



A three-step system for creating training and competition loads in the sport of wrestling

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ABSTRACT

The paper considers approaches to automating the construction of training plans of athletes for the sport of kurash, as well as analysis of plans training and competition with the help of specially designed programs. The data of the research work on the macro -structure and mesostructure of the training of athletes in sports in kurash are given.

Keywords:

Macrocycle, mesocycle, plan, training, analysis, competition

Currently, the change in the content of the sports training system in the national sport of wrestling is due to the fact that the competition period can last up to 7-9 months, in addition, each annual macrocycle usually has 2-3 main tournaments, and the wrestler enters this tournament should reach. This leads not only to a shortening of the preparatory (basic) period, but also to a significant change in its structure. In this case, the general preparatory stage is almost completely replaced by the special-preparatory stage.

The special mechanisms by which a skilled wrestler adapts to loads depend on this. The introduction of targeted programming in martial arts will allow to take a fresh look at the dynamics of the adaptation process in athletes and, accordingly, to build new models of the athlete's condition and a system of training in the annual cycle. [1]

Within such a cycle, large phases of training (KB) are separated. They are relatively independent parts of the training process and have a clear direction designed to contribute to the solution of training tasks. Athletes' preparation periods for responsible tournaments (e.g., World Cup stages or a series

of traditional international competitions) become such major stages. Such KBs include the use of only specialized one-way training loads and the time-based distribution of large-volume loads in various priority areas.

At the same time, great opportunities to increase the effectiveness of training lie in increasing the variability of training effects, rather than increasing the volume and even intensity of training tools, which prevents rapid adaptation of the organism and leads to profound functional transformations.

The concept of management and theoretical substantiation of the means and methods of information support of the training process is based on a 3-level functional system of management of athletes' training in martial arts. Three main steps have been identified, which have made it possible to present the entire training system in full and to determine the optimal ratios between the control and managed elements of the system.

Stage I is the main, goal-oriented system stage, which reflects the model of competitive activity required to achieve the planned result in single combat, as well as the dynamics of compliance of the current values of the elements of

competitive activity of a particular athlete with the model parameters.

Phase II of the system is characterized by information content, with the help of which the competition activities are carried out. These are descriptions of technical, tactical, speed-strength, special physical, psychological and other aspects of training.

Phase III of the system reflects the state of the various systems of the athlete's body and is necessary for a comprehensive analysis of the cause-and-effect relationships of the elements of stages I and II and their operating conditions depending on the state of the main systems of the athlete's body.

The output descriptions of competition and training activities are shaped by the information change management mechanism that connects them to the managerial impact on those activities. The "Athlete-Management Mechanism" information feedback reveals the cause-and-effect relationship between the output and input elements, which has made it possible to develop a functional system for managing the training of athletes in martial arts. In this case, not only the final state that the management system (athlete) aspires to, but also its intermediate state at different stages of training is programmed.

The basis for determining the nature and extent of control effects, as well as efficiency criteria is the acquisition and analysis of quantitative characteristics (parameters) circulating in the system.

In terms of the organization of information flows, the functional scheme of management is divided into three contours. In contour 1, the operational process is quickly managed. Here, fast-changing output characteristics are used, which are determined by the fact that their values vary significantly during a single session or short training cycle (minutes, hours, days).

These include pulsometry, electrocardiography, biochemical parameters of blood, some evidence-based descriptions of competition activity. These descriptions are used as measures of load intensity or as limiting criteria.

In line 2, the model descriptions are managed. These are slowly changing characteristics, the

importance of which is formed during long training cycles (weeks, months). they include descriptions of technical and tactical skills, functional descriptions of certain systems of the organism, special speed-power, psychological and other descriptions.

Row 3 is the management of the final target sports outcome. The rate at which information is updated cannot exceed the rate at which the end result appears. This is a very fast-acting contour, but ultimately it is the contour that determines the effectiveness of the control effects.

The formation of each change in the management system (analysis-synthesis), the development of individual, normative students and model descriptions of competitive activities for the level of training is the main task in organizing information support of athletes in single combat.

Clear planning is one of the factors in managing a sports training system. It starts with planning the components that require large financial costs and the organization of work in advance: the schedule of sports competitions, the schedule of training sessions, as well as the logistics of sports training. Only after these plans are approved will the training plan be implemented.

The principle of subordination should be taken into account when drawing up the schedule of competitions: Asian Games, international, republican, regional, city championships, championships and various organizations, including IOZMI, BOSM, sports clubs, physical education teams, etc. competitions.

