Method of Preparation for Technical Actions of Greco-Roman Wrestlers

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ABSTRACT

The article explains how young Greco-Roman wrestlers need to be taught the technique. Teaches young Greco-roman wrestlers the technique of modeling their training techniques. Learn how to increase the effectiveness of using young Greco-Roman wrestlers in the training process.

Keywords: Physical Culture, Technical Methods, Training, Training Process, Modeling, Optimization

Our country is focusing on a range of scientific and practical measures to study theoretical and practical aspects of sports and to create training sessions that suit our athletes. In order to develop the sport in our country, a number of high-level creative works are being carried out, as well as by the standard design of sports complexes operating in developed countries. In addition to standardizing sports facilities, they are also being studied.

The aim of the study: The role of modeling in the teaching of technical techniques of young Greco-Roman wrestlers.

Research objectives: - To learn how to model sports in wrestling.

High sports skills require continuous technical and tactical training. Practice shows that many wrestlers successfully participate in large contests at least 1-2 times. This is usually due to the fact that their technical and tactical skills have ceased to exist. Wrestling has to be constantly refreshed and improved. Unfortunately, some wrestlers think that perfectionism means eliminating the deficiencies they have. They pay little attention to failed attacks. The principle of improving technical and tactical skills is to influence all aspects of the skill together.

Under sports equipment (sports equipment) should be understood as a set of techniques and actions that provide the most effective solution to motor tasks, due to the specifics of a particular sport, its discipline, type of competition. Specialized positions and movements of athletes, characterized by a characteristic motor structure, but taken outside the competitive situation, are called techniques. A technique or several techniques used to solve a particular tactical task is an action. The concepts of “sports equipment” and “technical equipment” (preparedness) of an athlete should not be considered adequate, as they sometimes do when they propose to introduce two meanings of the term “sports

equipment": 1) the technique of a sport, 2) the technique of a particular athlete, characterized by the degree of development systems of movements that make up the arsenal of this sport. It is natural that any motor action, no matter how it is organized, has its own performance technique, even if this technique does not meet the requirements of the sport. However, it would be wrong to identify the primitive motor actions of a novice athlete or the erroneous motor actions of qualified athletes with the concept of "sports equipment". The concepts of "sport technique" or "sports technique" are not at all the same as the concepts of "technique for performing a motor action" or "technical readiness". [2.301]

Effective management of the training process involves the use of various models. The model word is used as a reference (standard, reference). In the broadest sense, it is an example (imaginary and contingent) of an object's process or event. The word "model" has the same meaning in both scientific and methodological literature and sports. [2.458]

In the structure of technical preparedness, it is very important to highlight the basic and additional movements. Basic movements and actions form the basis of the technical equipment of this sport. Without them, an effective competitive struggle with observance of existing rules is impossible. Mastering basic movements is mandatory for an athlete specializing in a particular sport. Additional movements and actions are secondary movements and actions, elements of individual movements that are characteristic of individual athletes and are associated with their individual characteristics. It is these additional movements and actions that largely shape the individual technical manner, the style of the athlete. At the initial stages of many years of preparation in competitions of athletes of relatively low qualification, the level of technical skill and the sporting result as a whole are determined primarily by the perfection of basic movements and actions. At the level of higher mastery, additional movements that determine the individuality of a particular athlete can be a decisive tool in wrestling. According to the degree of mastering the techniques and actions, technical preparedness is characterized by three levels: 1) the presence of motor ideas about the techniques and actions and attempts to implement them; 2) the formation of motor skills; 3) the formation of motor skill. The ability to create clear ideas about movements is an important factor determining both the effectiveness of technical improvement and the implementation of acquired skills. Motor skill is distinguished by unstable and not always adequate ways of solving a motor task, a significant concentration of attention when performing individual movements, and the lack of automated control of them. The characteristic features of motor skill, on the contrary, are the stability of movements, their reliability and automation. The effectiveness of the technique is determined by its effectiveness, stability, variability, economy, minimal tactical awareness for the opponent. The effectiveness of the technique is determined by its compliance with the tasks to be solved and a high end result; level of physical, technical, psychological and other types of preparedness. The stability of the equipment is associated with its noise immunity, independence from the conditions of the competition, the functional state of the athlete. It should be borne in mind that modern training and especially competitive activity is characterized by a large number of "knocking down" factors. These include active opposition of rivals, progressive fatigue, an unusual manner of refereeing, an unusual place of competitions, equipment, unfriendly behavior of fans, etc. The athlete's ability to perform effective techniques and actions in difficult conditions is the main indicator of the stability of equipment and largely determines the level of technical readiness in whole.[2.304]

The model is the sum of the achievements of sportsmanship in a particular sport. As a result of using and processing the model, a modeling process is built.

