

THE ESSENCE AND IMPORTANCE OF PLANNING THE TRAINING PROCESS OF WRESTLERS

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Sports training planning is the anticipation of the conditions, means and methods of solving sports training tasks, sports results that the athlete should master. The correct planning of the training of athletes is to determine the main indicators of the training process based on the analysis of the characteristics of this contingent of athletes (or an individual athlete) and distribute them over time.

Recently, there has been a significant change in the way we think about training planning in the sport of wrestling. This is due to the introduction of some changes in the rules of the competition and the requirements of the International Wrestling Federation to increase the visibility of competitions.

At present, a large amount of experience has been accumulated, objective conditions have been created for planning the training of athletes at a higher level of quality.

Successful management of the training process of athletes requires taking into account two important conditions: first, the sharp increase in the volume and intensity of loads (in modern high-performance sports, loads are approaching the limits of biological norms); second, the equalization of the numerical parameters of training and the level of proficiency (in the experience of the world's leading athletes). Therefore, the optimization of the training structure and the creation of optimal training programs remains of primary importance.

Planning the training process is primarily the creation of a system of plans for different periods. During these periods, a complex of interrelated objectives should be implemented.

The lesson is an elementary component of the training process. From the individual exercises, a training day is formed, from them - a microcycle, a combination of several microcycles forms a new, relatively independent, mesothelium, which is the entire part of the training process.

The combination of several mesocycles forms a larger and relatively complete structure - the macrocycle. The size, volume, intensity, means and methods of training change as training is divided into periods such as micro-meso and macrocycles.

Planning of the training process in sports wrestling is carried out in the following forms:

- prospective - stage, period, year, for a number of years;
- daily - for training microcycle;
- fast - for one session

When drawing up a plan for the multi-year training of wrestlers, it is necessary to follow the forecast of the development of sports wrestling and changes in the rules of competitions. Therefore, it is necessary to anticipate changes in the task of training tools, size, and intensity.

The prospective plan is drawn up for each wrestler individually, as well as for the entire training group.

The general (group) plan of sports training includes the following sections: a brief description of the group; the purpose and main tasks of the multi-year training; the main direction of the training process by stages and stages (the main tasks, their contribution to each stage); sport-technical indicators and control standards describing the training of athletes; pedagogical and medical supervision.

Prospective planning of training requires the development of annual plans. Annual plans include a detailed statement of the applied means and training loads. The scientific laws of the dynamics of the sport form (rise, stabilization and temporary decline) are applied in daily planning. The structure of daily planning is influenced by various factors: the training and work schedule, the content of the training, the total number and size of the loads, the specific characteristics of the reaction to the training loads, and the skill of the wrestlers.

Rapid planning is based on daily planning. This type of planning involves defining the tasks, tools, methods, scope and intensity of the project. The structure of training sessions is determined primarily by the aim of achieving the maximum training effect. In accordance with the training plan, a training outline is drawn up, describing the main and final parts of the preparation (warming up), the number of repetitions, the duration of breaks and the nature of rest.

The training process is divided into three phases: preparation, competition, and transition.

During the preparatory period, training is aimed at ensuring a gradual transition from active rest to intensive special work, further development of physical qualities, improvement of martial arts techniques and tactics. In this period, it is necessary to create a solid foundation for the successful performance of athletes in the upcoming competition period. The main tasks of the preparatory period are to increase the functional capabilities of the body, improve general physical fitness and develop the physical qualities necessary for a fighter, mastery and improvement of technical-tactical movements, elimination of shortcomings in their implementation, training of will and spiritual qualities.

The purpose of the training session is to prepare for competitions and successfully participate in them. The main tasks of this period are to achieve a high level of training, to further strengthen and improve the technical-tactical movements, to expand and strengthen the

knowledge of the tactics of conducting competition in competitions, to achieve a high level of development of physical, will and spiritual qualities, to expand theoretical knowledge.

At this stage, athletes compete responsibly, according to their qualifications.

The transition period of the training is characterized by a decrease in the training load. The main tasks of the period are: strengthening health and strengthening the body, increasing the level of general physical fitness.

Main means: sports games, swimming and other. A well-organized training period creates favorable conditions for the further development of the functional capabilities of the body, improving the special training of the wrestler.

The training mesocycle is a stage of the training process that lasts from 3 weeks to 6 weeks. The organization of the training process on the basis of mesocycles allows to systematize it in accordance with the main task of the training period or stage, to ensure the optimal performance of training exercises and competitive activities, the targeted integration of various training tools and methods, the correspondence between pedagogical impact factors and rehabilitation measures, to achieve the necessary consistency in the development of various qualities and abilities.

There are eight types of traditional mezocycles: tractive; basic, which are developmental and stabilizing; observational - preparation; competitive; pre-competitive; recovery-preparation and recovery-maintenance. Each mesocycle is made up of three to six microcycles. Their set is determined by the specific tasks of the planned mesocycle.

Such a large number of types of mesocycles makes the structure of the training process very complicated and makes training planning difficult.

The rarity of the use of the above-mentioned types of mezocycles in the planning of the training of athletes depends on this. Perhaps the types of mesocycles suggested by experts are better suited for classification practice: traction, basic, control-preparation, pre-race, and competition. The main tasks of traction mezocycles are to bring athletes closer to the effective performance of special training work. In basic mesocycles, the main work is carried out on increasing the functional capabilities of the main systems of the body, developing physical qualities, improving technical, tactical and mental training.

Resume. The article describes the conditions, means and methods for solving problems of sports training when planning sports training, the main indicators in the process of sports results that an athlete should receive.

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