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FEATURES OF FACTORS THAT INFLUENCE HIGH SPORTS ACHIEVEMENTS IN WRESTLING

The article examines the features of the main factors that affect high sports achievements in wrestling. It was determined that the optimal age for starting wrestling should be differentiated for different weight categories. It was found to increase the effectiveness of purposeful education of physical qualities necessary for athletic achievements in wrestling. It has also been proven that the coach needs not only to know the specific characteristics of the movement when performing a throw, but also to constantly focus on them when choosing special exercises. Only in this case, it is possible to choose means that correspond to the specific qualities of athletes and will be aimed at sports achievements in wrestling. The constant and steady increase in the level of training and competitive loads is the leading trend in the development of world sports. In this connection, there is an urgent need for a broader and deeper development of the problem of improving the speed and strength training of wrestlers with the help of complex pedagogical technologies with the use of modern means of recovery. The solution of important theoretical and applied tasks of sports training largely depends on the successful development of this current scientific direction.

The analysis of special literature shows the insufficient level of disclosure of this problem and the limitation of scientifically based methods of development of movement qualities of freestyle wrestling athletes, which take into account different qualifications, therefore the study of this problem is relevant.

Key words: students, physical education, wrestling, sports achievements.

Сабіров О. Особливості чинників, які впливають на високі спортивні досягнення у боротьбі. В статті розглянуто особливості основних чинників, які впливають на високі спортивні досягнення у боротьбі. Визначено, що оптимальний вік початку занять боротьбою необхідно диференціювати для різних вагових категорій. Виявлено, щоб підвищити ефективність цілеспрямованого виховання фізичних якостей необхідних для спортивних досягнень у боротьбі. Також доведено, що тренеру необхідно не тільки знати конкретні характеристики руху при виконанні кидка, але і постійно орієнтуватися на них під час вибору спеціальних вправ. Тільки в цьому випадку можна підібрати засоби, які відповідають специфіці якостей спортсменів і будуть спрямовані на спортивні досягнення у боротьбі.

Ключові слова: студенти, фізичне виховання, боротьба, спортивні досягнення.

Formulation of the problem. The development of domestic wrestling allows us to analyze in detail the technical and tactical skills of the leading Ukrainian wrestlers, which necessitates the constant search and careful study, analysis and generalization of the experience that has been accumulated both in our country and abroad. It should be noted that one of the problems of the theory and practice of wrestling remains the lack of a developed technique teaching technique at the initial stages of training and the question of the content and sequence of improving the basic wrestling technique. The constant and steady increase in the level of training and competitive loads is the leading trend in the development of world sports. In this connection, there is an urgent need for a broader and deeper development of the problem of improving the speed and strength training of wrestlers with the help of complex pedagogical technologies with the use of modern means of recovery. The solution of important theoretical and applied tasks of sports training largely depends on the successful development of this current scientific direction.

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Analysis of literary sources. The need for speed and strength training of freestyle wrestlers is indisputable, since the improvement of their sportsmanship is based on a high potential for the development of physical qualities. In the studies of V. Dakhnovsky, Y. Zakaryayev and S. Ionov, it is noted that increasing the level of physical fitness of athletes, namely speed and strength, is carried out on the basis of the means of struggle itself.

Improvement of skill and preparation is necessary throughout a wrestler's sports career. According to V. M. Platonov and V. M. Zatsiorskii, there is a dependence between the level of development of physical qualities and the technique, tactics of performing sports movements in variable conditions of competitive activity in athletes of various qualifications. Specialists in the field of freestyle wrestling claim that learning the basics of the classical technique of wrestlers is quite limited by the framework of studying program material, which forces coaches to look for rational means and methods of improving their skills.

This feature becomes relevant in working with freestyle wrestling athletes at the stage of specialized basic training. The study of this problem made it possible to highlight a contradiction: on the one hand, the sports society demands from wrestlers high results at world-level competitions, and on the other hand, in the process of sports training of freestyle wrestlers, coaches do not always pay attention to the individualization of the training process with the use of modern tools and methods, which take into account the specifics of the sport.

