

SPEED-POWER TRAINING OF WRESTLERS

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Modern world achievements in sports training of combatants are so great that without physical training from a young age, one cannot count on high results in the mature age of an athlete. Therefore, the training of young sportsmen-wrestlers is one of the main tasks in the preparation of the sports reserve and raising the prestige of sports wrestling in our country.

The issues related to the physical training of young athletes are the most relevant in the construction of the educational and training process, and the development of physical qualities of athletes, the process of developing technical skills and the further growth of sports and technical results depend on how rationally they are solved. The physical qualities of a wrestler, the peculiarities of their development in the age aspect are of great importance, since it is the foundation of all sportsmanship, the formation of the basic motor abilities for sports wrestling that is laid precisely in adolescence.

Features of the development of motor abilities are characteristic of each sport and are determined by motivation, goals, history of the development of the sport, rules of sports activity, etc.

It is necessary to methodically correctly implement and successfully organize the educational process at sports training, where it is necessary to possess knowledge of the patterns of development, formation and purposeful improvement of various aspects of the motor function of children and adolescents. The aim of the research is to reveal the peculiarities of the development of strength and speed-strength qualities of combat athletes.

Material and methods. In accordance with the research plan of the master's thesis, the study of existing and the development of new physical exercises and methods of speed-power training and sportsmen-universal fighters is carried out.

The research is carried out on young athletes 7-10 years old in groups of primary sports training. Sports wrestling is characterized by a significant amount of load carried out in difficult variable situations, which makes high demands on the speed of motor reactions and strength, on the ability of the wrestler to instantly make optimal decisions and perform effective technical and tactical actions with the maximum possible speed.

At the same time, the question arises of improving the speed-strength training of young athletes, aimed at achieving high sports results in competitive fights and a more successful conduct of both educational and training and competitive activities in general. In combat sports, for the development of speed-strength abilities, a number of authors propose the following methods: unlimited efforts, percussion, maximum efforts, variable, circular and repeated.

The method of unsatisfactory efforts is characterized by the performance of physical exercises not with maximum weight, but with maximum speed. This method solves the problem of developing the so-called "explosive strength", which is of great importance for achieving success in wrestling, since the execution of attacking, counterattacking and defensive actions is carried out within the framework of direct athletic combat with the enemy.

Findings and their discussion. Improvement of the ability to concentrate muscular efforts in conditions of compliance with the specificity of wrestling and, in particular, identity with the character and mode of work of muscle groups when performing technical motor actions; - special exercises. When training the speed-strength abilities of a combatant, his explosive qualities, it is necessary to use physical exercises with various types of weights.

However, the requirement should be common to all weights, in which, at each training session, the athlete must perform the number of physical exercises in which he is able to repeat the exercises with a given load without reducing speed. In this regard, when improving explosive strength and coordination abilities, it is advisable to use the alternation of weights: 1) weights are initially less, and then more competitive (the weight of weights is selected as a percentage of the athlete's maximum result); 2) the weights are higher at first, and then less competitive; 3) the weights are initially less, and then equal to the competition; 4) the weights are higher at first, and then equal to the competition.

The percussion method of developing the explosive qualities of the muscle groups of the legs consists in significant stimulation as a result of jumping from a certain height, as well as a combination of jumping off with a subsequent high or long jump. The resistance level is determined by the weight of its own speed-power training of sportsmen-universal fighters.

The optimal range of jumping depth is 0.75-1.15 m, for not quite prepared athletes it is advisable to use lower heights of 0.25-0.5 m. The speed of movement is the maximum possible, the number of repetitions is 5-10 in 3-4 minutes. With the repeated method, it is recommended to apply an effort of 50-80%, the effort carried out with maximum speed with a small number of repetitions - this is an explosive type of effort. In the practice of training combatants, efforts of 20-40% are usually associated with a relatively large number of repetitions and, as a result, to a greater extent develop strength endurance for high-speed work.

One of the private methodological techniques in the preparation of highly qualified athletes is a specialized exercise (technical motional action), performed on the result - test throws of a dummy. In the course of expressing speed-strength qualities, muscles will usually work with a combination of inferior and overcoming modes. However, there are situations when, in the inferior mode, significant stresses will be created in the muscles, due to which, with the overcoming work of such muscles, the magnitude of the expression of force will significantly increase.

For the development and improvement of speed-strength qualities, some coaches resort to wrestling on the ground, and this allows them to solve several

global problems of special speed-strength training. Wrestling in the prone position can be used when working with athletes of any level of fitness and at various stages of training, but techniques in the pit are most often performed in a power mode and only some elements have a speed-power orientation. A sufficiently significant influence on the development of a wrestler's explosive power is exerted by his ability to switch from one technical action to another, when the opponent's defenses prevent him from performing the first technique, that is, the wrestler's ability to use various combinations.

It is advisable: first of all, to improve the explosive abilities of individual muscle groups that carry the main load when performing attacking actions; then increase explosive strength in certain phases of attacking actions; thirdly, to improve the strength and speed of attacking actions in general.

Conclusion. So, to ensure the development of "explosive" force, you can use throwing and pushing various medicine balls, cannonballs, weights and stones from different positions with the greatest acceleration in the final part; activities with an ax and hammers; jerks and jerks of any barbell; as well as overcoming the inertia of one's body during strikes, during defense, during the transitions from defense to strikes and vice versa [2, p. 31-33].

A successful and frequently used exercise to ensure the development of strength of the extensor muscles of the arms, which carry the main load in percussion actions, are various push-ups in the supine position. No less attention should be paid to strengthening the abdominal muscles. In addition, various exercises on the crossbar, uneven bars, gymnastic wall, with shock absorbers and weights, with partners are also widely used for athletic training.

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COMPARATIVE ANALYSIS OF TRAINING LOAD PARAMETERS OF QUALIFIED BODY ATHLETES DEPENDING ON BODY MASS TAKING INTO ACCOUNT GENDOR DIFFERENCES

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Over the past few decades, women's weightlifting has received increasing attention around the world. Women's weightlifting has also grown in popularity thanks to its inclusion in the 2000 Olympic Games. The emergence of this kind