

DURING THE STAGE OF SPORTS IMPROVEMENT, IMPROVE SAMBO WRESTLERS' SPEED-STRENGTH PREPAREDNESS

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Annotation

The article is devoted to the problems of optimizing means and loads by adapting and improving junior speed-strength preparedness during the transition to the adult age category in sambo wrestling. To control the level of strength preparedness, running 30 meters, a long jump from a place, throwing a stuff ed ball 3 kg standing back, bending and unbending arms in a resting position, bending and unbending of the lying hands on a low crossbar in a lying leg, lifting the body into gray hair were used lying on the back, dynamometry of the hand, deadweight dynamometry. All methods used were eff ective for the proposed technique in sambo at the stage of sports improvement.

Keywords: Optimization, training process, speed, strength, sambo, preparation, wrestling, adaptation.

Introduction

The country is consistently implementing measures to create the necessary conditions and infrastructure to popularize physical education and sports, a healthy lifestyle among the population, especially youth, and to ensure a worthy representation of the country in the international sports arena. [Decree of the President of the Republic of Uzbekistan dated 03/06/2018 “On measures to radically improve the public administration system in the fi eld of physical education and sports”] Under the strict guidance of the President of the Republic of Uzbekistan ShavkatMirziyoyev, the development of physical culture and sports, as well as strengthening work on preparing for international competitions, are widely considered. In particular, the Ministry of Physical Culture and Sports was organized to improve the management of the sphere. The Concept for the Development of Physical Culture and Mass Sports in the Republic of Uzbekistan for the period 2019-2023 was approved.

World modern achievements in martial arts today are so great that without systematic training from a young age, one cannot count on high performance in the athlete’s mature age. Training sambo and judo wrestlers is one of the main tasks of preparing a sports reserve, raising the prestige of these sports in the country. The modern level of development of sports makes high demands on the quality of training of high-class wrestlers. Further improvement of the training system can occur both by increasing the volume and intensity of the load, and by optimizing the method itself, in particular, by clarifying the known and fi nding new ways to train. An

indispensable condition for this is to take into account the individual characteristics of the athlete.

Relevance

As you know, one of the most promising ways to increase the efficiency of the training process for athletes of various qualifications, not only in wrestling, but also in other sports, is to improve the technology of technical and tactical readiness. According to many experts in wrestling (D.G. Mindiashvili, 1996; Yu.A. Shakhmuradov, 1999; P.V. Trutnev, 2004; G.S. Tumanyan, 2006 and others), technical and tactical training is system-forming in the formation and improvement of the arsenal of effective warfare. The authors note the special importance of technical and tactical training in the initial stages of wrestling, as during this period, the formation of the foundations of future sportsmanship takes place.

The purpose of the study - Adaptation and improvement of speed and strength training of juniors in the transition to the adult age category in sambo wrestling.

Research Methods

Analysis of scientific and methodological literature, video analysis of competitive activity, pedagogical testing, questionnaires, pedagogical experiment, methods of mathematical statistics. The stage of sports improvement corresponds to the age of 18-23 years and more, while sambo wrestlers have an experience of up to 9-10 years. The musculoskeletal system and the body of sambo wrestlers are generally formed. This makes it possible to use almost all means and methods of strength training, as well as ways to organize them over time in training them at this stage of sports improvement. However, bearing in mind the maximum effect in the course of many years of technical and tactical training, the most appropriate is the gradual introduction of the most intensive means, methods and ways of organizing them in time into the speed-strength training of the subjects. At the same time, the criterion that determines the need to increase the intensity of speed-strength training could be data on the exhaustion of adaptation reserves to the means, methods and methods of their organization in time. In other words, if it is possible to effectively develop significant speed-power abilities by less intense means and methods, while applying methods of organizing them in time that have a less pronounced effect on the body of athletes, then using other means, methods and methods of organizing them in time it makes sense to improve the standards of the adult category. In accordance with this, it was decided at the stage of sports improvement to increase the intensity of means and methods of speed-power training of sambo wrestlers, while maintaining the classic wave-like method of organizing them in time, to accelerate the use of a concentrated method of organizing speed-power training.

At the stage of sports improvement, one of the most important tasks of speed-power training is to improve speed-power abilities - it was supposed to be solved by increasing the intensity

of the tools and methods used. The intensity of the shock method increased by increasing the height and length of jumps in jumping exercises. At this stage, jumps from a small take-off, including on one leg, were used in large volumes. In order to develop speed-power abilities, the method of dynamic efforts was also used.

It should be noted that in the macrocycle, speed-strength training had different priority directions at different periods: in the general preparatory period, the development of strength endurance and strength abilities proper, in the special preparatory period, the development of speed and strength abilities. The aforesaid means that in the general preparatory period, speedstrength training, and in the special-preparatory period, the processes of development of proper strength abilities and strength endurance were carried out in a supportive mode. We give examples of complexes of exercises of speed-strength training in different periods of the macrocycle.

The above complexes of training power and speed-power qualities of juniors were applied in the process before and after the pre-competitive training period. The processes of development of power endurance and correction of body composition, as well as the development of proper power abilities were most widely planned to be carried out in the general preparatory period. In the special preparatory period, work in these areas was carried out in a supportive mode. Also note that exercises aimed at developing strength endurance and strength abilities proper were used on the same days in general preparatory and special preparatory periods. To control the level of strength preparedness, running 30 meters, a long jump from a place, throwing a stuffed ball 3 kg standing back, bending and unbending arms in a resting position, bending and unbending of the lying hands on a low crossbar in a lying leg, lifting the body into gray hair were used lying on the back, dynamometry of the hand, deadweight dynamometry. Note that we intentionally did not apply complex tests in the study, in which strength abilities are determined in positions or movements similar to fragments of competitive motor actions. In our opinion, the possibility of varying the technique for performing this or that similar test task significantly reduces their reliability and makes them of little use in scientific research. To verify the validity of the proposed changes in the strength training of sambo wrestlers, based on the fundamental dependencies of the concept of long-term strength training in sambo, a formative pedagogical experiment was conducted in which 30 athletes participated (15 people in the control and experimental groups). The experiment was conducted in training camps for junior and male teams. Results. As follows from the analysis of the data table. 1, sambo wrestlers from the selected control and experimental groups at the beginning of the formative pedagogical experiment did not have significant differences in terms of age, height and body weight.

Also, at the beginning of the formative pedagogical experiment, sambists of the control and experimental groups did not find any significant differences in the indicators of strength preparedness.

Directly confirm the effectiveness of the proposed changes in the power training of sambo wrestlers at the stage of sports development, significantly higher results in all the tests used in the experimental group.

The smallest increase in the experimental and control groups was found in tests related to overcoming the whole body weight: running 30 meters and long jump from a place. However, in these tests, the results at the end of the forming experiment were significantly higher in the experimental group.

It should be noted that in the control group during the experiment, one sambo fighter met the standard of the master of sports, while in the experimental two. This indicates that an increase in the level of special speed-power readiness contributed to an increase in the growth rate of sports skills of sambo wrestlers.

Conclusion. Thus, reliably higher strength and speed-strength readiness indicators of junior sambo wrestlers in the experimental group at the end of the forming experiment confirm the effectiveness of the proposed technique in sambo at the stage of sports improvement.

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