

TRAINING YOUNG JUDOISTS DURING THE COMPETITION PERIOD

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Abstract: This article describes important aspects of the role of sports, in particular judo, in society and personal development. The importance of physical activity and sports for ensuring health, as well as the impact of sports on economic development and the well-being of citizens of the country are highlighted. Particular attention is paid to the development of judo as a type of martial art and its positive aspects of personality. The article considers the key aspects of training young judokas, focusing on three phases of competitive activity - pre-start, actual competitive and "consequence" phase. The article analyzes in detail the characteristics of each phase and the impact of age differences on the psychological state and training of judokas. The author points out the need for systematic and targeted training based on a step-by-step structure of the training process and taking into account the level of physical development of each athlete. A detailed consideration also concerns the key muscle groups involved in performing technical actions in judo, based on the biomechanical analysis of technical movements.

Key words: young judokas, selection, judo wrestling, muscles, technique, competitions.

Introduction. Physical fitness is a key aspect of training, which has a significant impact on performance in sports [3, 4, 6, 7]. Scientists are actively studying the impact of physical fitness on athletic performance and looking for ways to improve it. This issue is especially relevant in the context of various sports, including judo [1, 2, 5].

Judo, as one of the most common sports and martial arts, is studied in the context of its technical elements, physical demands and impact on the human body. Given the large number of techniques and various physical qualities required in judo, it is important to consider the impact of developing these qualities on sports results [8, 10, 12].

Despite the attention paid by scientists to the problems of improving physical fitness in judo, there is a need for further research, new data and the search for ways to improve at different stages of long-term sports training.

Training highly qualified athletes is a priority in scientific research in the field of sports, in particular, in the development of optimal strategies for training processes. An important aspect is the implementation of a system of comprehensive control of athletes' preparedness levels, taking into account all factors influencing this indicator. In this context, it is important to accurately determine the indicators of the level of sportsmanship at different stages of development, starting from the early stages of specialized training [9, 11].

Methodology. The aim of the study is to examine the special physical training of judoists at the stage of preliminary basic training, to familiarize with the concept and components of special physical training, to clarify the role and importance of physical training in the sports and competitive activities of judoists, to study the influence of the development of physical qualities on the effectiveness of the competitive activity of judoists at the stage of specialized basic training.

The importance of physical training of judoists [13, 14, 16]. Sport is one of the defining achievements of mankind, uniting individuals of different eras, cultures and nationalities. It not only has unique properties that contribute to physical development and strengthening of human health, but also forms universal values, develops culture, morality and spirituality.

Sport helps to develop intellectually better. Sport helps to harden the body, forms a beautiful physique and correct posture. The process of training judoists, which uses various means, methods and conditions aimed at developing an athlete to achieve high results, is a multifactorial system. The process of preparation includes education, training, competition and non-competition factors that enhance the effectiveness of training and competition [15, 19]. Judo training includes education, training, competition and non-competition factors that enhance the effectiveness of training and competition [17, 18]. The goal of this process is to achieve maximum results during competitions, using physical exercises as the main means of improving physical qualities and abilities. Planning the intensity, stress of physical loads and the level of sports training are key aspects of this process.

The content of training in judo is formed by various training sections, including physical, technical, psychological, tactical and theoretical components. The content of these sections depends on the characteristics of the athletes' personalities, such as age, duration of training, level of training and stage of sports development.

It is important for a judoka to achieve a high level of physical training and possess various physical qualities, such as speed, strength, flexibility and agility. Particular attention is paid to the development of special endurance, which is necessary for the effective carrying of large training loads. These trainings are aimed at developing the correct technique of movements and preparing for successful performances in competitions.

The physical training of a judoka is focused mainly on the development of physical qualities that contribute to the improvement of the technique of performing movements [20].

The need for separate training sessions on physical training in judo is due to the specifics of this type of activity. The main part of the training includes repeated performance of technical elements in order to improve the techniques. However, with such training, athletes mainly use their existing physical reserves, and the increase in their physical qualities is limited, since the efforts expended during the exercises, although very intense, are short-lived. Therefore, judokas regularly conduct separate training sessions on general and special physical training, the volume of which sometimes amounts to more than 50% of the total training time.

Sport not only contributes to personal development, but is also of great importance for the country as a whole. The level of achievements in sports reflects economic development, the level of well-being of citizens and the health of the younger generation in the country. It can be argued that the future of the country can be predicted by the development of sports, especially mass sports.

Another important aspect in modern sports is the emergence of new forms of physical activity and the expansion of popularity and development of existing sports. This helps to attract more people to physical activity.

Olympic sports occupy a special place among all sports. Their characteristic features are that they are practiced on almost all continents, are widespread and are always characterized by high competition. Participation of athletes in competitions in Olympic sports is recognized as an important event that affects not only the athlete himself, but also his country, especially if he achieves success and receives awards [3].

