



## CONTROL OVER THE PHYSICAL AND TECHNICAL TRAINING OF ATHLETES IN FREESTYLE WRESTLING

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### Annotation

This article considers that physical qualities are usually innate (genetically inherited) morphofunctional qualities, thanks to which physical (materially expressed) human activity can fully manifest itself in purposeful motor activity, the main physical qualities include muscle strength, speed, endurance, flexibility and agility.

**Keyword:** morphofunctional quality, physical activity, musculature, speed, endurance, flexibility, agility.

In relation to the dynamics of changes in indicators of physical qualities, the terms "development" and "upbringing" are used. The term development characterizes the natural course of changes in physical quality, and the term upbringing provides for an active and directed impact on the growth of physical quality indicators. In modern literature, the terms "physical qualities" and "physical (motor) abilities" are used. However, they are not identical. In the most general form, motor abilities can be understood as individual characteristics that determine the level of a person's motor capabilities. The basis of a person's motor abilities are physical qualities, and the form of manifestation is motor skills and abilities. Motor abilities include power, speed, speed-power, motor-coordination abilities, general and specific endurance. It must be remembered that when it is said about the development of muscle strength or speed, this should be understood as the process of developing the corresponding strength or speed abilities.

This or that person's motor abilities are developed in their own way. The wrestler must be physically developed. In freestyle wrestling, the requirements for all physical qualities are equally imposed. It is impossible to achieve a stable result in the fight at the expense of only one advantage in strength, endurance or agility. At the same time, there are very few people with evenly developed physical qualities.





Usually one of the physical qualities prevails over the other. For example, an insufficiently strong and agile wrestler is often distinguished by great endurance, an average hardy wrestler can surprise with his exceptional speed and agility, a moderately fast and hardy athlete can turn out to be an outstanding strongman. The development of physical qualities to a certain extent leaves its imprint on the style and nature of the athlete's struggle, on his tactical and technical skills.

This topic of the course work is relevant because freestyle wrestling as a type of martial arts is a difficult type of sports activity in coordination, limited by the existing international rules of competition. The rapid growth of the world level of sportsmanship in wrestling, its increasing dynamism, require close attention to improving all aspects of training, on which sporting achievements depend. Such factors undoubtedly include the physical fitness of wrestlers, and among the main components of physical fitness, along with such motor qualities as strength, speed, endurance, dexterity, an important role is played by such an essential characteristic of the athlete's motor capabilities as his flexibility, joint mobility.

In recent years, our rivals have significantly improved the quality of training of sports reserves. This, of course, led to an even greater aggravation of rivalry in the big arena. The issue of improving the results in the competition is closely related to the optimization of the means and methods of the training process.

The problem of research: in the theory and practice of wrestling, not all issues are studied equally. Based on the requirements of competitive activity and trends in the development of wrestling, adjustments should be made to the physical training of future carpet masters in the training process.

The purpose of this work is to study ways to optimize the means of developing the physical qualities of freestyle wrestlers.

In this regard, the following tasks are set:

1. To study the state of the problem of the development of physical qualities of wrestlers.
2. To identify the main qualities necessary for freestyle wrestlers and methods of their development by analyzing literary sources.
3. To identify the most effective methods and means of educating the physical qualities of freestyle wrestlers.

Physical quality is a set of biological and mental properties of a person's personality, expressing his physical readiness to carry out active motor actions.

Physical abilities are the makings of a person. They are inherent in everyone by nature, but they manifest themselves in a specific motor action, each person has different ways.



One physical ability can be expressed in different physical qualities. Conversely, one physical quality can be expressed in different physical abilities.

Abilities manifest and develop in the process of performing activities, but this is always the result of joint actions of hereditary and environmental factors. The practical limits of the development of human abilities are determined by factors such as the duration of human life, methods of education and training, etc., but they are not at all inherent in the abilities themselves. It is enough to improve the methods of education and training so that the limits of the development of abilities will immediately expand. For the development of motor abilities, it is necessary to create certain conditions of activity, using appropriate physical exercises for speed, strength, etc. However, the effect of training these abilities depends, in addition, on the individual norm of reaction to external loads. A physical education and sports teacher should know well the basic means and methods of developing various motor abilities, as well as ways of organizing classes. In this case, he will be able to more accurately choose the optimal combination of means, forms and methods of improvement in relation to specific conditions.

Individual motor capabilities of a person are called physical qualities. Strength, speed, endurance, agility, flexibility. All these physical qualities manifest themselves in movements, and the nature of their manifestation depends on the structure of movements. For example, coups and painful techniques can be performed at the expense of force relatively slowly, and throwing is possible only in high-speed power mode.

The education of the physical qualities of freestyle wrestling is carried out in all forms of classes. As a means of educating the necessary physical qualities, first of all, it is necessary to allocate exercises directly related to wrestling.

However, due to the fact that the conduct of wrestling techniques during a training bout does not depend on the desire of the wrestler himself, but is due to the difficult-to-predict occurrence of "trigger" situations, it is difficult to plan the number of necessary repetitions of the reception in the training process. At the same time, it may be necessary to repeat certain techniques that require an increase in any physical quality.

