

WRESTLING IS A KIND OF SPORT WITH AN EXAMPLE OF THE FIRST TRAINING THE IMPORTANCE OF THE FORMATION OF FAST-PACED POWER ATTRIBUTES WITH THE HELP OF MOVING GAMES

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Annotation. Quick - force qualities in children with reduced mobility in the fight circle help to increase the effectiveness of development with the help of traditional standard exercises and specially selected moving games. In this article, we will talk about the importance of the formation of operational power attributes with the help of moving games in the process of preliminary training on the example of wrestling sports.

Key words: fight, action games, formation, development, effectadorlik, teaching, Games, quick-force, physical attributes.

The importance of physical and functional training in the cultivation of qualified athletes is enormous. The role of operational - strength qualities, especially in the formation of sports skills, is incomparable. Therefore, in the process of preliminary training of these qualities, it is necessary to carry out purposefully under serious supervision.

The regular application of a specialized set of special action games at the initial stage of sports training leads to the rapid and productive formation of the qualities of young wrestlers - speed-strength. It is known that no matter how planned the standard exercise is, it has been proven from time immemorial that it leads to situations such as negative mood, rapid fatigue, slowing of interest in young children. The formation of physical qualities, even technical and tactical skills with the help of special specialized action games, give a great effect to the same games and the fact that fatigue has an emotional essence is also reflected in the scientific literature, which leads to the appearance of complications later.

The effectiveness of training qualified athletes in the process of multi-year sports depends on how the initial training phase is organized and how planned this phase is carried out. The predominance of such situations in the practice of training sports zihirs is observed that some trainers who are engaged in training with young athletes do not pay serious attention to the initial training phase. They intend to train a qualified athlete in a short period of time, increasing the frequency and intensity of the use of training, training and improving (training), the physical and functional capabilities of children are often neglected. As a result, in terms of volume and intensity, the training (exercise) loads gained by the norm leads to negative functional changes in the body of the children engaged, symptoms of tension and extreme fatigue in the activity of internal organs (muscles, cardiovascular system, lungs, kidneys, liver, etc.) occur.

It is known that long - running activity leads to a slow weakening of working capacity, and fatigue causes complications in the body. Bioenergetic resources are reduced, cardiovascular, respiratory, muscle, MNS activities are passive. But, as a result of rest between workouts or after training, the functional activity of the body, along with this, the ability to work, too, begins to gradually recover. Nagruzka, which is given a little more and slightly less (in terms of volume and intensity) in the circle of functionality or in the queue, leads to the fact that the organism adapts to the same nagruzka, the working capacity rises from the initial level. At the same time, the use of

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large-volume and large-intensity training beyond the norm leads to negative consequences, such as stretching, deep fatigue. Planned physical training in accordance with the goal is one of the most important factors in the formation of sports skills and achieving a high result during the competition. But, in sports practice, there are often cases when not always the expected result is achieved when developing the qualities of movement in accordance with the planned exercise. One of the main reasons for this is that the volume of those or those physical exercises that are used in training, and shiddati, as well as the degree of influence of these indicators on the organism of the participants (the reaction of the body to the opposite reaction to the nagrosis) are not objectively evaluated. Therefore, the compatibility of the physical nagruzka (physical exercises), which is used in the process of training, with the functional capabilities of the organism of the participants, is taken into account, creates the opportunity to plan this nagruzka for its intended purpose.

In the preparation of qualified athletes, attention is paid to the two inextricably linked sides of the movement function:

-training and improvement of technical and tactical skills of athletes;

-to educate the physical qualities of the athlete in accordance with the characteristics of the chosen sport.

It was noted that the need to develop the qualities of strength and agility - strength endurance very extiutely in young athletes, with exercises with a large load, it is unlikely that the desire to overestimate these qualities will lead to a negative result (a.V.Zimkin, 1974; V.LocationZasiorsky, 1979; G.S.Tomanyan, 1985; V.What?Platonov, 1986; V.The P.Filin, 1987; Yo.V.Verkhoshansky, 1988; F.The A.Kerimov, 2001 and others). As the word goes about the importance of connecting the attributes of movement (speed, strength, endurance, agility, elasticity) in physical training and training of athletes in particular, it is worthwhile to emphasize in this regard the quality of speed - strength in particular.

