

Swimming is a unique form of physical exercise and belongs to the most popular sports, both in our country and abroad. The specific features of swimming are associated with physical activity in the aquatic environment. In this case, the human body is exposed to a double effect: on the one hand, it is influenced by physical exercises, on the other hand, by the aquatic environment. In addition, when swimming, the human body is in a horizontal position. It should be said that swimming lessons, due to the impact on the body of both motor activity and the aquatic environment, lead to physiological changes in almost all organs and systems of a person. One of the most effective means of strengthening human health and physical development is swimming, from the first months of life to old age [4]. In the process of working on the article, there was used literature exclusively intended for coaches, teachers, physical education instructors. Highlights development issues mass swimming, tells about the experience of teaching children to swim. The sources consider the specific provisions of the methodology for the development of various qualities and physical abilities of students, the issues of building various structures of the training process, about the modern training methodology under training load conditions.

**Conclusions.** Thus, the use of innovative technologies in teaching swimming to students in the system of physical education during distance learning helps not only to increase the functional capabilities of the body, but also to increase the level of physical fitness. All students who do not know how to swim, have mastered swimming in different ways: lightweight, sports, elements of applied swimming. At the same time, all students coped with the proposed load, as evidenced by heart rate indicators both during classes and in the recovery period after classes.

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### THE INFLUENCE OF SPEED AND POWER QUALITIES ON THE PHYSICAL PREPAREDNESS OF STUDENTS IN THE PROCESS OF FREE WRESTLING

*In the article the influence of speed and strength qualities on the physical fitness of students in the process of wrestling. It was found that wrestling is the most popular sport among student youth. It was found that the modern approach to physical training of freestyle wrestlers in physical education institutions of higher education is characterized by a direct relationship between the level of physical training of the athlete and the success of his personal sports experience. The limitations of this system are due to the empirical approach and the dominance of applied aspects in the development of the entire content of education and teaching methods. Based on the need to take into account the sports interests of students, a survey of students was conducted. It was revealed that game sports, freestyle and national wrestling, as well as folk and national physical exercises and games are the most popular among students. At the same time, the interest of young people in the customs and traditions of the development of the culture of their ethnic group, including national and folk sports.*

*As a result of research the technique of the organization of educational employment for students on groups of specializations taking into account sports interests traditions is developed. It is based on work programs in the specializations "Freestyle wrestling with elements of national wrestling techniques" and "Volleyball with elements of mobile games". Athlete's motor activity involves the implementation of individual movements, as well as motor actions and complex motor activities.*

**Key words:** speed and strength qualities, physical exercises, physical fitness, students, freestyle wrestling.

**Корюкаєв М. М., Мартинов Ю. О., Соболенко А. І. Вплив швидкісно-силових якостей на фізичну підготовленість студентів у процесі занять вільною боротьбою.** В статті вплив швидкісно-силових якостей на фізичну підготовленість студентів у процесі занять вільною боротьбою. Виявлено, що саме вільна боротьба є найбільш популярним видом спорту серед студентської молоді. Виявлено, що сучасний підхід до фізичної підготовки борців-вільників у фізкультурних закладах вищої освіти характеризується прямою залежністю між рівнем фізичної підготовки спортсмена та успішністю його особистого спортивного досвіду. Обмеженість даної системи обумовлена емпіричним підходом та домінуванням прикладних аспектів у розробці всього змісту освіти та методики навчання.

**Ключові слова:** швидкісно-силові якості, фізичні вправи, фізична підготовленість, студенти, вільна боротьба.

**Formulation of the problem.** Human health is inextricably linked with the socio-economic development of society, scientific and technological progress and its consequences. Currently, there is a decline in the standard of living of most of the population, including children and youth. Against this unfavorable background, a lack of physical activity and exposure to bad habits further aggravate neuro-emotional stress and lead to a deterioration in human health.

Among the various factors that determine health, one of the most effective is physical activity and a healthy lifestyle. Numerous studies prove that physical culture and sports have a positive effect on almost all body systems and are a very effective means of preventing diseases. A special place in the development of motor abilities is occupied by fast-power qualities, the high level of development of which plays an important role in achieving high results in many sports. Data from scientific and methodological literature and sports practice prove that the development of speed and strength abilities affects the formation of the ability to a high degree of concentration of effort in different phases of speed running, jumping and throwing, sports and moving games, martial arts and more [2].

