



AGILITY IN COMBAT AND HIM DEVELOPMENT METHODOLOGY

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Abstract

The agility of a wrestler depends largely on the mobility of his nervous processes, the conditions, the degree to which he has developed sensitivity to noticing invisible changes in the opponent's actions, the ability to instantly accept and correctly assess the situation that arises every time during the competition. depends on the skill of receiving, timely and accurate execution of tactical actions.

Keywords

k fighter agility, physical fitness, strength, endurance, flexibility, agility, quickness, health of athletes , acrobatics , light athletics, sports games, swimming

The speed of a wrestler is his ability to perform certain actions in the shortest possible time. is the ability to execute layers and methods. Without developing the quality of speed well in the struggle high to the results achieved won't be. Own from the opponent even of a second from the face one to the piece faster action who does wrestler his in front important to advantage have will be

A wrestler quickness a lot in terms of his nerve processes mobility, sensitivity to conditions, to noticing invisible changes in the opponent's actions in it to what extent development, competition every time the situation arises Ability to instantly accept and correctly evaluate tactical actions on time and sure to perform depends.

Speed development for the following styles applies to:

A method of performing exercises in relaxed conditions. Actions and big promptness with executable separately actions eased in the circumstances repeat many times. For example, method to speed with a partner in the lower weight category perform with focus. Performing exercises in relaxed conditions according to the speed under normal circumstances executable superlative of actions fast of actions fulfillment encourages For example, to run speed increase for ramp across (from the mountain) to run is used.

The method of performing the exercise under aggravated conditions. Wrestling competitions with maximum speed in conditions far more difficult than those encountered repeating the actions performed many times. For example, with a heavy weight partnerspecial exercises perform

Repetitive voltages style. Two different in appearance applies to:

- exercises on the border and border around speed with perform;
- to perform exercises in such a condition that there is a limit of strength by moving a relatively light load from one place to another with great speed is provided.

Game and competition methods are also of great importance and benefit from them. change in the athlete's emotional environment, mental state, sense of competition to be an additional motivation (incentive) for the development of agility at the expense of standing possible

A wrestler promptness qualities bring up for maximum speed with exercises (which are usually called speed exercises) are used. Speed of exercises technique their on the border at speeds fulfillment provide a

must When performing exercises, the main stress is not on the method of execution the more well-rehearsed and mastered the exercises for his speed focus lang to be need Exercises duration so to be necessarily perform to the end to get tired quickly regardless not decrease a must

Speed exercises perform arrangements big important have Har one exercise duration not exceeding 20 seconds required, rest interval, repeat the exercise At the beginning of, one from the side of a wrestler recovery, second from the side his central nervous system optimal excitability of the system to provide be optimal need

Rest in between to be active must Of this big on breaks for voltages does not require different different exercises is done.

A wrestler's stamina is high throughout the competition perform at a pace and intensity of several contests throughout the competition period is the throughput. High level of durability great for a wrestler training and to absorb the loads of the competition, his effort in the activity of the competition abilities complete respectively done to increase possibility will give.

General endurance - the athlete's ability to perform low-intensity work for long periods of time has been ability understood.

Special endurance – of a wrestler competition competition during different perform characteristic movements and actions with different tenses and bodies different in cases high perform at pace ability through description understood.

The competitive activity of a wrestler is multifaceted and a huge work of the muscular system related to (almost all muscles that work statically and dynamically in the fight groups participate). Therefore, endurance is not only about working muscles with the amount of oxygen delivered, but also for a long time in the muscles itself continue which strong stressful to work has been adaptation with is determined. The athlete has overcome certain fatigue during training and competition activities just in case his endurance will improve. Physical exhaustion and endurance he knew that various maintenance processes of muscle activity are based on it without them to increase their level of activity target effect can be achieved.

Training load as a measure of impact on the athlete's body the following with descriptions is determined by:

- exercise intensity;
- exercise duration;
- repetition number;
- rest get range duration;
- rest get feature.

Aerobic and anaerobic processes of energy supplyThe most important description of the load, which affects the characteristics of the ratio of nadi A distinction is made between four intensity zones: maximal, submaximal, large, slow

The duration of the exercise is inversely related to the intensity of its performance. The work with an increase in duration from 20-25 seconds to 4-5 minutes , its intensity is sharp decreases. Exercise energy supply type his duration depends.

Duration of exercises in anaerobic-lactate mode is 3-8 seconds , anaerobic-glycolytic in mode 20 from Sec 3 min until and aerobic in mode 3 min from and to more equal to

A lot numerous studies to the results based on, duration each different has been total energy of anaerobic and aerobic processes at maximum physical load to metabolism relative contribution determination possible

Exercises repetition the number their to the organism effect show degree defines.

Aerobic in the circumstances at work repetition the number increase breath get and bloodforces to maintain the activity of circulatory organs at a high level for a long time. Anaerobic in mode exercises repetition the number of oxygenation mechanisms to the end or central nerve system surrounded to stay take will come.

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