



DEVELOPMENT OF SPEED-STRENGTH QUALITIES IN YOUNG KURASH WRESTLERS

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Annotation: The article discusses the possible joint use of speed-strength exercises and outdoor games in the educational and training process. It has been proven that outdoor games have a positive effect on the development of speed-strength qualities in young wrestlers.

Keywords: training sessions, sports, kurash wrestling, young wrestlers, and speed-strength qualities.

Introduction. Physical training is a process aimed at the development of physical properties and the formation of functional capabilities that create suitable conditions for improving all aspects of training. Due to the constant increase in the load in kurash wrestling, in order to achieve a high sports result, the physical fitness of wrestlers is now becoming increasingly important [1, 2, 3].

The process of improving physical capabilities is directly related to the technical and tactical training of an athlete, the development of speed and speed-strength abilities, endurance during training and competitive activities, also due to the inclusion in the training process of general and special exercises that directly affect the development of the necessary qualities of young wrestlers [4, 5, 6].

Kurash wrestling as a kind of martial arts is considered to be a complex type of motor activity in terms of coordination, limited by the existing competition rules [7, 8, 9]. In training sessions with young kurash wrestlers, the following main tasks are solved:

- a) mastering the knowledge available to them in the field of physical culture and kurash, increasing the skills and abilities of motor actions;
- b) formation of the bases of technical actions in kurash wrestling;
- c) Promotion of the harmonious formation of a growing organism, health promotion, comprehensive education of physical qualities [10, 11].

Analysis of the scientific and methodological literature has shown that many experts attach great importance to outdoor games as one of the effective means in solving the most important tasks at the stage of initial training of young athletes [12, 13, 14, 15]. However, in the training of young wrestlers, outdoor games are still used only as an auxiliary means to provide the necessary emotional background for the lesson, to activate the attention of those involved [16]. This problem has become especially acute and relevant in recent years, when children of primary school age are involved in specialized wrestling classes [17]. Outdoor games are an important means of education, one of the most favorite and useful activities for children. Their value is that the acquired skills, qualities, skills are repeated and improved in rapidly changing conditions [18, 19].

The aim of the work was to determine the effectiveness of the use of speed-strength exercises and outdoor games in the development of speed-strength qualities of young kurash wrestlers at the stage of initial training [20]. The results obtained were processed by the method of mathematical statistics. To assess the speed-strength training of young wrestlers, control tests were carried out: long jump from a place (cm), flexion and extension of the arms in the lying position (number of times in 30 seconds),

pull-ups on the crossbar (number of times), lifting the torso from a prone position back (number of times in 30 seconds, performed in pairs).

The proposed specialized complex of combined use of speed-strength exercises and outdoor games has shown its effectiveness. It can be concluded that this complex meets certain requirements, in particular, accessibility for children of different ages and physical development; compactness and predictability; ease of carrying out the declared exercises and games [21, 22]. The conducted pedagogical experiment confirms that the use of speed-strength exercises together with outdoor games in the educational and training process of young kurash wrestlers makes it possible to increase the efficiency of training, improve the physical fitness of young athletes [23, 24].

The object of our study was the educational and training process of 9-10 year old wrestlers involved in the sport of kurash wrestling in groups of initial training, the subject of the study was specialized gaming complexes and the methodology for their use in training young wrestlers.

The study revealed that coaches are aware of the need to use game material in classes with novice wrestlers and at the same time point to the insufficient development of the methodology for its use in the early stages of long-term training of wrestlers. As the results of the questionnaire survey showed, most experts believe that gaming tools should be selected according to their predominant impact on the development of physical qualities and the formation of martial arts skills and elements of wrestling technique. Given this, it is advisable to group outdoor games according to the following criteria:

- according to the predominant impact on the development of physical abilities (speed, speed-strength, agility, endurance);
- by the predominant impact of martial arts skills (the ability to carry out grabs and get rid of them, to unbalance the opponent and maintain stability, to achieve advantages in the struggle for territory, to quickly respond to the opponent's actions);
- According to the impact on the improvement of the technical actions of wrestling (throws with a twist, deflection).

The use of these outdoor games showed that the grouping of gaming tools according to the indicated characteristics allows coaches to comprehensively and more fully assess the pedagogical significance of these exercises, it is easier to navigate in a variety of game material, to establish the necessary methodological continuity and the relationship between them, and also to significantly intensify the process of physical abilities and special qualities. and skills of young wrestlers.

One of the forms of application of the sports-game method in primary training groups is specialized game complexes containing game tasks and wrestler's special exercises. Their inclusion in the program material of initial training groups makes sense if they:

- contribute to the strengthening of health, physical development, form the motor qualities specific to martial artists;
- allow teenagers in a playful way to get an idea and master the elementary actions of force interaction between opponents in situations close to a real duel;
- contain tasks that in a simplified form model the main, most characteristic moments of the competitive activity of wrestlers;
- form the psychology of attitude to the fight and the opponent;
- Suggest the manifestation of elements of "motor creativity" in the search for independent solutions to confrontation episodes when participating in task games.

The sequence of mastering the basic variants of game-tasks for building specialized gaming complexes of any direction is formed on touch games. Being at first the leading educational material and the subject of mastering actions in the process of studying, they gradually become more complicated by games of captures, squeezing, unbalancing, and an unusual start to the duel. Specialized gaming

complexes gradually develop into training tasks for solving fight episodes by replacing free ways of implementing game tasks with performing actions in strictly conditioned rational ways.

Conclusion. The results of the experiment showed that specialized outdoor games are an effective means of developing dexterity in young wrestlers. This is due to the fact that in play activity, motor tasks are performed each time in new, unforeseen and suddenly changing situations with the active resistance of a partner. Thus, the use of outdoor games in wrestling at the stage of initial training can significantly increase the level of development of technical, tactical and wrestling qualities in young athletes.

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