

Application of Means and Methods for Speed and Strength Training of Kurash Wrestlers

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Abstract:

The article discusses ways to improve the means and methods of speed-strength training of kurash wrestlers. Practice shows that different exercises are characterized by a specific orientation of the athlete's body. Speed-strength training includes all the variety of available means and methods aimed at developing the abilities of athletes to overcome a significant external load in the fastest possible movements.

Keywords: athletes, kurash wrestlers, speed-strength training, means, methods

Introduction. Practice shows that different physical exercises are characterized by a specific focus on the athlete's body. It is clear that the effect of the development of speed-strength qualities is closely related to the ratio of the methods used, the structure of the entire complex of physical exercises.

Speed-strength training includes all the variety of available means and methods aimed at developing the abilities of kurash wrestlers to overcome significant external resistances with the fastest possible movements.

According to I. A. Daminov [1], the process of special speed-strength training is characterized by a synthetic, analytical and variable effect on the growth of the power and speed components of these physical qualities. At the same time, the method of short-term efforts and repetitions used in different combinations is considered the main one.

It should be borne in mind that, depending on the specifics of motor activity, the share of each of them is not the same. In this regard, it is not surprising that there are certain disagreements in the practice of their application for the development and improvement of special speed-strength qualities.

The development of speed-strength qualities of kurash wrestlers can be influenced by various exercises of specific and general action. However, when it comes to the development of qualities specific to a particular sport, the most effective are specially selected exercises that are similar in the nature of neuromuscular efforts and the structure of movements in the chosen sport. At the same time, it is possible to directly influence the development of specific qualities and the improvement of the technique of the chosen sport [2, 3, 4].

In order to increase the effectiveness of the purposeful development of speed-strength qualities in wrestlers, athletes need to know not only the specific characteristics of the movement when performing a throw, but also constantly focus on them when choosing special exercises. Only in this case, it is possible to choose the means that meet the specifics of athletes, manifested in the main exercise of the competition [4, 5, 6].

The practice of the national wrestling kurash has a significant arsenal of applied means and methods for developing speed-strength qualities in wrestling.

The analysis of the scientific and methodological literature showed that already in the first methodological recommendations for kurash wrestling, a selection of training means was given to perform technical actions as quickly as possible. The task of special training, the adaptation of muscles and the body to wrestling, contributed to the achievement of the most effective use of force when performing a technical action in a fight [7, 8].

The result of the fight is often decided due to the advantage in strength and speed, it is desirable to increase the resistance of the partner while improving the techniques and bring it to the maximum.

The higher the physical training of kurash wrestlers, the faster and better they master various complex exercises. In wrestling, strength is extremely important, and most of the technical actions in the stance can be performed if there is sufficient speed, but they are not united by the concept of speed-strength qualities.

A great influence on the development of explosive power is the ability of an athlete to switch from one technique to another when the opponent's defense prevents the execution of the technique. This ability characterizes the level of technical skill of the wrestler [9, 10, 11].

When cultivating "explosive" strength, it is necessary to take into account the fact that this ability is largely due to the preliminary stretching of the working muscle. This is due to the fact that a muscle stretched to a certain optimum, due to its elastic properties, tends to return to its primary form, due to this it contracts stronger and faster. Moreover, the greater the previous deformation, the greater the stress potential develops in it, and the more work it is ready to do.

However, in most cases, the wrestler is deprived of the opportunity to assume an advantageous starting position in advance, and is forced to show explosive efforts without any preparatory movements. This is due to the fact that in conditions of direct martial arts such movements can reveal the intention of the athlete to the enemy, lead to a belated attack. In this regard, the role of special exercises aimed at improving the ability of an athlete to manifest explosive efforts in response to specific signals is growing. Under the conditions of a sports duel, such signals can be outside the opponent, his relaxation, movement along one or another part of the body, capture [12, 13, 14].

In this regard, one of the main means of developing the "explosive" strength of a judoist should be exercises with a load. When using exercises by weightlifters, it must be taken into account that the closer the weight is to the maximum, the fewer repetitions can be performed in one approach, and vice versa. However, the requirement should be common to all, according to which, at each training session, a wrestler must perform only the number of exercises in which he is able to repeat the exercise with weights without slowing down [15, 16]. Therefore, the number of approaches, the nature and duration of pauses between them during one training session are purely individual, and depend on the level of development of the athlete's power and speed components of "explosive" strength.

In this regard, when developing "explosive" strength and improving intramuscular and intermuscular coordination, it is advisable to use a change in load. In a training session, the following alternations of loads can be recommended:

1. the load is first less, and then more;
2. the load first more and then less;
3. the load is first greater and then equal;
4. the load is first less and then equal.

When selecting special exercises for developing "explosive" strength, it should be taken into account that the effectiveness of many technical actions depends on the wrestler's ability to switch from one mode of muscle work to another. So, for example, when performing a throw with a deflection from the "approach", a judoist shows an explosive effort from a dynamic position, and when performing the same technique for a mutual grip, he shows these efforts in a static position.

In addition, the combination of progressive and overcoming work contributes to the effective education of "explosive" strength. The effectiveness of performing throws with a deflection and throws with an inclination depends on how quickly the attacking athlete switches from progressive work after completing the preparatory phase of the throw (approach) to the overcoming mode of work in the main phase (breakaway and throw of the opponent). In this regard, there is a need to use special exercises, which brings up the ability to quickly transition from one mode of muscle work to another.

The improvement of this ability can be achieved with the help of various kinds of target settings, in which the athlete, in the shortest possible time, must lift the load from the approach after the preliminary squat. Particular attention should be paid to exercises such as jumping up after jumping from a height.

Conclusions. Thus, the analysis of literary sources showed that in general, a rich arsenal of means and methods of speed-strength training has been developed in sports pedagogy, and, as a rule, methodological recommendations suggest focusing on exercises that require explosive efforts. At the same time, in the preparation of judokas, their gender characteristics should be taken into account and, accordingly, training means and methods should be planned.

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