Depending on the multi-year preparation stages, the amount of annual cycles varies according to certain laws in each type of wrestling. The most common of them are reflected in the growth of key indicators of the plan, as well as in the proportions of their dynamics, the growth rate of the level of sportsmanship, less so in the methods and organization of training. As sportsmanship grows, the share of individual forms of training for qualified athletes will increase and independence will increase. [3]

It is advisable to plan group and individual forward plans for four years. The group plan should include information that defines the perspective and the main direction of the preparation of the whole group. It should reflect the direction of growth of the requirements for various aspects of athlete training, and the specific indicators of the plan for the years should be consistent with the level of development of athletes in this group. An individual prospective plan is developed for four years and should include the following sections:

1. Brief description of the wrestler (surname, name, date of birth, height, weight, duration of participation in this sport, basic qualities and level of development of special knowledge, attitude to training, personal qualities, behavior in competitions and shortcomings in training).
2. The purpose of training for four years (for example, to win the right to participate in the Olympic Games, to be a member of the national team, to show the result of an international master of sports).
3. Tasks of preparation by years. Structure of the annual cycle by periods. Specific tasks for improving general and special physical, technical, tactical, psychological training are specified and norms are determined by years.
4. Terms of the main competitions (by years) and planned results.
5. Basic tools and methods of preparation. The means and methods of general and special physical, technical, tactical and psychological training are briefly described.
6. Training process and number of competitions, application of basic training tools and control standards by years. The workload of sports development teams in the first year usually reaches 75-85% of the maximum performance for athletes engaged in the next stages of sports development.
7. Distribution of basic training tools by periods or stages.
8. Acquire knowledge of reading, work planning, sports activities.
9. Complex control system.

Thus, a four-year individualistic prospective plan is a document in which multi-year

planning is reflected in conjunction with annual planning elements.

A clear annual plan can be started only after reviewing the approved competition schedule, analyzing all aspects of preparation for the previous season, and setting goals and specific objectives.

Depending on the tasks, the annual volume numbers of basic training tools can be clarified.

Planning for an increase in the volume and intensity of annual loads on basic training tools is a necessary condition for further development of physical qualities and improvement of movement techniques.

In order to successfully or expeditiously address individual preparatory tasks, it is advisable to envisage that the plan will in some cases make significant changes to the load on the appropriate means.

In wrestling, the percentage of general (UJT) and special (MJT) physical training, as well as technical-tactical training (TTT) as a percentage of the total training time for training periods is recommended. [4]

In the use of general physical training means: from the development of general training in various forms (general endurance, strength, speed, etc.) to special movement training of the selected type of combat; qualities of movement - from the widespread use of tools that develop flexibility, coordination, agility and freedom of movement, improving the health of the athlete, to planning the implementation of these indicators in a particular sport.

In the use of special physical training tools: from special endurance to increase the speed, speed and speed of movement (rapid tension and rapid relaxation of muscles in their work), control of rapid movements (continuity of movement and speed in creating maximum speed); amplitude and freedom of action in speed-force training - from the development of maximum force to the development of relative, rapid, explosive force; from processing the leading muscle groups involved in large-amplitude movements to increasing the intensity of movements and the force gradient in the working amplitudes of movements (in accordance with the

parameters of competition activity) and trajectories; in special and basic exercises (jumps, kicks, kicks, combinations, etc.) in the selected martial arts sport; from simple conditions to more complex conditions, in competitions and in certain elements of action, from competitions to more than conditions.

In the annual cycle, both selected and co-effects occur, which are structurally compatible with the race regimes.

The following should be considered when developing annual plans, their phases and weekly cycles:

- The dynamics of individual development of the sports uniform of the participants;
- year-round special training, especially in seasonal sports;
- a combination of specialized loads and competitions as an effective means of preparation;
- a reasonable ratio of loads in different directions of priority - from one-sided loads in the early stages of training to complex training in the final stages of training and competition;
- Complex development of the qualities of movement activity, which form the basis for the improvement of technical and tactical skills, and its components in the conditions of the wavy nature of the training load dynamics: elimination of gaps due to changes in volume and intensity, work and rest;

Continuous improvement of sports technique, the increasing structure of movements as sports results increase, its reliability by increasing the ability to move and managing the mental state of the athlete. [5]

To plan the training of qualified athletes in the annual cycle, it is necessary to have a team training schedule and an individual training plan of the athlete. A distinctive feature of these forms of planning is the development of the content of the training and competition process on a weekly basis, the distribution of the main means of special training in four or five intensity zones and the development of their structure in the form of diagrams.

Depending on their direction for each stage and period of the annual cycle, the amount and proportions of the volume and intensity of the main training tools correspond.

