this research work is that today there is a lot of scientific and methodical literature covering the techniques of sambo, but despite the importance of the methods in the process of transition from standing wrest to parterre, due to the fixed time in the training phase, not enough time is devoted to these movements.

The hypothesis of our work is the assumption that the effectiveness of the sambo technique will increase by transitioning from the stand to standing positions by introducing an experience-based methodology into the training process.

The goal of our scientific work is to theoretically study and apply in practice the methodology developed on the basis of experience to improve the technique of continuing the competition in the parter.

The object of the study is the effectiveness of the technique of continuing the competition from the standing position to the parter position.

The subject of research is the training process of sambo wrestlers.

In the training process, we included a separate training block dedicated to transitions

to parterre through techniques in standing wrest, we paid special attention to the attack of painful methods in parterre with the continuation of the attack.

Many sambo wrestlers prefer to wrest on the parterre due to the possibility of an early end of the competition due to painful techniques.

Emphasizing the importance of the transition from standing to parterre, it is important to pay attention to the theoretical and practical aspects of the study. [1, 2].

Research methods are as follows:

First, to study the scientific and methodological literature on the issues of improving the efficiency of sambo technique and applying and developing the transition from standing to parterre.

Second, conducting a questionnaire with the participation of athletes, which includes 20 questions, 10 of which are located at the beginning of the questionnaire and represent the "survey passport". With its help, we found out the gender, age, sports activity, place of residence and place of birth of the participants of the experimental and control groups. Through it, the main part of the questionnaire is calculated, includes open and closed questions, that is, questions that require their own answer and express the choice of one or more options. The main questions were devoted to the preparation process of sambo wrestlers and the importance of determining the attitude of athletes to wrestling in the competition and transitioning to it.

The third research method was to analyze the participation of sambo athletes in the competition process. Our attention was focused on holding a parterre wrest between athletes. Then, in order to develop our own methodology for improving the effectiveness of sambo techniques, we visited the training process of sambo wrestlers.

The fourth research method is pedagogical experience. It consists of a test, a basic study and a retest. The last method uses the method of mathematical statistics, that is, applying the formula of the Student's t-criterion, calculating the arithmetic mean, standard deviation and degree of freedom of the result.

In developing the technique, we mainly started from the fact that sambo wrestling is a sport that requires different movements. In order to implement a certain technique during the wrest, the opponent's actions during the competition are constantly changing.

In our opinion, we should focus on the analysis of several methods in the parter and the sequence of their application. In addition to this, the effectiveness and efficiency in parter wrest is the result of these methods.

Monday, Wednesday and Friday training sessions include:

Monday's training session:

1) The initial part (running, acrobatic and general developmental exercises; duration 30 minutes.

Techniques that are continued on the parter, 50% of the resistance is shown by the opponent on the parter after the technique is executed. Duration: 5 minutes for 1 performer, 5 minutes for 2 performers.

In the standing position, crown methods are worked by resisting with 100% strength by the opponent, pain methods in the parterre are worked without resistance. Duration: 5 minutes for 1 performer, 5 minutes for 2 performers.

Wednesday's training session:

The first part of the training will not change.

On this day, pain methods performed mainly on the legs are imitated by increasing the ankle.

The first half consists of 10 minutes without resistance, and the remaining 20 minutes with 100% resistance.

The last pain method is performed by jumping from a standing position to the elbow joint. Duration: 10 minutes.

The introductory part of Friday's training process is unchanged, but the rest of the time the sambo wrestlers will wrest 5 minutes in the parter position and 3 competitions in the standing position of 5 minutes and 1 competition with a competitive load of 5 minutes

It is assumed that athletes who use this method adapt to the loads of the stage of sports improvement. That is, acquaintance with the basic technical methods and they are

considered to have already risen to the level of mastery. The experiment was carried out for 3 months.

We divided both groups into equal people depending on the physical and technical training of sambo wrestlers. For the experimental group we introduced our method, for the control group we left the training process unchanged. After 3 months of training, we can conclude that the proposed training methodology is effective. Sambo athletes began to feel confident in competitions. With the transition to the parterre, attacks began to be carried out more often, sambo wrestlers used effective pain methods that allowed the competition to end prematurely, thereby saving energy for the next competitions.

The effectiveness of pain methods was high, which is directly related to the use of our methodology.

Thus, an athlete with an effective wrestling technique on the ground has an excellent opportunity to perform the pain method and win the competition. If we introduce our style to the training process, sambo wrestlers will show much better results in competitions than before.

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