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Wrestler's physical training and development methodology

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A B S T R A C T

The physical training of a wrestler is one of the most important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and speed.

A R T I C L E I N F O

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The main tasks of physical training are: The level of health of athletes and increase the functional capacity of various systems of their body. Development of physical qualities in a unit that meets the specific characteristics of wrestling. Physical training is divided into general, auxiliary and special training. The general physical training of the wrestler to achieve high results.

The foundation is the necessary foundation. It mainly provides the solution of the following tasks:

Comprehensive harmonious development of the wrestler's organism, increase of its functional capabilities, development of physical qualities. Improving health. It is true of active rest during periods of intense training and competition loads

Use General physical training involves the collection of various tools. These include exercises on slingshots and slingshots, exercises with a partner on special simulators, general developmental exercises from other sports: acrobatics, athletics, sports, swimming, etc. Auxiliary physical training is a special basis for the effective performance of large-scale work aimed at the development of special motor skills.

Designed to create. It has a much narrower and more specific direction and solves the following tasks: Basically, the development of qualities that are more specific to the struggle. Selective development of muscle groups those are largely involved in wrestling movements.

Exercises such as advanced kinetic and dynamic composition and neuromuscular are used as advanced means of auxiliary physical training.

According to the nature of the tension corresponds to the basic movements that the wrestler performs in the competition activity. Such exercises include:

Performing different methods of struggle through gestures; exercises performed on special simulators; wrestlers practice with mannequins. The special physical training of the wrestler is the qualities of movement to develop wrestlers in strict accordance with the requirements set by the characteristics of the

competition activities. Special physical training of wrestlers is carried out mainly on the wrestling mat and the development of the most important movement qualities within the movement skills.

Such complex exercises enhance the effect on the wrestler's body. For example, throwing a partner in the heavier weight category, training competitions is held in exchange for partners, and so on. All these exercises allow you to develop one or another mechanism of energy supply, a complex effect on the training of the wrestler shows concentration and at the same time increases his physical and technical-tactical readiness. All these types of physical training are inextricably linked. Inadequate assessment of any type of physical training during training will ultimately hinder the development of sportsmanship. There for eit is very important to follow the optimal ratio of the types of physical training shown during training. Its numerical expression is not a constant dimension; rather, it depends on the qualifications of the wrestlers, their individual characteristics, the period of the training process and the current state of the organism."Strength", which is a physical quality, means the ability of a wrestler to overcome the resistance of an opponent or to resist it at the expense of muscle strength.

Separation of the following types of force is accepted: general and special, absolute and relative, rapid and explosive, force endurance. General force is the force exerted by an athlete without regard to the specific movements of the wrestler. Special strength is manifested by the athlete in special movements that are compatible with the competition movements. Absolute power is with the power capabilities that are manifested in the movements of an athlete with a very large characteristic described. In wrestling, it is important to get one-on-one using force. Relative strength, ie the force corresponding to the weight of 1 kg of the athlete, is an indicator of the ability of the wrestler to overcome the individual weight. These methods are important in the rapid execution. Rapid force is reflected in the ability of muscles to perform movements associated with overcoming relatively small external resistance.

Explosive power describes the ability to exhibit voltages greater than its intensity in a short period of time.

Strength endurance is the ability of an athlete to exhibit muscle tension over a relatively long period of time. The following techniques are used to develop the wrestler’s strength capabilities: repetitive strains; short-term maximum voltages; increasing weights, tattoos, joint exposure; variability; isometric voltage methods. The method of repetitive stretching is that the athlete repeats the exercises with weights equal to 70-80% of the maximum weight when performing the exercise "until the last breath". This method involves performing a power exercise in series. Each series - "until the last breath", a total of 3-4 series, the rest interval between series is 3-4 min. In the first approach to training, it is recommended to start with a weight equal to 50% of the weight that the athlete can lift 10 times (10MT). In the second approach the exercise is performed with a weight of 75% from 10 MT, and in the third approach - with a weight of 100% from 10 MT. A total of 3 approaches during trainingis done. The rest interval between approaches was 2–4 min. In each approach, the exercise is performed at a borderline speed until the original is exhausted. The kinematic energy of the falling weight and the individual body of the percussion styleis based on the percussive stimulation of muscle groups through the use of weights.

Absorption of decreasing weight energy by the training muscles helps the muscles to move to an active state, the rapid development of work tension, creating the possibility of additional tension in the muscle. This ensures the intensity and speed of the next push movement and a quick transition from the arm work to the work to be overcome.

As a method of applying the percussion method of developing the explosive power of the legs to the depth, which is performed by jumping to a height or length followed byjumping exercises can be said. Exercise 70-80 cm from the height of the legs with the knees slightly bent, followed by a quick and violent jump up is done. Jumping in series: 2-3 series, 8-10 jumps in each series. The rest interval between series is 3-5 min. The exercise is done no more than twice a week.

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