Problems of development of any qualities in freestyle wrestlers can lead to the fact that the athlete does not achieve the highest and stable sports results. An important role in the education of the athlete is played by speed and strength. In martial arts, the complex reaction of speed is the most specific, because the athlete has to constantly expect the most unexpected signals (strikes, defenses, maneuvers, feints, wrong moves, etc.) and always be ready to respond to anyone in response (or counter, anticipatory or counterattack). to surpass the opponent [6].

**Analysis of literature sources.** The need for speed and strength training of freestyle wrestlers is undeniable, as increasing the level of their sportsmanship is based on the high potential for the development of physical qualities. In the studies of A. Egizaryan, V. Dakhnovsky, Yu. M. Zakaryaeva, S. Ionov, V. Ivlev noted that increasing the level of physical fitness of athletes, namely - speed and strength, is based on the means of struggle itself.

Improving skills and training is necessary throughout the sporting career of a wrestler. According to V. Platonov, V. Zatsiorsky, Yu. T. Verkhoshansky in athletes of different qualifications there is a relationship between the level of development of physical qualities and technique, tactics of performing sports movements in changing conditions of competitive activity.

The analysis of the literature indicates an insufficient level of coverage of this problem and methods aimed at developing the motor skills of wrestlers, taking into account different qualifications, which led to the relevance of this study.

**Presentation of the main research material.** The National Doctrine of Development of Physical Culture and Sports states that the field of physical education and sports is an important component of the process of full human development and a leading, effective means of maintaining a healthy lifestyle, disease prevention, leisure, social values, building conditions for harmonious development. At the legislative level, the need for effective action in all areas of physical culture and sports was proclaimed [2].

Athlete's motor activity involves the implementation of individual movements, as well as motor actions and complex motor activities. Movement is the motor function of the body, which is to change the position of the body and its various parts. Distinguish between voluntary and innate movements [4].

The athlete can get the most efficiency if he uses the tools in the complex. Therefore, physical activity should be reproduced under normal natural conditions, always subject to the rules of personal hygiene [7].

The high level of development of modern individual sports and, in particular, freestyle wrestling, requires an effective solution to the main problems of improving the theory and methods of management of the training process, development of new tools and methods of technical and tactical training of athletes. The importance of solving this problem is due to the fact that the activities of competitions of leading domestic wrestlers are still not fully in line with current trends in wrestling.

This is evidenced by the results of performances of athletes in the international arena in recent years. Freestyle wrestling is one of the most popular and popular sports in our country. This is a difficult coordination sport, which requires from the fighter first of all the speed of simple and complex reactions, high speed of information processing and decision-making, concentration and distribution of attention, as well as other important qualities.

The modern system of training at all stages of development of technical and tactical skills and, in particular, the system of control over the training of young athletes should be considered as one of the most important areas of any sport. According to leading experts, the modern style of the athlete is the pace, accuracy, variety of techniques, which, accordingly, puts forward certain requirements for the formation of technical and tactical skills of athletes.

This should take into account current trends in the development of sports: providing the process of martial arts active, dynamic, offensive nature, the universalization of wrestling; increasing the role of strategy and tactics, increasing the pace of power and the number of difficult and unexpected situations in the struggle; increasing the importance of rationality of technology

and its variability in the economization of movements, complicating the set of technical and tactical actions and thus reducing their informativeness for the opponent; increasing the accuracy and stability of technical and tactical processes, giving the fight a combinatorial nature. Knowledge and consideration of these trends in competitive activities and technical and tactical skills largely determine the specifics of the selection of tools and methods to improve technical and tactical training. Research on general issues of improving sportsmanship may not have the expected effect. There is a need to review the details on which the end result depends. There is an increasing need for such methodological areas that allow to identify from the holistic picture of the interacting elements, tools and methods of training, to find priority positions that ensure high sports results in the international arena.

The main purpose of students is to adapt to intense intellectual activity with the use of physical culture. Intermediate goals are: education of students' lasting interest and need for exercise; development of reserve possibilities of their organism; formation and improvement of knowledge on the organization of independent classes in the form of physical recreation.

Sports training in freestyle wrestling is carried out in separate sections, which have independent features, namely the aspects of training, which includes physical training. Sports and health technologies are constantly and continuously improved. Due to this, various tasks of physical training in freestyle wrestling are realized.

Wrestler training is a complex multifunctional system, which is characterized by the hierarchy of subsystems, leading elements, levels. Modular-situational analysis of wrestlers' activity in the process of training allows to find hidden reserves in the realization of potential opportunities of athletes on the basis of modeling of dynamic situations and application of appropriate control influences.

