

TRAINING OF WRESTLERS AT THE INITIAL STAGE OF TRAINING

Senior Lecturer of the Nukus Branch of the Institute for Retraining and Advanced
Training of Specialists in Physical Culture and Sports

Xudaybergenov Jenis Otepovich

Abstract: The effectiveness of training sports reserves in sports wrestling was analyzed. Especially the issue of training wrestlers at the initial stage of long-term training, on which the foundation of the wrestler's general physical training is laid, and which largely determines further successes in sports.

Keywords: wrestler training, physical qualities, training sessions.

Currently, the issues of training leading wrestlers at the stage of sports improvement, training methods within the pedagogical and medical-biological control systems, have been thoroughly studied. However, the problems of the initial stage of long-term training in wrestling have not been sufficiently studied.

The most pressing problem in wrestling is the physical training of wrestlers at the initial training stage, as the "foundation" laid in childhood allows for significant improvement of results directly at the stage of sports improvement.

The issue of training wrestlers at the initial stage of long-term training has not yet been sufficiently studied, therefore this problem is the most interesting for us.

Most specialists believe that the rational methodology of training at the stage of initial sports specialization largely determines further success in sports.

As a result of studying the literature, we compared various training methods proposed for wrestlers at the initial stage of long-term training, and various methods of testing physical qualities used in wrestling were studied.

Managing the training process requires well-established pedagogical control. The content of control is considered as the process of identifying the effectiveness of the applied training tools and methods. Currently, control test methods are widely used. Using control standards and tests in the field of physical education can help to determine the level of strength training.

We used tests to determine the level of physical fitness to identify the dynamics of physical quality development.

During the study of the literature, we identified the following tests for wrestlers at the initial stage of the multi-year

preparation: "hang in angle"; "sitting down"; "tightening"; "pressing while lying down".

To confirm all our theoretical work, we conducted a pedagogical experiment from September 2017 to January 2018. The studied athletes were divided into 2 groups, experimental and control, with 9 people of approximately the same level of preparedness in each group. The training sessions in both groups were 90 minutes. When conducting training sessions, we adhered to the following scheme: mandatory set of exercises (in warm-up) - 2 - 5 min; acrobatics elements - 6-10 min; touch games - 4 - 7 min; grasping skills - 6 - 10 min; bridge exercises - 6 - 18 min.

The remaining time of the lesson, as a rule, was spent on studying and improving the elements of wrestling techniques - evaluation techniques in a standing position and parterre in a 3:1 ratio. The main focus was on strengthening the muscle groups of the entire motor apparatus of children. For this purpose, elements of acrobatics and exercises on gymnastic apparatus were included in the lesson program. For the experimental group, we compiled a new training complex, taking into account the modern recommendations of a number of authors specializing in Greco-Roman wrestling. It differed from the plans of the control group in that in the experimental group, we used the method of increased weights. In the experimental group, in addition to 90 minutes of classes and general physical training exercises, more attention was paid to strength training at the end of the training session. This consisted of the following: the test exercises were performed using weights. Tests: "hanging angle," pull-ups while hanging on a horizontal bar, push-ups while supporting on parallel bars, performed with a weight on the legs. In the tests: squatting, weights on the hands, in the form of weights, were used; when pushing off the floor, a one-kilogram weight of a barbell was used, which was held on the back with the help of a partner. The number of test exercises was increased with each lesson, and the number of approaches to exercises was also added.

The result of conducting the experiment for four months is an improvement in the test results of students in both the experimental and control groups.

Comparing the obtained results of the control and experimental groups at the beginning and end of the experiment, we can state the following. At the beginning of the experiment, the average indicator of the control group for the "hang angle" test was 7.3 seconds. The average indicator of the control group in the "squat in 30 seconds" test was 23.6 times. In the "Lying-up push-ups" test, the average indicator in the control group was 22.1 times. In the control group, the following average group indicators were recorded at the beginning of the experiment: in the "hanging angle" test, it was 7.4 seconds, in the "squatting in 30 seconds" test, it was 23.5 times, in the "hanging pull-ups" test, the indicator was 5.4 times, in the "stand-up push-ups" test, the average indicator in the experimental group was 22.6 times.

Comparing the test indicators in the experimental and control groups with each type of testing at the beginning of the experiment, we see that there is practically no difference. This allows us to say about the same level of strength training at the beginning of the experiment in Greco-Roman wrestlers of the initial stage of long-term training. Also, the data obtained at the beginning of the experiment confirm the correctness of the group division by the drawing method we used.

Further, we compared the average group indicators for all types of tests at the end of the experiment. The average indicator of the control group in the "30-second squats" test was 26.2 times. The average indicator for the "Hanging" test in the control group was 7.7 times. In the "Lying-up push-ups" test, the average score for the control group was 25.3 times.

In the control group, in January, we recorded the following average group indicators: in the "hanging angle" test, it was 12.6 seconds, in the "squatting for 30 seconds" test, it was 31.4 times, in the "hanging pull-ups" test, the indicator was 10.1 times, in the "stand-up push-ups" test, the average indicator in the experimental group was 32.7 times.

Considering the obtained data, we see an improvement in the results in both groups at the end of the experiment. We consider this improvement to be natural, as the means and methods used in the training process of wrestlers at the initial stage are quite diverse.

Analyzing the obtained data, we also see that a significant increase occurred in the experimental group, which is evident from the average group indicators for each type of testing at the end of the experiment. We also consider this difference to be natural, since in the experimental group, in addition to general physical training exercises, we paid more attention to strength training at the end of the training session, as well as exercises were performed using weights.

When summarizing the work, it should be noted that the development of strength qualities at the initial stage of long-term training contributes to a high growth in results at the stage of sports improvement.

LIST OF REFERENCES

1. Егизарян А.Д. Экспериментальное обоснование путей совершенствования скоростно-силовой подготовки юных борцов: автореф. дис. ... канд. пед. наук / А.Д. Егизарян. М.
2. Егизарян А.Д. Пути совершенствования специальной скоростно-силовой подготовленности юных борцов / А. Д. Егизарян // Спортивная борьба: ежегодник. М.

3. Алиханов И.И. О становлении технико-тактического мастерства / Спортивная борьба. М.: ФиС.
4. Ионов С.Ф. Рекомендации по физической подготовке борцов / Спортивная борьба. М.: ФИС.
5. Новиков А.А., Циргиладзе И.В., Акопян О.А. и др. Тенденция развития методики тренировки в видах единоборства // Научно-спортивный вестник, 2008.