In these cases, it is advisable to apply exercises close to the movements of the wrestler using various projectiles.

It is necessary to identify two directions in the development of physical qualities: general physical training and special physical training.

In almost all sports, with the approach to the main competitions, a significant part of the time is devoted to exercises specific to this type, however, in the process of long-



term training at the initial training stage, priority is given to general physical exercises that ensure the formation of the main muscle groups and the implementation of such natural movements for humans as running, jumping, gymnastics, swimming, games. Historically, in addition to strength, speed and endurance, flexibility and dexterity have been attributed to physical qualities.

Strength is the ability of a person to overcome external resistance or resist it due to muscular efforts (tension).

To defeat an opponent on the carpet, it is necessary to overcome his resistance, conduct a reception or counter-reception, put the opponent on the shoulder blades or achieve an advantage in winning points. Without sufficient physical strength, it will not be possible to do this.

Without the use of physical force in a wrestling match, you will not achieve success. It is desirable that the wrestler has an evenly developed musculature of the whole body. But this rarely happens. Some wrestlers have more developed arm muscles, others have very strong legs, and others have a developed back. That is why in training sessions it is necessary to select such exercises that would effectively contribute to the development of the weakest muscle groups.

However, no less attention should be paid to the development of other muscle groups, especially highly developed ones, because the most effective individual technical actions are most often selected and performed for the use of their strength.

The development of strength must be combined with the development of other physical qualities (speed and flexibility). Passion for strength training alone can lead to muscle coarsening, loss of their elasticity, flexibility in the joints.

A characteristic feature of the manifestation of strength in Englas was that he did not crack resistance with slow force pressure. His strength was explosive. The movements were both very fast and very strong. A speed-force display of strength is most desirable for a wrestler.

There are a lot of exercises for developing strength, and they are all characterized by great muscle tension. Many exercises are characterized by repeated repetition. At the same time, it is best to use exercises that are similar in nature and structure to the movements performed in wrestling.

The number of repetitions of the exercise may decrease if the burden or resistance is large enough. If the exercises are performed with small weights, then you need to do them with maximum speed and repeatedly.

In this case, along with the development of strength, the speed of movement also develops. The ability to long-term strength efforts is developed during repetitions of



exercises with small or medium weights until fatigue appears, which does not allow further work (to failure). It is necessary to repeat these exercises repeatedly.

If the exercises do not cause powerful muscle tension and fatigue, then the effect of their performance will be negligible. With the growth of strength and fitness of the athlete, the exercises performed earlier with great effort will turn out to be easy and will not cause the same stresses. The effect of such exercises is reduced.

The method of simplifying conditions. Along with the complicated ones, lightweight conditions are also used (light projectile, imitation of movement, non-resisting partner, partner of a lighter weight category, etc.).

The fighter's speed is manifested in specific technical actions that must be performed in a certain sequence, in a timely manner and with great speed, because this is required by a tactical task. Specific conditions for the manifestation of speed are created only in interaction with a partner. In order to develop a speed specific to wrestling, wrestlers practice performing techniques, defenses, counter-techniques and their combinations.

Not all elements of the fight are carried out at maximum speed. Such actions as a coup by grabbing the hand on the key, pushing the opponent in a dangerous position, coups by extension, painful and suffocating techniques, require the wrestler to be timely and precise in actions that differ in structure.

Performing exercises on sudden commands is also a good method of educating speed. A good basis for the development of a fighter's speed is versatile physical training. Running short distances and various sports games are an excellent means of developing speed. Therefore, during the preparatory period of training, a wrestler can do a lot to form his speed and strength training.

It must be remembered that by the nature of the performance, most of the wrestler's exercises should be speed-strength.

In adolescence, the load of wrestlers mainly consists of exercises for the development of speed qualities and coordination.

The weekly training cycle in all cases is designed so that the exercises for the development of speed are applied after active rest or after performing a small or medium load.

Endurance is the ability to resist physical fatigue during muscular activity. The measure of endurance is the time during which muscle activity of a certain nature and intensity is carried out.

The endurance of a wrestler is the ability to perform effective work of a certain intensity during the time provided for by the specifics of the competition.



The duration of the work is limited by fatigue, and as a result, the athlete's inability to continue it. Therefore, endurance is characterized by the ability of the body to resist fatigue and restore performance after the transferred loads.

Working on the development of physical qualities, it is impossible not to take into account the fact that the change in the rules of the competition, in particular, the reduction of the total duration of the fight from 12 to 10 minutes, the introduction of a short break after the first 5 minutes of the fight, led to an increase in the pace of the fight and, as a consequence, to an increase in the requirements for the manifestation of high-speed endurance, speed reaction, dexterity and high coordination of actions in a rapidly changing environment.

The development of physical abilities should take place in their specific direction. Strength, speed, endurance, agility, flexibility, developing and educating directly in wrestling classes. By performing basic and special exercises, the wrestler develops the physical qualities necessary for him along with the improvement of technique and tactics. At the same time, it becomes possible to solve the problem of developing motor qualities most fully and successfully only if various gymnastic exercises and exercises from other sports have a versatile effect on the body.

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