

Enhancing the Technical Preparation in Kurash

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Annotation: The article presents how to enhance the teaching of technical techniques in wrestling. The method of modeling the teaching of technical actions in wrestling practice classes is developed. Questionnaire of coaches on the use of the method of modeling the training process is conducted.

Key words: physical training, technical means, modeling, optimization

The issues of development and popularization of sport in our country are actively developing. In order to promote physical culture and sport we can study the work done on the organization and development of sport in foreign countries and adapt it to the conditions of our country.

Effective management of the training process involves the use of various models. A model is usually understood as a sample in a broader sense - any sample (mental or conditional) of an object, process or phenomenon. Development and use of models is connected to modeling - the process of constructing, studying and using models to determine and clarify characteristics and optimize the process of sports training and participation in competitions. The terms "model" and "modeling" have penetrated deeply into the theory and practice of sport. In periodic scientific and methodological publications on sport, these terms and their derivatives are now found about 20 times more often than in the late 1960s and early 1970s of the twentieth century. [2.601]

Modeling involves the study or repetition of certain physical properties and phenomena in restorable forms, such as scientific theoretical understanding. It is the study of the properties of objects (processes) by means of other objects that are their models." [4.80]

People have long known what modeling is and experience uncertainty in their work and compare that uncertainty to what is obvious to them. Comparing uncertainty with accuracy is an event of secondary bias; in other words, accuracy acts as a model of uncertainty." [3.184]

The materialistic conceptualization model is used as a tool to organize categorization, with a focus on deeper knowledge when reconstructing a particular event. [1.422]

Individual models are developed for individual athletes and are based on long-term study and individual prediction of the individual athlete's competitive structure and fitness, response to loads, etc. This results in a variety of individual models of competitive activity, various aspects of physical fitness, training models, microcycles, direct preparation for competition, etc. Models of all three levels are used in sports practice. Higher-level models that give general directions to the controversy. [5.78]

Although there is a large difference between these types of experiments proposed by many scientists, it is reasonable to define the scope of their application in sports performance modeling. [3.251]

For example, swimmers, rowers, and 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 fitness. [2.602]

The coaches' general opinion on the role of simulation in sport is expressed in %. (Table 1)

The opinion of the coaches	Coaches who consider the modeling method "necessary"	Coaches who consider the modeling method "unnecessary"	Coaches who are not interested in modeling
"%" As a percentage of interest	88%	2%	10%

Conclusion: The popularization of physical education and sport has led many scientists to analyze the merits of different opinions and experiences, suggesting that the modeling method can be applied at any age and at any skill level. In physical education and sport, modeling depends on location, time, exertion, exercise set,

building location, and more. If we recognize sport as a model, then the methods and techniques we constantly use are also a model. Today we continue to operate in ways that are unknown to us. At the same time, the development of one sport is not unique to the model approach, and our research has improved the psychological, technical and physical preparation of young athletes. As a practical recommendation, the use of modeling techniques in the training of young athletes should be carefully studied and incorporated into the model taken as a model.

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