



## IMPROVING THE EFFECTIVENESS OF TACTICAL AND TECHNICAL SKILLS OF YOUNG WRESTLERS BASED ON A SYSTEM–STRUCTURAL MODULAR SITUATIONAL APPROACH

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### Abstract

The paper considers the modeling of dynamic situations of competitive activity. The authors recommend based on a situational and individual approach, which allows you to regulate and limit the level of physical activity on the body of those involved, thereby determining the optimal amount of tactical and technical actions in competitive activities.

**Keywords:** modeling, dynamic situations, competitive activity, individual approach, physical activity, tactical and technical actions, modular situational approach, competitive activity.

### Аннотация

В работе рассматривается моделирование динамических ситуаций соревновательной деятельности. Авторы рекомендуют основываться на ситуационном и индивидуальном подходе, который позволяет регламентировать и лимитировать уровень физической нагрузки на организм занимающихся, определяя тем самым оптимальный объём тактико-технических действий в соревновательной деятельности.

**Ключевые слова:** моделирование, динамические ситуации, соревновательная деятельность, индивидуальный подход, физическая нагрузка, тактико-технические действия, модульно-ситуационный подход, соревновательная деятельность.

### Relevance

The Russian system of long-term sports training today is characterized by reform, reevaluation of values, criticism and overcoming of what hinders progressive movement forward. The highest sporting meaning of transformation and development is the





definition and approval of new methodological approaches as the main value of the theory and methodology of sports.

Progressive transformations taking place in sports are connected with the life of society and in the center of which athletes with results, interests, needs should stand. And this means changing the tasks facing the coach - teacher. If earlier he had to transfer his knowledge to the students, his duties were limited to this, then meta-ability (15) puts forward another task: to contribute by all possible means and methods to the development and improvement of the personality of the students through a complex tactical and technical action (CTD) in a concrete dynamic situation (CDD).

Taking into account the specifics of the tasks set, it is necessary to conduct a more intensive search for new directions in the organization of sports activities that meet the problems of today. In this regard, more and more attention is being paid to the system-structural - modular- situational approach, i.e. the transformation of the training system, which is based on the concept of a dynamic situation as a meta-perception and understanding of competitive activity of modernity, as a slice and structural unit of competitive activity (SD). Research conducted in recent years has revealed significant difficulties in the practical solution of the problem of situational approach and transformation of the system of long-term sports training.

The use of modern information and communication technologies based on dynamic situations solve many problems and difficulties in the system of sports transformation, making the learning process more accessible, effective and attractive. This methodology for the development of CTD in martial arts requires a new look at this problem.

To implement the principles of sports training (such as in-depth specialization, in-depth individualization, unity of physical and technical fitness, etc.), new methods and means in the field of sports training (CT) are needed. Traditional methods currently do not attract and do not satisfy many specialists. Therefore, the rational organization and management of the educational and training process (UTP), competitive activity (SD) and the use of various mega means, ways to improve results in sports and improve physical conditions are an urgent task, both for theory and practice of CT. It is necessary to form a new view and idea among specialists and athletes on the development of new motor actions both in the training process and in the SD. Currently, the emphasis in the science of the ways and trends in the development of long-term sports training has been shifted towards methodological aspects (12, 15, etc.). Among the wide variety of CTD and physical training tools, meta-approaches are used for the harmonious development of a modern athlete, one of the leading places





in a number of innovative approaches is the organization and implementation of dynamic situations of SD in martial arts in general.

The deterioration of results and the aggravated competitive situation, negative changes in the conditions of the material and technical base have adverse effects on CTD and physical fitness (L.P. Matveev, 2009,2010; V. K. Balsevich, 2009; V.N. Platonov, 2005; V.G. Nikitushkin, 2010, 2013; Ch.T. Ivankov2014; etc.).The purpose of CT is to provide such a level of CTD and physical fitness, which contributes to the formation and preservation of progress to the successful solution of the tasks of long-term sports training. Currently, the number of works studying the effectiveness of attacking actions in complex coordination sports has not been sufficiently investigated, in particular, in freestyle wrestling boxing, sambo. In martial arts, attacking actions fully realize dynamic situations only when the athlete owns modern equipment and tactics. Lagging behind in this area reduces the effectiveness of technical actions and thus the end result. The study of the state of the issue shows that scientific research in martial arts is aimed at searching for elements of motor structures that are far from identical in importance in the organization and implementation of dynamic situations.