Presenting main material. The National Doctrine of the Development of Physical Culture and Sports states that the field of physical education and sports is an important component of the process of full-fledged human development and a leading, effective means of maintaining a healthy lifestyle, preventing diseases, organizing leisure time, forming social values, and creating conditions for harmonious development. At the legislative level, the need for effective activity in all areas of physical culture and sports was declared [2].

A certain class of means of physical education and sports is implemented in the national system of physical culture. Among these means, the leading place is given to the motor activity of the athlete. Another additional means is declared to be the healing forces of nature and hygienic factors, in particular compliance with the rules of personal and public hygiene, daily routine and nutrition, etc.

The motor activity of the athlete involves the implementation of individual movements, as well as motor actions and complex motor activity. Movement is a motor function of the body, which consists in changing the positions of the body and its various individual parts. Separate voluntary and congenital movements.

An athlete can achieve the greatest efficiency if he uses the means in a complex. Therefore, motor activity should be reproduced under normal natural conditions, necessarily subject to compliance with the rules of personal hygiene [1].

Those motor actions that ensure the achievement of the goal of physical culture and sports and are subject to its laws are called - physical exercises. The content and form of physical exercise are distinguished.

There are also the following classifications regarding physical exercises:

- ▣ by importance for the development of various body systems;
- ▣ by the impact on the physical qualities of a person;
- ▣ by sports;
- ▣ by value for solving physical education tasks, etc.

Physical exercises are the main means, biologically based, which guarantees the body's natural need for motor activity, restoration of working capacity of athletes, prevention and treatment of diseases [3].

Separate scientific studies conducted in recent years have emphasized that under the influence of physical means, the activity of internal organs and coordination of muscle work improves.

Muscle activity ensures the work and functions of internal organs, contributes to the improvement of their regulation. Regular physical activity leads to physiological changes in the work of the heart muscle and hypertrophy, as a result, the minute and systolic volumes of blood increase, the power of the heart increases. A trained heart contracts more slowly at rest, allowing it to rest more. An increased volume of blood enters the aorta with each systole, compared to a person who does not train, and the contractions of the trained heart are stronger and deeper. An athlete's heart works more rationally and economically. A separate role is assigned to physical exercises in connection with the need for the development and preservation of the health of the respiratory organs [1].

Exercise classes can be held in a group of several people or individually. Experts recommend practicing several times a week for several hours. The second half of the day, a few hours after lunch, is the best time for training. It is also advisable to train at other times, but no later than an hour before eating, or no earlier than 2 hours after eating, or before going to bed. It is not advisable to train in the morning immediately after sleep, as it is advisable to perform morning hygienic gymnastics at this time. Training sessions should be comprehensive and holistic in nature, strengthen health, promote the development of physical qualities, and increase the overall performance of the body.

Physical exercise classes should take place according to the algorithm: start with the introductory part (warm-up), continue with the main part of the class and end with the final part of the class (warm-up).

For the introductory part, toning exercises should be used, which will ensure gradual adaptation of the body to physical exertion. For the main part, you should choose speed-strength exercises with elements of sports games that will cheer up the condition of all functional systems of the body. Psychotonic breathing exercises, etc., should be selected for the final part.

Also, in the process of training an athlete, it is recommended to cultivate sports walking, running, sports and moving games, swimming, football, basketball, volleyball, tennis on improvised courts, in yards, on beaches, etc., aerobics, athletic gymnastics, shaping and fitness, cycling, tourism, skiing and other types of motor activity.

Sports training in freestyle wrestling is carried out according to separate sections that have independent characteristics, namely, aspects of training, which include physical training. Physical culture and health technologies are continuously and constantly being improved. Thanks to this, various tasks of physical training in freestyle wrestling are realized.

The analysis of literary sources shows that in the practice of training freestyle wrestlers, various general and special physical training exercises are used in the process of developing speed and strength qualities.

This allows you to increase speed and strength qualities within the framework of the main sports movement, that is, to improve the physical quality and technique of movements at the same time.

