

Specialized Training of Wrestlers at the Stage of Initial Sports Training

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Annotation: In this work, we studied the effectiveness of the use of non-traditional training methods for young sambists from the initial training period.

Keywords: physical training, technical training, tactical training, methodology, training process.

Technical readiness is the degree of mastering by the athlete of the system of movements corresponding to the characteristics of this sport and aimed at achieving high sports results. Technical preparedness cannot be considered in isolation, but should be presented as a component of a single whole, in which technical decisions are closely interrelated with the physical, mental, tactical capabilities of the athlete, as well as the specific conditions of the external environment in which the sports action is performed. It is quite natural that the more to the athlete. The greater the number of techniques and actions is possessed by the athlete, the more he is prepared to solve complex tactful tasks that arise in the process of competitive struggle, the more effectively he can resist the attacking actions of the copier and at the same time provoke him to make inadequate situational decisions. Development of sports tacts, changing the rules with jealousies, sports equipment, etc. significantly affect the content of the technical preparedness of athletes. For example, in wrestling, reducing the time of fights, increasing the demands of judges to actively conduct wrestling, etc. significantly affected the nature and ratio of motor actions of qualified athletes.

A system of specialized training of the stage of initial sports specialization in martial arts in connection with the formation of actual coordination abilities has been developed and experimentally substantiated, including the structural and logical scheme of the pedagogical process, specific principles, methods, methodological techniques, the main organizational and methodological forms of conducting exercises in group and individual training, the leading pedagogical tasks of the process, the composition and direction specialized means, the optimal sequence of mastering the reception (action).

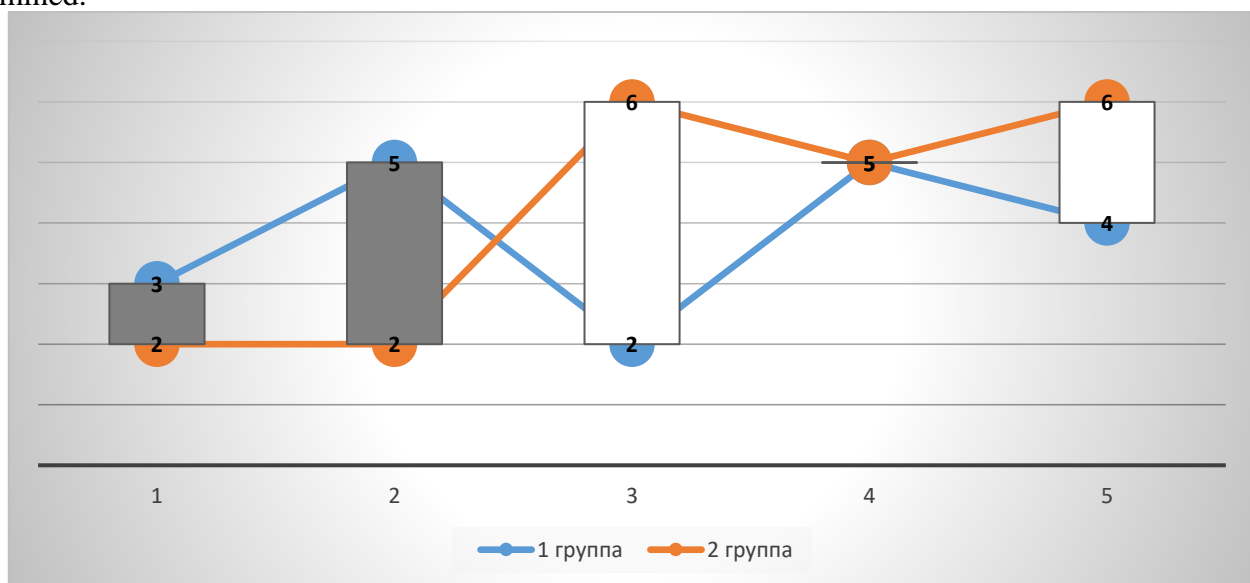
The optimal structure of the level system of actual coordination abilities has been experimentally determined to the greatest extent reflecting the specific features of mastering sports and technical skills, trends in the pedagogical process at the stage of initial sports specialization:

- abilities associated with the skills of an athlete to construct specific complexes of movement systems when solving problems of varying verbal complexity and adequate to the arsenal of means of fighting this type of martial arts; the composition of a specific system of movements when solving problems of varying verbal complexity, adequate to the features of the competitive activity of the martial arts;
- abilities (complex) associated with the achievement of specified properties of the procedural accuracy of movements, adequate to the parameters of motor activity when interacting with a partner, including indirect interactions; final accuracy in specific situations of interactions in the conditions of spatio-temporal limitations of the attack zone; procedural and final accuracy of movements in the conditions of spatio-temporal limitations of the offensive zone when interacting with the opponent;
- abilities (super-complex) associated with the achievement of the specified properties of procedural and final accuracy in specific movements under the conditions of spatio-temporal restrictions of the attack zone and associated with the factor of surprise and time deficit; in simulated combat interactions in conditions of deliberate, deliberately impromptu and impromptu choice of movement systems adequate to the remote and moment parameters of emerging situations.

The principles, means and methods of constructing training influences that provide modeling in the pedagogical process of conditions adequate to competitive ones, both in terms of the mode of activity and in the total intensity of the motor and vegetative functions of the athlete, and, at the same time, contribute to the formation of a level system of actual coordination abilities, have been substantiated; non-traditional

instrumental diagnostic methods for martial arts, which allow to objectively assess the effectiveness of the pedagogical process (reliability of methods $g = 0.80-0.88$, $P < 0.05$); methods of dosing training and competitive loads. It has been established that the ratio of indicators of the starting phases of symmetrical movements, electromyographic indicators of the working muscular ensemble act as objective criteria for the specialized preparedness achieved by the athlete.

The interdependence of the formation of a level system of actual coordination abilities and optimal intermuscular coordination of movements, which form the basis of the technique of martial arts in the process of specialized training, which significantly affects the effectiveness of the competitive activity of the athlete and the growth of sports and technical skills, is shown. In particular, statistically significant differences were found ($P < 0.01$) in the functioning of muscle ensembles in the implementation of typical technical elements in the types of modern martial arts performed by athletes of various qualifications in deliberate, deliberately impromptu and impromptu situations. Qualitatively different mechanisms for adapting the functional control system of the motor analyzer of athletes with the complication of the conditions for the implementation of specific and non-specific local movements, manifested in structural changes in the muscular ensemble, various differentiating possibilities of perception of muscle efforts in situations of active counteraction, have been determined.



1-diagram. Results in 5 SAMBO competitions.

In the **conclusion** of natural experiments, the 2-group confirmed the expediency of specialized training at the stage of initial sports specialization in martial arts, focused on the conjugate solution of the problems of automation of motor skills and the formation of a system of actual coordination abilities. It is shown that the highest efficiency of the pedagogical process is achieved with the implementation of a justified specific principle of sequential approximations in the conditions of modeling situations and influences that ensure the formation of optimal intermuscular coordination of movements, which form the basis of the technique of a particular type. Data reflecting the dynamics of coordination abilities in connection with the growth of sports and technical skills of the subjects were obtained.

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