



EDUCATION OF MOTION QUALITIES IN YOUNG WRESTLERS

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Abstract

The condition of an athlete's training can also affect the manifestation of physical qualities. The training of physical qualities of wrestlers can be observed in all areas of their work. In this, first of all, other special exercises (acrobatics, exercises with weights, etc.) aimed at increasing and further developing the skills necessary for wrestling (in terms of training and training) It is necessary to distinguish it as a certain tool of knowledge.

Key words

sport, struggle, strength, dynamics, agility, the basis of agility

A bout of wrestlers can be over in seconds and last 6 minutes, ending with a convincing victory or a minimal advantage.

It can be seen that in each of these cases, the importance of individual aspects of the wrestler's training is not equal. In the first case, the decisive factor in achieving victory is the technique, and in the second - all aspects of training (technical, tactical, physical, psychological), which are closely related to each other (S.M.Vysekhovsky, 1969).

Physical fitness, which is a complex quality of wrestlers, depends on their functional abilities, movement activity, endurance, stability of the central nervous system, special endurance, work ability.

In order to improve the process of developing the physical qualities of young wrestlers, it is necessary to select the optimal methods, the means of forming individual movement skills of athletes and introduce them into the training process, which serves to improve the technical and tactical skills of young wrestlers.

Despite the fact that many scientific studies have been conducted on the development of physical qualities of young wrestlers, the problem of their evaluation has not been solved. All the tests used in the study of these qualities were created without taking into account the individual motor characteristics of athletes in prestigious competitions.

Physical qualities usually refer to individual movement abilities of a person, and qualities such as strength, quickness, endurance, agility, flexibility are manifested during movements, and the nature of their manifestation depends on the structure of movements.

The condition of the athlete's training can also affect the manifestation of physical qualities. The training of physical qualities of wrestlers can be observed in all areas of their work. In this, first of all, other special exercises (acrobatics, exercises with weights, etc.) aimed at increasing and further developing the skills necessary for wrestling (in terms of training and training) It is necessary to distinguish it as a certain tool of knowledge.

- endurance (in a general sense) — it means a set of characteristics of a person that strictly determines the ability to withstand fatigue in the process of activity (35);

- endurance in sports - the body's ability to resist fatigue during sports exercises for a long time (63);

- endurance is defined as the ability of the body to resist fatigue. (7);

— the concept of endurance is used in a very broad sense to describe a person's ability to

continuously perform one or another physical (muscle) or mental activity (52);

— general endurance - refers to the body's ability to work for a long time (26, 27);

The concept of speed and its manifestations

Speed is the ability of a person to move at a high speed under certain conditions, in the absence of significant external resistance, and during the minimum time for these conditions.

Physiological mechanization of the manifestation of speed depends on the state of the nervous system, the field of movement of its peripheral neuromuscular system, and is manifested as a multi-functional feature. The time of one action describing the speed (performance) and the reaction time of the motor (response to a signal), the frequency of the same actions per unit of time is called speed.

The characteristics of the appearance of speed are considered to have a weak relationship with the level of general physical fitness, which are relatively independent of each other. People should be engaged in other forms of showing speed in the implementation of their professional activities, such as performing daily tasks, chores, sports and physical activities. Among these, first of all, various jumping exercises, martial arts, and sports games related to the maximum speed of a person's movements, body movement activities, can be cited as an example. In these complex features of the emergence of speed, it is considered normal to call the human body's high speed ability.

Agility is a quality that makes it possible to correctly solve problems that appear unexpectedly and require immediate solutions.

This quality is determined by the delicate interplay of strength, speed and endurance.

The basis of agility is mobility of motor skills, athletes with a good level of agility learn new movements quickly and efficiently.

To develop agility, you need exercises with high coordination difficulty.

Agility is a versatile trait. It has 3 main forms:

1. Characterization of spatial accuracy of movement
2. accuracy of actions performed in a short period of time;
3. quick and effective exercises in new, changing conditions or overcoming obstacles.

Agility is often cultivated through exercise and is considered a characteristic (e.g. gymnast and basketball player) depending on the chosen sport. There are general methods of dexterity education.

Flexibility is understood as the ability of a person to perform large-amplitude movements, or it is understood as reasonable properties of the locomotor apparatus that determine the level of mobility of its joints relative to each other.

The term flexibility is more appropriate if we mean the general mobility in the joints of the whole body. As for individual joints, it would be more correct to talk about mobility.

The level of flexibility determines speed, coordination qualities, strength development. It is difficult to overestimate the importance of joint mobility in difficult situations, in the rehabilitation of injured legs, after sports and household injuries, etc.

According to the form of appearance, active and passive flexibility are distinguished.

With active flexibility, a large-amplitude movement is carried out due to the activity of the corresponding muscles. Passive means the ability to perform the same actions under the influence of external stretching forces: actions of a partner, external loads, special devices, etc.

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