High indicators of physical training of martial artists are a functional basis for the development of special physical qualities, effective work on improving other aspects of the athletes' preparation - technical, tactical, mental.

The selection of means and methods is carried out at the discretion of the coaches, taking into account the interests and individual characteristics of athletes, their level of health, physical education, physical fitness, etc.

As a result of the analysis of special scientific and methodical literature, it was established that the means of physical training occupy a central place in the formation of sportsmanship of wrestlers and the system of training athletes at various stages of long-term training. To the greatest extent, this applies to high-class athletes, however, even at the early stages of multi-year sports improvement, physical training occupies a significant place in the structure of the training process. Differentiated physical training is especially more effective, in which the complex development of physical qualities important for competitive activity is combined with the accented development of underdeveloped qualities of each athlete. Practice shows that different physical exercises are characterized by a specific direction of influence on the athlete's body. It is clear that the effect of the development of speed and strength qualities is closely related to the ratio of the applied methods and the used complexes of physical exercises.

It is possible to separate the development of speed and strength in the training process only conditionally, since these qualities are interrelated in freestyle athletes of the highest ranks. Progress is possible only at the expense of increasing strength

indicators in movements that are similar in structure to the performed techniques, or at the expense of a more rational performance of technical actions.

Education of the ability to concentrate muscle effort should, first of all, be carried out in those conditions that correspond to the specifics of sports wrestling and, in particular, are identical to the nature and mode of work of the muscles when performing technical actions.

Speed and strength training includes all the variety of available means and methods aimed at developing the abilities of athletes to overcome significant external resistance during maximally fast movements.

The development of speed and strength qualities can be influenced by various exercises of regional and global influence. However, when it comes to the development of qualities specific to this or that sport, the most effective are specially selected exercises that are close in nature of neuromuscular efforts and structure to the movements in the chosen sport. At the same time, it is possible to influence the development of specific qualities and improve the technique of the chosen sport.

This provision on the need to select training tools, based on the movement specifics of a specific sports exercise, has become one of the most important achievements of sports methodology.

In order to increase the effectiveness of purposeful education of the speed and strength qualities of wrestlers, the coach must not only know the specific characteristics of the movement when performing a throw, but also constantly focus on them when choosing special exercises. Only in this case, it is possible to choose means that correspond to the specific qualities of athletes in the main competitive exercises. For this purpose, special exercises should be selected so that they correspond to the structure of technical actions.

The analysis of the scientific and methodical literature showed that already in the first methodological recommendations for wrestling, the selection of training tools for performing technical actions aimed at the development of speed and strength qualities was given. Some scientists considered the main task of special training to be the adaptation of the muscles and the body to the fight, which, in their opinion, contributed to the achievement of the most effective use of force during the execution of a technical action in a fight.

Noting the fact that the result of the fight is often decided due to the advantage in strength and speed, for the successful assimilation of the technique, scientists recommended increasing the resistance of the partner during the improvement of the techniques and bringing it to the maximum.

However, in most cases, the wrestler is deprived of the opportunity to take a favorable starting position beforehand, and is forced to show explosive efforts without any preparatory movements. This is due to the fact that in the conditions of direct single combat, such movements can reveal the athlete's intentions to the enemy, lead to a delayed attack, etc. In this regard, the role of special exercises aimed at improving the athlete's ability to manifest explosive efforts in response to specific signals is increasing. In the conditions of a sports match, such signals can be the posture of the opponent, his relaxation, movement of this or that part of the body, capture.

Conclusion. In freestyle wrestling, one often has to meet with a complex display of speed qualities. Thus, the duration of an athlete's execution of any technical actions depends on the reaction time and the speed of execution of single movements. The greatest practical importance in this regard is the speed of complete movement, not its elementary forms. However, the speed of complex movement is determined not only by the level of development of speed qualities, but also by other factors. For example, the frequency of throws in freestyle wrestling depends on the structure of the performed technical action, the distance from which the throws are made, the degree of resistance of the partner, etc.

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