Creating sample weekly cycles in a variety of priority areas is a convenient form of lesson planning. They can be defined as follows: introductory microcycle - UJT-1 (general physical training without the use of means of the selected type); basic microcycle - UJT-2 (including the same, but of the selected type); specialized microcycle - MJT (special physical training - development of the athlete's motor skills in conjunction with technical training); specialized microcycle TT (improvement of technical training); race microcycle - MT (preparation for the race - achieving sports results at certain times of the calendar).

The structure of the annual plan (set of cycles and microcycles, number and sequence) is basically maintained at all stages of multi-year training and is determined by the development characteristics of the sport form and the system of sports competitions in each particular sport. It can consist of several, usually one to three macrocycles, depending on the number of main starts and the time interval between them.

It determines the selection and exchange of these periods (preparation, race, transition), mesocycles (introductory, special-preparation, pre-race and race) and the corresponding weekly microcycles in their direction.

The following laws should be considered when planning two- and three-cycle training. The introduction of an additional completed macrocycle around a year often leads to an improvement in athletic performance. It is especially observed in the generation of qualified young athletes; the use of three- to four-cycle planning will be accompanied by an increase in results in the next 1-2 years and a reduction in the "lifespan of athletes". Therefore, such a structure can only be recommended when the athletes' reserves are fully sufficient.

In recent years, the time spent on training athletes as part of the annual cycle has been steadily increasing, both due to the increase in personal training time and the time spent on recovery activities, inventory preparation, control training.

At the stage of sports development (the last year of training), the annual training cycle of

wrestlers is divided into the following periods: preparation (3-4 months), competition (7-8 months) and transition (1 month). Depending on the nature of the competition, one-stage, two-stage and three-stage training is carried out.

The first stage starts 2.5 months before the start of the tournament. Typically, it begins with a training session that lasts 11-14 days. The task is to improve health and increase general physical fitness. The ratio of UJT and MT means is 70%, 30%, respectively. All work is carried out in the zone of moderate intensity, more moderate loads are planned. After that, the athlete will train for 17 days in the residence, where he will perform small and medium loads, the share of work on the formation of technical and tactical skills will increase to 60%, the work will be carried out in the zone of moderate intensity.

Then the team should gather for a 15-18 day meeting. At this meeting, the ratio of UJT and MT tools will vary, to 30-70%, respectively; however, high-intensity work to improve technical and tactical skills will increase to 75%.

The wrestlers train for 10 days in their accommodations, during which they perform small and medium loads in a moderate intensity zone. The last training session will start 19-21 days before the start of the responsible competitions. The main goal is to individualize the training, taking into account the strengths and weaknesses of the skills of key competitors. Such setting of the task requires modeling of the competition activity and almost all the work on the carpet should be done in the competition mode.

During this time, athletes do 15-17 workouts a week, working a pure 2-2.5 hours each day. The ratio of MT and UJT is 40-60%. Admittedly, up to 90% of the time is spent working on the carpet, which is done in the high-intensity zone, while the high-intensity work on the UJT is reduced to 30-40%.

Thus, in three-stage planning, very intense and short-term special work stages, in which the UJT performs the task of transition to another job and active recreation, alternating with stages aimed at developing general

endurance, improving other aspects of technique and skill. The lower the skill level of the wrestlers, the more effective the 70-30% variant of MT and UJT in the final stage of preparation for the competition.

The principle of such planning can be applied not only to candidates for the national team of the country, but also to wrestlers with lower qualifications. Relatively short-term (3-5 minutes) training tasks are used in the direct preparation phase to bring the training load closer to the competition. tasks that last 10 minutes are used to create a solid backup. In performing such tasks, a 20-second spurt is performed every minute of the work, which allows the athlete to improve the way he conducts the competition.

Increasing the intensity of training tasks also accelerates the recovery process of athletes' ability to work, thus confirming the principle that the more intense the load, the faster the recovery.

Dynamic assessments of competition activity during the annual macrocycle not only allow us to objectively assess the process of change in the level of training of wrestlers, depending on the level of achievement of the set model values of competition activities, but also to identify "backward joints" in training over time.

When planning training in centralized meetings, it is necessary to follow the trend of accelerating the training process. The structure of training loads and training tools will vary widely over the course of the annual training phases. Preparations for the main competitions will be carried out in two stages, with the basic preparation stage taking place in the lowest possible mountain conditions, at an altitude of 700-1200 m above sea level. This allows the intensity of work to be increased at the expense of moderate oxygen deficiency conditions without significantly reducing the volume of exercise equipment.

In wrestling, the planning of training in the annual cycle is carried out in stages in different directions, aimed at solving tasks on various aspects of athlete training. This takes into account the time period associated with specific competitions. [6]

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