



Some Aspects of Tactical and Technical Training of Young Kurash Wrestlers

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Abstract: Tactical and technical training is a criterion for assessing the skill of an athlete. At the initial stage of training young wrestlers, a tactical and technical base is laid, which is further improved and supplemented by other components of educational and training activities at a higher level of sports education.

Key word: kurash wrestling, technical training, tactical training, young kurash wrestlers.

Introduction. The issues of training and improvement of sports tactical and technical skills are constantly in the sphere of attention of specialists in the field of wrestling [1]. This is due to the fact that the formation of sportsmanship is a complex, long-term and multicomponent process that requires the improvement of many aspects of an athlete's preparedness, which can allow him to achieve success in competitive activity [2].

The process of formation of sportsmanship begins with training sessions in children's and youth sports schools, where young kurash wrestlers take their first steps in sports activities [3, 4]. At the initial stage of training, under the guidance of coaches, they increase their physical level and develop physical qualities, such as strength, agility, speed, and endurance. In parallel with this, training and improvement of technical actions take place, which can be used in training and competitive fights [5, 6].

Also at the training sessions, the basis for tactical and moral-volitional training of young wrestlers is laid. Thus, with the use of general developmental, special, acrobatic exercises, there is a gradual transformation of ordinary schoolchildren into young kurash wrestlers. The foundation of tactical and technical mastery of young athletes is being formed, who, actively fulfilling the tasks and instructions of the coach, will eventually grow into real wrestlers [7, 8, 9].

The criterion for assessing the skill of an athlete is his tactical and technical training. The degree of mastering the system of certain movements underlies the technical readiness, which allows an athlete to achieve success in competitive activity [10, 11].

The components of the kurash wrestling technique are technical actions in the stance, combinations of transition from one technique to another, various types of maneuvering, grips, ways to unbalance a partner, the ability to use the force of inertia when performing a technical action [12, 13].

At the initial stage of training, it is necessary to pay great attention to training and improving the basic basic technical actions in the rack. At the same time, it is necessary to learn and improve defenses and counter-techniques against various technical actions [14, 15]. The mastering of techniques is not always correct, which can later form a negative skill, which will be difficult to correct or eradicate in the future, since the use of a technically incorrect movement can make it difficult to perform a combinational action. To improve the quality of the training process, a set of basic technical actions should be clearly defined and formed, which will be the basic one [16, 17]. Basic techniques are the main technical actions that form the basis of wrestling. Mastering the basic basic movements and actions is a prerequisite for the training process.

At the initial stage of training, one of the main tasks is the formation of a base of movements, which, taking into account the individual characteristics of the athlete, contributes to the development of a certain style of wrestling. A rationally organized process of primary education allows young kurash wrestlers to master the technically competent performance of basic techniques [18, 19].

In the learning process, you can use structural blocks in which all the material being learned will be rationally distributed. The first structural block contains the basic technical actions in the rack. The study of these technical actions ends with the development of the passive defense of the attacked wrestler, since perfect defense is an effective condition for confrontation during the fight.

In the second block of training for young wrestlers, not only active defense actions are practiced to repel an enemy attack, but also to create a convenient situation for a counterattack. Attack, defense and counterattack belong to the section of technical-tactical mastery in wrestling kurash [20].

The third block includes combinations of tactical and technical actions recommended by experts for initial training. This block includes those combinations that are most often used by wrestlers in competitive fights. The construction of tactical and technical combinations is based on the analysis of competitive fights. Favorable situations for performing combinations are created both by the attacking wrestler himself, when he is preparing an attack, and by the opponent, who, defending himself from the actions of the attacker, creates them himself involuntarily. The system of structural blocks in the same sequence as in the study of technical actions in the stalls should be used when teaching and improving technical actions in the rack.

For young athletes, technical training associated with the formation of motor skills is a complex and lengthy process, which includes the acquisition of special knowledge. The formation of motor skills is carried out in accordance with established patterns, which indicate the presence of three stages of learning: initial learning, in-depth and detailed learning, consolidation and further improvement of motor action.

In the process of learning at the initial stage of preparation, it is possible to use the method of modeling various aspects of the kurash wrestling. This will allow from the earliest stage of sports training to create various fight situations, revealing their characteristic features, increase and complicate motor skills, gradually turn them into a solid motor skill. The basic technique training system should be built taking into account the reduction of rest time, the selection of partners, the complication of wrestlers' positions, maneuvering, and unbalancing.

A set of certain methods, methods and means allows at the initial stage of wrestlers' training to create a solid basic tactical and technical training, which enables young wrestlers to use this arsenal in competitive activities with their peers. In the future, more gifted and successful athletes move to a higher level of training sessions, continuing their education in special sports institutions. At this stage of training, wrestlers improve their technical actions more deeply, transferring them to a combination basis. Gradually, young wrestlers develop their own specific style and manner of wrestling. In the process of a competitive duel, the wrestlers begin to succeed in performing certain techniques in conjunction with other techniques that are performed more often than other technical actions, that is, favorite and crown techniques begin to form.

Much attention is paid to improving speed-strength training, which allows you to carry out technical actions, overcoming the serious resistance of the enemy. The level of tactical training is also constantly being improved, which will allow you to fight more meaningfully, using tactical components that include many different ways and tricks.

Tactical training must take place against the backdrop of ever-changing rules of combat. Changes to the rules of wrestling provide an additional opportunity to use some points of the rules to achieve victory. Such actions include pushing out of the carpet, ostentatious or imaginary activity, the state of the sports form, the wrestler's behavior.

In addition to everything previously said, it is necessary to mention the psychological and volitional preparation, which in many cases plays a big role in achieving victory over an opponent. As the analysis of competitive fights shows, many of them were lost due to weak moral and volitional training.

Conclusions. Thus, at the initial stage of training young wrestlers, a tactical and technical base is laid, which, further, being improved and supplemented by other components of educational and training activities at a higher level of sports education, creates a favorable foundation for the training of highly qualified wrestlers who are competitive at local and international competitions.

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