

Methods of Preparing Sambists for Difficult Situations During Competitions

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Annotation: This article is a scientific study on how to prepare sambists for difficult situations in the competitive process.

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

Under the sports technique of SAMBO wrestling (SAMBO technique) should be understood as a set of techniques and actions that provide the most effective solution of motor tasks due to the specifics of a particular sport, its discipline, type of competition. Specialized positions and movements of athletes that are distinguished by a characteristic motor structure, but taken outside the competitive situation, are called techniques. A technique or several techniques used to solve a certain tactical task are an action. The concepts of "sports equipment" and "technical equipment" (preparedness) of an athlete should not be considered adequate, as is sometimes done when it is proposed 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 mastery of the system of movements that make up the arsenal of this sport. It is quite natural that any motor action, no matter how it is organized, has its own technique of execution, 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 "technique of a sport" or "sports equipment" are not at all the same as the concepts of "technique of performing a motor action" or "technical readiness".

The effectiveness of the technique is determined by its compliance with the tasks to be solved and the high final result; The level of physical, technical, psychological and other types of preparation. The stability of the technique is associated with its noise resistance, independence from the conditions of competition, the functional state of the athlete. It should be taken into account 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, unaccustomed manner of refereeing, unaccustomed place of competition, equipment, unfriendly behavior of fans, etc. The ability of an athlete to perform effective techniques and actions in difficult conditions is the main indicator of the stability of the technique and largely determines the level of technical preparedness as a whole. The variability of technique is determined by the spopo the ability of the athlete to the surgical correction of motor actions, depending on the conditions of competitive struggle. Experience shows that the desire of athletes to preserve the temporal, dynamic and spatial characteristics of movements in any conditions of competitive struggle does not lead to success. For example, in cyclic types of sport, the attempt to maintain the stable characteristics of movements in the second half of the distance leads to a significant decrease in speed. At the same time, compensatory changes Sports techniques caused by progressive fatigue allow athletes to retain or even slightly increase their speed in the second half of the distance.

Table 1 Resource requirements by component

The effectiveness of the technical efforts of sambists of the experimental and control groups and comparative data of average values up to the experiment

№	technical actions	Experimental group in the beginning		Control group in the beginning	
		\bar{X}	σ	\bar{X}	σ
1	methods of causing pain by stretching the arms and legs (effectiveness %)	45,9	1,8	47,1	1,9

2	methods of squeezing the arms and legs (efficiency %)	36,8	1,6	37,2	1,5
3	methods of anesthesia by twisting the arms and legs (effectiveness %)	39,6	1,3	42,1	1,4

Table 2 Resource requirements by component

The effectiveness of the technical efforts of sambists of the experimental and control groups and comparative data of the average values after the experiment

№	technical actions	Experimental group in the beginning		Control group in the beginning	
		\bar{X}	σ	\bar{X}	σ
1	methods of causing pain by stretching the arms and legs (effectiveness %)	50,5	1,5	49,4	1,6
2	methods of squeezing the arms and legs (efficiency %)	42,6	1,4	40,2	1,7
3	methods of anesthesia by twisting the arms and legs (effectiveness %)	46,7	1,1	43,3	1,3

Conclusions.

A review of the scientific and methodological literature showed that at present the literature contains a lot of information about the educational and training processes of training in SAMBO wrestling. However, to date, there are insufficient targeted methodological recommendations for improving the training process that contribute to effectively planning training loads.

As a result of the study, we found that by the end of the pedagogical experiment, the level of technical, tactical, physical and psychological fitness had increased in the control and experimental groups. However, the experimental group training, according to the developed program of training sessions, showed the highest results. The results of the studies reveal the effectiveness of the developed program of technical and tactical preparedness as a sambo wrestler.

Using the developed plan of the training cycle, contributed to good results, and also had a positive effect on the competitive activities of sambists.

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