System – structural - modular - situational analysis of technical skill creates prerequisites for purposeful forecasting and improvement of motor actions. To study the structure of the execution of techniques, it is necessary to study individual elements and model their interrelation in the integral system of the motor act.

The use of these methods in the theory and practice of martial arts is already bringing a certain result. The system – structural module - situational method has a great pedagogical ability to influence the body, allows you to predict the motor activity of students according to a pre-compiled program, strictly regulate the load. Accurate dosing of rest intervals makes it possible to effectively master the technique, and the introduction of elements of dynamic competition situations into classes contributes to the creative, holistic perception of tactical and technical actions and its components.

### **The Purpose of the Study**

Improving the effectiveness of tactical and technical skills of young wrestlers based on a system-structural modular situational approach will significantly increase the effectiveness of the training process and competitive activities in martial arts.

Organization of the study. The organization of the study is aimed at a more detailed development and development of elements for the organization and implementation of tactical and technical actions in specific dynamic situations (CDU) of competitive activity. Young boxers and wrestlers of DYUSSHOR and the Russian national team took part in the experiment. The research was carried out in the dynamics of a one-





year training cycle. For the study, 2 groups were organized - an experimental and a control group of 20 people. As the testing showed, the groups were identical in terms of physical and technical fitness ( $P > 0.05$ ). Based on video recordings of responsible martial arts competitions, analysis of the tactical and technical skills of the strongest athletes, pedagogical observations of the peculiarities of judging competitions and training athletes, an experimental module - situational training program for young martial artists was developed. The obtained new data reflecting the interrelation of the development of the theory and methodology of sports according to the criteria of the system - structural modular- situational method of improving the CTD of young wrestlers, it can be stated that informative and interesting directions in the structure of sports development have been identified. The developed criteria serve as the basis for the management of sports transformation in the system of sports of higher achievements and are considered as a reserve of creative progress.

In order to solve the tasks, set, a pedagogical experiment was conducted during which encouraging results were obtained confirming the facts obtained. According to this method, 40 martial artists of a certain age and qualification were examined. In the pedagogical experiment, athletes performed their tactical and technical actions taking into account the modular situational approach with simultaneous video recording of martial arts in competitions for the championship of Moscow and the Russian Federation. In addition, during the training process, they were monitored as part of the national team of Moscow and the Russian Federation (video recording and logging).

**Conclusion.** The analysis of experimental data of young martial artists served as the basis for the preparation of a training program for young martial artists, taking into account the dynamic situations of competitive activity. On this basis, first of all, the principles of mastering the basics of skilful dueling were formulated, which should form the internal attitudes and motor behavior of trainees in special dynamic situations of competitive activity.

Modeling of the KDS of competitive activity in (EG), gave positive results, so the martial artists of 12-14 years, surpassed the wrestlers (KG), in all indicators of physical and technical fitness.

Participants of the experimental group perform wrestling tests faster:

1. On the implementation of combinations of deceptive movements, disclosure and advance of the enemy's actions, - by 0.8 s. ( $p \leq 0.05$ ).
2. Faster and rationally choose the distance to attack - by 0.7 s ( $p \leq 0.05$ ).
3. EG fighters predicted the enemy's actions and readiness for instant reaction - by 0.9 s ( $p \leq 0.05$ ).





4. The EG participant mastered the tactical elements of martial arts on the organization of the KDS and neutralization of enemy actions - by 0.6 s ( $p \leq 0.05$ );

5. Rationally carried out the organization and implementation of the KDS with a fast and accurate throw, ahead of the enemy by 0.4 s ( $p \leq 0.05$ ). In addition, young wrestlers 12-14 years old (EG) outperformed wrestlers 12-14 years old (KG) in performance. They won prizes at the level of the championship of Moscow 2 times more, at the level of the Russian Federation – 2.5 times more.

The pedagogical experiment showed that the modeling of dynamic situations of competitive activity should be based on a situational and individual approach, which allows you to regulate and limit the level of physical activity on the body of those involved, thereby determining the optimal amount of tactical and technical actions in competitive activity.

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