Increasing the intensity and intensity of competitive activity in freestyle wrestling dictates new approaches to substantiation of scientific methods that increase efficiency based on the laws of dynamic situations in certain time intervals in direct confrontation with opponents, which ultimately determines the method of training fighters.

This process is of particular importance acquires in those activities in which the athlete acts in tense, conflict situations, ie. where there is a problem, various obstacles, obstacles, confusing factors.

All types of martial arts, sports games, which are characterized by non-standard spatio-temporal conditions of the environment in many ways of counteraction, are carried out against the background of high physical stress and fatigue of the athlete, often in a stressful situation.

The main trend in the development of wrestling is the use of a large number of unrealized situations. At the same time, it can be considered as a powerful reserve for improving the quality of training and improving the competitive activities of wrestlers.

There are three types of strategies for wrestlers to compete.

The first type includes wrestlers who act mainly on a "rigid" program, developed in advance and provides for the mandatory waiting for the moment to apply a certain technique, even to the detriment of other relevant options.

The second type of wrestler's strategy involves the presence of several "blanks" of the previous tactical model. Installations for action are usually carried out on a "pass-fail" basis.

The third type of strategy is the most universal. Athletes often do not plan a decisive move in advance and act depending on the situation and actions of the opponent.

It is established that the implementation of the modular-situational principle in the system of wrestler training in an integrated form is a reliable prerequisite and fundamental basis for improving technical and tactical skills of young athletes, which allows to implement a single methodological approach. planning the educational process

The training process as a system has the properties of focus on achieving the highest management results at all levels; dynamics of long-term and current strategic and intermediate goals; hierarchical multilevel organization; multicomponent; the complexity of the relationship of its elements.

The main component of the modular-situational principle is the creative nature of development and training of athletes. Thus improvement of educational and training process is realized by means of selection and drawing up of modules of technical and tactical actions for the corresponding dynamic situations.

**Conclusion.** The development of speed and power qualities can be influenced by a variety of exercises of regional and global influence. However, when it comes to the development of qualities specific to a particular sport, the most effective are specially selected exercises that are close in nature of neuromuscular effort and structure to the movements in the chosen sport. At the same time it is possible to influence the development of specific qualities and the improvement of the technique of the chosen sport.

Freestyle wrestling as a form of martial arts is a difficult coordination activity in terms of coordination, limited by the existing international rules of competition. The question of activity has become acute in modern conditions. There were points for amplitude, activity. Analysis of the competitive activity of highly qualified wrestlers and the current rules of competition show that now they prefer athletes who fight in a high rack with a raised head, using tight grips.

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#### THE PROBLEM OF AN ATHLETE'S ASSERTIVENESS AND DEGREE OF THEIR SELF-CONFIDENCE

*In one form or another, the problem of an athlete's assertiveness and confidence in one's abilities and self is covered in almost any scientific theory, which directly or indirectly relates to personality. It is well-known that athletes differ by degree of self-confidence. The very concept of "confidence" exists in many languages all over the world. In some languages, there are even several words to denote it. At the same time, the concept of assertiveness concerning athlete training has been introduced only recently. Importantly, pedagogical correction of insecurities has created the basis for theoretical generalizations and concepts of self-confidence. In the 1960s, there originated the idea of confidence as a multi-faceted characteristic consisting of emotional, behavioural and cognitive components. Thus, assertiveness is a complex characteristic of an athlete's personality which includes emotional (positive feelings when winning, self-affirmation, satisfaction with sports results), behavioural (a set of behavioural patterns that are effective in various socio-psychological situations), cognitive (self-presentation, self-concept components), as well as axiological (sociality, maturity) components. Self-confidence as a behavioural characteristic of an assertive personality is seen as one's ability to demand and request more of oneself and others.*

**Keywords:** pedagogical correction of an athlete's personality, a degree of self-confidence, a complex description of an athlete's personality, axiological components of athletes, the social environment of athletes.

**Ніколаєв Л., Дуб І., Прокоф'єва О., Балічев М., Вишнівська Н., Овчарук В. Проблема асертивності особистості спортсмена та ступінь його впевненості в собі. У тому чи іншому вигляді проблему асертивності спортсмена, довіри до своїх здібностей і до себе можна виявити практично в будь-якій науковій теорії, яка так чи інакше стосується особистості. Той факт, що спортсмени відрізняються за ступенем впевненості в собі, цілком**