



Methods of Teaching Wrestling Technique at the Stage of Initial Training

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Annotation: The article analyzes the technique of technical training at the initial stage of training of young freestyle wrestlers. The effectiveness of the developed methodology for teaching technical and tactical actions has been proposed and substantiated.

Keywords: method of teaching wrestling technique, stage of initial training, method of teaching on the example of tilt throws.

On the basis of pedagogical observations of competitive activity, conversations with coaches and highly qualified athletes, as well as a detailed analysis of the technique of performing technical and tactical actions jointly with students, it was revealed that for a highly qualified athlete the main thing is the ability to create favorable situations in a duel and choose the moment for the exact execution of a technique. , and the technique for performing the reception should have a sufficient degree of variability.

In order to substantiate the methodology for teaching technical and tactical actions based on the "funnel" principle, an analysis of the competitive activity of wrestlers of various qualifications from beginner athletes to international level masters of sports was carried out. The objective of the study is to study the variability of the performed technical and tactical actions. In total, more than 500 contractions were analyzed.

It was found that the higher the qualification of athletes, the more tactical training methods they have in their arsenal. At the same time, they carry out technical and tactical actions from more diverse captures, are able to create advantageous situations in the conditions of a duel and choose the right moment to perform the tricks. The results of the research are consistent with numerous data from wrestling experts. [1-7]

When performing techniques by novice wrestlers, there are very significant deviations in the technique of their implementation even in light conditions (1st year of training). Such variability of methods is uncontrollable.

In the process of subsequent training, deviations in the technique of performing techniques become much less (2nd and 3rd years of study), it becomes more stable. At the same time, athletes begin to master the skills of variable execution of techniques. At the 4th and 5th years of training, athletes master the skills of technically stable execution of techniques. At the same time, the variability of technical and tactical actions is expanding.

Implementation of the "funnel principle" when restoring the effectiveness of technical and tactical actions. Pedagogical observations, analysis of competitive activity and a survey indicate that after an athlete masters the skills of performing technical and tactical actions (especially favorite or crown ones), at a certain moment their effectiveness is significantly reduced.



We note that the wrestler is not always able to compensate for it due to other attacking actions, which, as a rule, leads to a decrease in sports results. According to the author, the effectiveness of the corona attack among the leading athletes is in the range of 80-100%. At the same time, a statistically significant decrease in this indicator serves as the basis for a deep analysis of the causes of this phenomenon, their elimination and restoration of the effectiveness of attacks.

As a rule, deautomatization of attacking actions is associated with violation of the 1st and 2nd phases of actions. The decrease in the efficiency of operations aimed at preparing a convenient situation causes the temporal characteristics of the leading phase - the phase of bringing one's own support under the common center of mass of the system of two wrestlers - beyond the scope of optimal variability and leads to the disintegration of the entire action. Therefore, expanding the range of operations aimed at preparing situations that are convenient for carrying out a specific attacking action (along with the target settings for carrying out actions in duels with various partners in various mental and physical states) will make it possible to diversify the operational composition of the 1st phase, to stabilize the 2nd phase and thereby prevent the process of deautomation of the entire action.

Usually, the implementation of the tasks set is carried out through an individual program for the improvement of the athlete, which is drawn up for each training camp.

With the loss of the effectiveness of the favorite attacking action, the improvement of the athlete is conditionally divided into 2 stages. The main goal of the 1st stage is to stabilize the phases of preparing a convenient situation and bringing your own support under the common center of mass. This goal determines the methodological focus of the classes, which are held three times a day. In the morning training, an athlete performs a set of imitation and lead-up exercises to develop the speed-strength qualities of the muscles involved in a specific action, as well as to improve the clarity and speed of performing individual phases. The same problem is solved in the preparatory part of the exercises on the carpet. In the main part, the athlete is given 2 tasks: 1) to master all the ways of preparing a situation that is convenient for a specific action; 2) master various options for carrying out an attacking action on the basis of the learned methods of tactical training.

The foregoing brings to the forefront of wrestling research the question of increasing the effectiveness of complex tactical and technical actions. In this regard, the observed in practice phenomenon of the loss of effectiveness of the wrestler's "favorite" techniques became relevant [Shakhmuradov, 7]. As studies have shown, almost all highly qualified wrestlers have encountered in their sports practice the process of re-automation of attack motor skills.

Moreover, it is characteristic that, as a rule, complex tactical and technical actions are subjected to destruction. A survey of athletes and coaches showed that they know the reasons for the decrease in the effectiveness of the wrestler's attacking actions. These include injuries, uncertainty resulting from unsuccessful attempts, increased defense of the opponent, etc. At the same time, almost nothing is known about the change in which parameters of the action leads to a decrease in efficiency. It is important to identify the most sensitive elements of the action, to study the nature of the changes that lead to a decrease in its effectiveness.

Both slow and fast response led to a significant lengthening of the time for bringing one's own support under the common center of gravity and a significant reduction in the time of the final phase of the action, and in general - to the loss of its effectiveness. The explanation of the detected changes lies in the specifics of wrestling. The fact is that in wrestling a situation convenient for holding a reception appears for a moment. Therefore, the delay, which is associated with a slow assessment of the situation, leads to the fact that the wrestler, as it were, stumbles upon a wall, since the situation has changed, and has turned from favorable for a specific technique into an



unfavorable one for this action. The delay in evaluating a favorable situation is not the only reason for the decrease in the effectiveness of the throw. An equally detrimental consequence is a premature response.

The results of the experiment allow us to draw the following conclusions: 1) the loss of efficiency in performing throws with a "mill" occurs due to a change in the phase structure of the action; 2) an increase in the time for assessing a convenient situation, as well as a significant reduction in it, lead to an increase in the summing up time own support under the common center of gravity and reduce the effectiveness of the attacking action.

We have made an attempt to experimentally substantiate the method of teaching the variable performance of technical and tactical actions (taking into account the "funnel principle") on the example of a throw by turning over the shoulders "mill".

The analysis of the competitive activity of qualified athletes showed that the time spent on assessed and non-assessed technical and tactical actions usually does not exceed 1 minute. The remaining time falls on the preparation of technical and tactical actions: the struggle for capture, maneuvering and single combat, the creation of the necessary situation for the start of an attack, false actions that allow misleading the opponent about the true intentions of carrying out one or another technique, defensive and counterattacking actions, etc. d.

In this regard, methods of tactical training are of great importance. As pedagogical observations have shown, they are not given due attention at the stage of initial training. At the same time, the effectiveness and reliability of the reception are directly dependent on the tactical skills of the wrestlers.

The method of teaching the throw over the shoulders "mill" includes: 1) training in the technique of the classical mill ("funnel rod"); 2) training in windmill options (throw when the opponent grabs the wrists or the attacker's hand; twisting the "mill" by grabbing the neck with a shoulder from above or the neck from above and the shoulder from below; throwing with a windmill by grabbing an opposite shoulder and thigh from the outside; throwing a windmill by grabbing a hand with both hands from below -side); 3) too long time of "entry" into the reception.

Thus, based on the analysis of competitive activity, we have developed a methodology for teaching and improving variable technical and tactical actions in freestyle wrestling.

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