



Methodological Peculiarities of the Training Process of Preparing Kurash Wrestlers

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Abstract: This article discusses the theoretical and methodological data on the organization of the training process of young kurash wrestlers at the initial stage of training. The process of training young kurash wrestlers is characterized by an abundance of methods and means, the wide use of material from various sports and outdoor games, and the introduction of a game method.

Keywords: wrestling kurash, young kurash wrestlers, young athletes, initial stage of training, training structure.

Introduction. Currently, the popularity of Olympic sports in the modern world, and its intensive commercialization, the ever-growing socio-political significance of success at the Olympic Games, have led in recent years to the formation of highly effective systems for training athletes in many countries. As a result, there was a sharp increase in competition in the global sports arena. An increasing number of countries in different sports are really and quite reasonably claiming medals of the highest standard [1].

Numerous scientific papers by leading specialists in children's and youth sports reveal in sufficient detail the main provisions of the theory of sports training for young athletes.

A huge contribution to the development of a system for training sports reserves was made by the scientific works of scientists (A. K. Ustoev, I. A. Daminov), which show the important role of sports in shaping the worldview of the younger generation, scientifically substantiate the basic foundations of children's sports, and characterize methods and forms sports training of the sports reserve, effective means [2, 3]. Many studies have proven that in the process of sports training its integrity is ensured on the basis of a certain structure, which makes up a relatively stable order of combining components, their general sequence and regular correlation with each other [4, 5, 6].

According to experts, the structure of training of young kurash wrestlers is characterized by:

- a) the necessary ratio of the specified load parameters;
- b) the order of interconnection of the elements of the content of training (means, methods of general and special physical, tactical, technical training);
- c) a certain sequence of different parts of the training and competitive processes (separate classes and their parts, stages, periods, different cycles) [7, 8].

The conducted scientific researches show that in the structure of the long-term process of sports improvement an important place is given to the stage of initial training, the main tasks of which are to improve the health of children, versatile physical training, elimination of shortcomings in the level of physical development, teaching the technique of the chosen sport and the technique of various auxiliary and special preparatory exercises [9].

According to existing ideas, the stage of initial training plays an important role in the system of long-term training of an athlete for many factors. It should be noted that the stage of initial training is not only the correctly used means, but also the creation of a comfortable psychological climate for a novice athlete [10, 11].

Currently, the process of training young athletes is characterized by the choice of a variety of means and methods, the introduction of a game method, the widespread use of material from different sports and outdoor games. As many researchers note, at the stage of initial training, specialists should avoid planning training sessions with significant mental and physical loads that allow the use of monotonous and monotonous material [12, 13, 14].

Specialists in the field of wrestling kurash argue that at this stage of learning the technique of motor actions, one should focus more on the need to master a variety of preparatory exercises, in no case should one try to achieve a stable motor skill, stabilize the technique of movements, which allows achieving certain sports results, since it is at this time, the technical base is laid for young athletes, that is, the mastery of a wide range of various motor actions. This approach is the basis for further technical improvement, which should be taken into account at the initial training stage. Training sessions should be held no more than two or three times a week, lasting 40-60 minutes. They need to be organically combined with physical education at school. In addition, they should be predominantly playful in nature [15, 16, 17].

As for the orientation of the training of young kurash wrestlers at the stage of initial training, there is no consensus among specialists on this issue. Some researchers believe that in working with young athletes it is advisable to use mainly outdoor games and exercises that increase the emotionality of training, creating the necessary conditions for the development of physical qualities.

According to some ideas of researchers [18, 19, 20], with this approach, when managing the long-term training of young wrestlers, the dynamics of sports results and these parameters should be taken into account in accordance with the optimal age limits within which they are achieved.

When deciding whether a young kurash wrestler can move on to the next stage of training, one should remember and take into account not only his passport, but also his biological age. With a formal focus only on passport age, the possibility of an erroneous assessment of the level of preparedness and prospects of a young kurash wrestler increases significantly, since the maturation rates of different people differ significantly from each other.

Conclusions. At present, the general provisions of the theory and practice of long-term training of young athletes are quite solid and are purely fundamental, but they require further development and specification, since, firstly, they do not always keep pace with socio-economic changes in public life, in particular, training practices young athletes, secondly, do not sufficiently reflect the specific features of individual sports, including the main varieties of wrestling. The inconsistency of the main theoretical and methodological provisions of the existing system of training young athletes with respect to the practical conditions for their implementation in the types of wrestling significantly reduces the efficiency of the work of specialists and coaches and leads to an increase in the preparedness of those involved, an increased risk of injury, insufficient consideration of the age and gender characteristics of young kurash wrestlers, and a decrease in motivation for doing sports. At present, it is obvious that the most promising way to improve the sports activity management system is the introduction of new information technologies into the training process that implement its targeted and meaningful programs.

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