Participating in sports preparation and competition helps you learn, identify, and apply modeling.

Modeling is an important factor in the organization, planning of athlete training, creating opportunities for achieving the desired

results, correcting tasks, and using the right tools in training.

The terms "model" and "modeling" - play an important role in sports theory and practice. For example, in the scientific and methodological literature and sports articles, the term is used almost 20 times more often than 60-70 years. [2.278]

The technical training of the wrestler is characterized by the level of involvement of the athlete in the system of actions to ensure high athletic performance. [4.91]

In Greco-Roman wrestling, the athlete has many technical features and is different from other sports. The classification, system, and terms of the technique of wrestling have been developed to regulate the technical actions of the wrestling type and to enable communication among experts in this field.

Classification is a system of interconnected concepts (classes, objects, events) in one or another area of knowledge. The classification is based on the general character of the objects and the legal relationship between them. Classification helps keep objects in the right order and is a source of knowledge about them. [5.84]

Practice shows that top-ranked athlete in these groups has the opportunity to achieve high results in major competitions. The same situation can be seen in the long-term acclimatization of athletes who specialize in many types of sports.

Here, teams of high-achieving athletes are divided into groups based on their equal training and success in competitions, their individual achievements and talents. High scores in groups such as running and jumping or throwing are often divided into groups. Even the world record holder, two-time Olympic champion D. Thompson, has achieved excellence in many types of wrestling, and his preparation has been disproportionate. [2.121]

For example, he scored 100 m in the 100 m hurdles at the XXII Olympic Games, 46-56 in the 400 m, 8.01, 203 and 500 m in the long jump. These results are the highest in some types of wrestling. At the same time, D. Thompson's high results in nuclear jumping and spear fell to some extent - 15.72 and 66-24 m. According to the results of most fights, it is 19-17 and 82-14 meters.

In sport practice, three models are used. The high-end model provides a common route for sports training and competition. Provides the basis for the athlete's performance and training management.

The effect of using the model's generalization and grouping skills is particularly enormous in the training of young people or adults who have not yet reached sporting heights. [1.62]

Group models are based on the study of a specific set of athletes (or teams) that differ in specific attributes within the framework of a particular sport. An example is the model of technical and tactical actions of the “fives” in ice hockey, models of competitive activity of wrestlers or swimmers, characterized by high speed-power potential and insufficient endurance, etc. Studies show that athletes who achieve outstanding results in various forms sports, can be divided into several relatively independent groups, each of which combines athletes with a related structure of competitive activity and preparedness. So, for example, swimmers, rowers, middle distance runners can be divided into three main groups: 1) athletes who are able to achieve high results due to speed and strength abilities; 2) athletes who achieve high results mainly due to special endurance; 3) athletes characterized by uniform preparedness

As a result of studying the structure of competitive activity of outstanding wrestlers, they distinguish:

• athletes who achieve success due to the high level of speed-power qualities, intensive conduct of the first half of the bout; • athletes who achieve high performance as a result of a high level of development of endurance and effective struggle at the end of a bout; • athletes with the uniform development of various aspects of fitness; • athletes who possess top-level individual techniques with relatively low physical fitness. The versatile training of athletes specializing, for example, in modern pentathlon at the early stages of long-term improvement, provides a relatively uniform increase in opportunities in various disciplines

included in the program of this kind. However, at the third stage of many years of improvement (usually after five years of training), the species in which the athlete ceases to progress noticeably and the species in which further serious progress is possible are determined. In particular, the requirements of effective training and competitive activity and the individual adaptive capabilities of individual pentathletes allow us to divide them into the following groups: • with the predominant development of coordination abilities, which contributes to the achievement of high sports results in fencing, shooting and horse riding; • with the prevailing development of endurance, providing high sports results in swimming and running; • with an equivalent development of coordination abilities and endurance, which determines high athletic performance in swimming or running and in one or two forms belonging to the first group; • with a proportional average level of development of special physical qualities, which ensures uniform performance in all types of pentathlon. [2.602]

When preparing world-class athletes, it is not enough to consider just one of these models. A talented athlete demonstrates the brilliant features, unique abilities and enduring will of his sportsmanship.