On the basis of the skill of movement performed in each sport, the quality of speed - power is considered to be a decisive Manba. For example, for playing an attack shot on the net in volleyball, the quality of Speed-Force is a factor that ensures the success of this qualification; in a fight this quality will benefit from the use of offensive or counter-attack methods with great force in a short time. In fact, according to the results of the observation, the majority of wrestlers who have won in the world, Olympiad, European, Asian and other international competitions in the fight, have a highly developed speed - power capability.

In the process of sports training, it is desirable to pay special attention to the qualities of agility, strength, agility, endurance and flexibility. Because the fact that these qualities are sufficiently developed leads to the effective formation of sports skills. In other words, these qualities are the most necessary foundation for the rapid and perfect growth of sports skills.

V.V.Kuznisov noted that the training of nerve coordination contacts in athletes is the achievement of high results due to special methods and techniques for increasing the quality of agility.

V.S.Dahnovsky et al (1991) developed the qualities of speed - strength and special endurancetirishga as a result of long-term regular engagement with focused exercises, it has been proven on the basis of research that the extent to which the technical-tactical skills and other abilities of the wrestlers can be formulated to a greater degree of sensitivity.

To increase the speed-power qualities, the following moving games can serve as a tool: Running away the " puppet " fighter with his own lead: _____ it's 15m. _____ 15m. _____

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Game content: 10 people are divided into 5 to 2 teams and each team has its own lead in line with each other. In the middle omborhouse 5 pieces of " doll ". Goal: which team brings more of these dolls into their lead. the game is returned 3 times.

1. "Thieves and guards":

Contents of the game: O-thieves from the M-space enter the barn, stealing carpets with expensive stones in the O-box (bags of boxers). Q-robbers seek to catch all the thieves on crime while the thieves escape with the bags.

The game plays 2 times roles exchanged. The winner is determined depending on the total result of the team O's or Q's.

2. "White Poplar Poppy", the game is played according to the traditional rule (2 times). But the captured kidnappers will transfer the captured kidnappers to the shoulder until the rear finish, or rather, the kidnappers who did not get to the border line will carry the captured kidnappers to the shoulder until the finish. The difference in the results determines the winning team.

3. Play rugby by moving on the knee at tatami:

5 of them 2 teams played rugby on their knees -10 minutes.

3 kg.Lee is the winner of the same team, which knocks the ball to the floor, passing through the opponent's half-circle line more than the players of the team.

5. "Get out of the circle": with the presence of a signal, one team wrestler seeks to get the second team wrestler out of the circle with a diameter of 3 m. The game is played 3 times. The difference in the results will determine the golib team.

6. "Jump out of the circle on one foot": the content of the game and determine the golib team as in the 5th game. Only one of the opponents is tied with a bend, and the second one is trying to pull the foot partner out of the circle.

All types of power attributes (general and special, absolute and relative, static and dynamic, fast - explosive, strength endurance) can be decisive in the activity of wrestlers and, in particular, during the shooting of competitions.

As you know, in all types of wrestling, the quality of quick - force, characteristic of the muscles of the waist, abdomen, arms and legs, is of extreme importance for the musculature. Especially in this regard, the KAS has an explosive operational-power decisive feature. In the young wrestlers involved in our study, the underdevelopment of the flexor and the writer on the basis of a significant difference in muscle strength is evidenced by the fact that these children from the age of the garden are very poorly trained with quick - force exercises.

In the place of the conclusion, it should be noted that the general and specialized complex of exercises, selected for the purpose of formation of physical, technical and vestibulofunctional training of wrestlers, has an extremely important scientific and practical significance in the training of qualified wrestlers.

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