One of these sports, which has great social significance and is included in the Olympic Games program, is judo.

Judo is a type of martial art that originated in Japan. It is based on defense and control over the opponent. The sport uses holds and throws instead of strikes or chokes to achieve victory. The main idea is to use the natural capabilities of the human body to control the opponent's movements and ensure your own victory.

The sport of Judo dates back to 1882 and is rapidly growing all over the world. There are many reasons for the popularity of this sport, the main ones include:

1. Excellent physical fitness: Judo requires a high level of physical fitness, which helps develop strength, flexibility, speed and coordination of movements in practitioners of this martial art.
2. Developing mental skills: During Judo training, practitioners learn mental skills such as focus, self-control, patience and self-discipline.
3. Safe sport: Judo involves the use of various holds, throws and other techniques, however, it is important to note that there are no punches or kicks in this martial art, which makes it less traumatic and safer for the participants.
4. Competitive aspect: Since Judo is included in the program of the Olympic Games, many practitioners set themselves the task of preparing for competitions and achieving success by striving for victories in these events.
5. Friendship and Community: Judo training promotes interaction with other practitioners, fosters friendships, and creates positive relationships that strengthen the sports community.

Judo, in addition to being a means of self-defense, also includes philosophical concepts that a future athlete must master. This type of martial art defines a certain way of life aimed at improving the physical and spiritual condition of a person. Improvement in results is achieved through numerous repetitions of various exercises during training.

Like any other sport, judo is characterized by general principles and rules of sports training. One of the important types of sports training in judo is physical training.

Discussion. Analysis of competitive activity of young judokas. As scientists note, competitive activity has a three-phase nature, namely:

- the first phase is pre-start;
- the second phase is actually competitive;
- the third phase is the “consequence” phase.

Pre-combat (pre-start) activity: the coach is responsible for the basic preparation for the fight with younger athletes, including warm-up and adjustment of the psychological state. However, with age, even up to 12-15 years, the skills of independent preparation for the fight are formed, and the role of the coach in this process decreases. At the age of up to 15 years, judokas often show high psychological anxiety, which can prevent concentration on the main task - achieving readiness for the performance.

Children of this age often try to find out the results of the draw and information about opponents, which can affect psychological stability. They can also show some anxiety and inability to focus before the fight. It is noted that after 12 years of age, athletes show greater self-control and their behavior approaches that of adult judokas at this stage of training [8].

Combat activity (directly competitive): the stage of the Judo Cycle (JC), where significant differences in the actions of athletes of the two age groups (11-13, 14-16 years) are revealed. Younger athletes, as a rule, do not have much experience in tactical interaction due to the emphasis on the physical and technical aspects of training at this stage. However, athletes aged 12-15 years may already have

the potential for strategic thinking, contributing to their ability to plan and analyze the opponent's actions. They can identify weaknesses and use them to successfully apply techniques.

"Consequence" phase: the psychological state and behavior of judokas at this stage of the Judo Cycle (JC) differs depending on the age group.

Considering that the waiting time for the next fight can vary from several to several minutes, a judoka must be not only physically but also psychologically prepared. An essential aspect of

psychological preparation is the development of mental strength in judokas. This includes readiness for unpredictable situations on the tatami and the ability to quickly adapt to different circumstances.

Also key is the ability of judokas to control their emotions and remain stable in stressful situations. Judokas aged 12-15 years, as a rule, show greater concentration and attention to their goal, since they understand the importance of competitions and want to succeed. They also have more experience using judo techniques and are able to effectively apply their knowledge during fights [8].

Significantly, the behavior of athletes in the "Golden Score" situation, which occurs if after 4 minutes of the fight the score remains undecided. In this case, the winner is the one who receives the score first.

Thus, it is extremely important for a judoka to remain as focused as possible and control his emotions from the beginning to the end of the fight. This is also explained by the study of judo ethics.

Conclusions. The analysis of scientific and methodological literature allows us to conclude that there is a general physical approach to the training of young athletes in the great world, the peculiarities of sport - judo are important, and it comes from various factors, such as this sports training, improving the athlete's qualifications, and so on. Physical training in sports is complex and universal in relation to the body, not only contributes to the development of motor skills in beginners, but also becomes the basis for further sports growth.

Special physical training is the basis for training masters, taking into account the technical aspects and elements of judo, which in sports calculation will lead to the expansion of sports achievements.

The stage of preparation of projects for creativity is characteristic:

- a) Creation of minds for maximum disclosure of individual characteristics of judoists at the next stage.
- b) Introduction to technical skill, development of an imperious style, carried out by fighting with an opponent.
- c) individualization and specialization of the sports activity of a young judoist.
- d) An increase in the number of individuals in the scientific training process, which in its atmosphere and forms is increasingly approaching physical activity.

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