Many years of preparation for model stages, macrocycles and training should include the basic laws of sports skills. During the preparation period, it is necessary to use the specifics of the adaptation to represent the highest sport results. [2.98]

The regularities of the various exercises in the workout plans show that the nature of the fatigue process depends on the high performance characteristics.

Exercises of a particular model and their complexes are built on the mechanism of acceleration. The function of the exercise parameters (the duration of the individual exercises and their complexity, the effectiveness of the workouts, the interruption and continuation of the exercises, the total number of exercises) will be focused on improving the types of training.

We have also formed 3 groups of 10 to use the modeling technique to develop the technical training of young Greco-Roman wrestlers. Each group member passed the test we developed at the beginning of the study. Group 1 continued their work after the test. Group 2 was monitored after the test. After the 3rd group tests, we received the workloads developed by us. Group 2 is a three-month course of training.

The research team is in the process

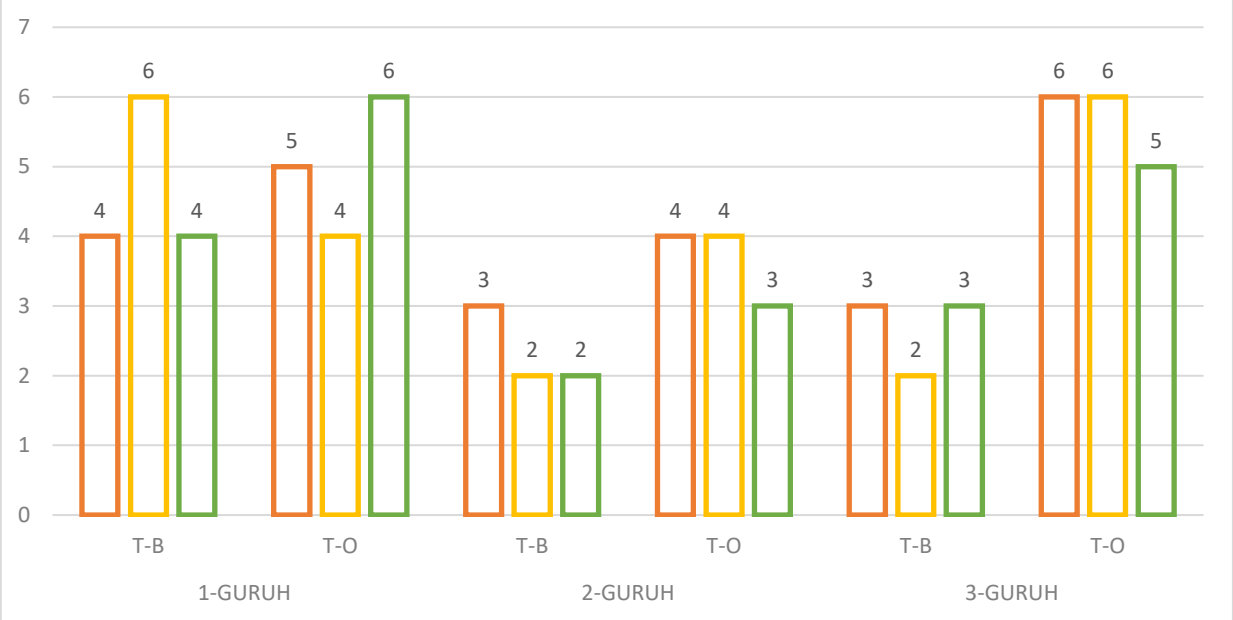
1. Learn how each wrestler performs well.

2. Study and model the team of strong wrestlers who have successfully used the methods learned in prestigious competitions.

3. Use this model to train young Greco-Roman wrestlers in the training process.

Over the course of 3 months, we have modeled the training process of three Greek Greco-Roman wrestlers on the exercises with young Greco-Roman wrestlers, reduced the load, increased the intensity, but the repetition of the method remained in place.

Methods (obtained at the beginning and end of the study) of young Greco-Roman wrestlers in groups (1–3) performed in the competition in order to determine their technical skills. (Table 1)



Table

Conclusion: The results show that when using modeling in sports, the type of sport, group, appearance of model, skill level, athlete's training, age, and gender should be appropriate. Modeling sports wrestling, though theoretically, is very often practiced by athletes, which in turn helps athletes adapt the physical, technical and tactical training of other strong athletes, including modeling.

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