

**WAYS TO IMPROVE THE GENERAL AND SPECIAL TRAINING OF STUDENT
FREESTYLE WRESTLERS**

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Abstract: This article highlights the features of improving the general and special physical fitness of young wrestlers during sports training.

Key words: fighting, endurance, physical fitness, special training, agility

INTRODUCTION

Physical training of a wrestler is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and quickness. The main tasks of physical training are as follows: Increasing the level of health of athletes and the functional capabilities of various systems of their bodies. Development of physical qualities in a unit that meets the unique characteristics of sports wrestling. Physical training is divided into general, auxiliary and special training. The general physical fitness of a wrestler is the foundation, necessary basis for achieving high results.

Research methodology.

It mainly provides the solution of the following tasks: Harmonious development of the wrestler's organism in all aspects, increase of its functional capabilities, development of physical qualities. Increase the level of health. Proper use of active rest during intense training and competition. General physical training includes a variety of tools. Among them, exercises performed in shells and with shells, exercises performed with a partner on special simulators, general developmental exercises taken from other sports: acrobatics, athletics, sports games, swimming, etc. are distinguished. Auxiliary physical training is designed to create a special basis necessary for effective performance of a large volume of work aimed at the development of special movement skills. It has a rather narrow and specific direction and solves the following tasks: Developing qualities that are more specific to fighting. Selective development of muscle groups that are largely involved in the wrestler's movements.

As advanced means of auxiliary physical training, such exercises are used, which, according to their kinematic and dynamic structure and neuromuscular tension, are suitable for the main actions performed by the wrestler during the competition. Among such exercises, the following can be distinguished: execution of various methods of struggle by pointing; exercises performed on special simulator devices; exercises with wrestlers' mannequins. The special physical training of a wrestler is aimed at developing the qualities of movement in strict accordance with the requirements set by the characteristics of the wrestlers' competition.

The special physical training of wrestlers is mainly carried out on the wrestling mat and is aimed at developing the most important movement qualities in movement skills. That's why competitive exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the impact on the body of the wrestler. For example, throwing a partner in a heavier weight category, training competitions are performed by changing partners, etc. All these exercises provide an opportunity to develop one or

another mechanism of energy supply, have a complex effect on the training of the wrestler, and at the same time increase his physical and technical-tactical preparation. All the indicated types of physical training are inextricably linked. Inadequate assessment of any types of physical training in the training process will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the types of physical training indicated during training.

Its numerical expression is not considered a constant value, but changes depending on the skills of the wrestlers, their special characteristics, the period of the training process and the current state of the organism. Physical training at the age of a teenager includes the development of the correct stature, movement skills, all-round physical improvement, and the development of physical qualities necessary for mastering technical movements in wrestling.

At the age of 12-14, it is desirable to develop quickness, agility and flexibility. At the age of 15-16, adolescents begin to develop strength and demonstrate the ability to perform speed-strength exercises. At the age of 16-18, exercises that require a lot of strength and speed are easier to learn, conditions are created for the development of endurance. It is very important to take these into account when training teenage wrestlers. It is necessary to develop endurance along with other physical qualities. Professor V.P. Filin (1980) stated that prolonged and unilateral endurance training at this age reduces adaptation to adolescent speed patterns.

At the age of 12-15, strength development should be carried out mainly with the help of self-weight, exercise balls, dumbbells, gymnastic sticks, a partner (of different weights) and exercises on various gymnastic sports equipment. Strength-building exercises for 16-18-year-old wrestlers are complicated by increasing the weight of the sport, changing the initial position, extending the training time, and reducing the rest time between exercises.

It is necessary to be careful in the development of the endurance of young teenagers (exercises consisting of moderate loads, small standards or training competitions with breaks for rest). Rest breaks will be shortened as they adapt to the demands. For example, in a standing 2x2 fight (alternating attacks and defenses), a 3-minute break is gradually reduced to 1 minute.

The training time is extended to 3x3 when fighting alternately in 2x2 with a 1-minute break on the parterre. Later, the pace of struggle can be increased. In order to develop endurance, one-sided resistance (one only attacks, the other only defends) in a confined space, fighting from the parterre or going to a standing position is carried out. These exercises teach you to find a way out of difficult situations. Professor V.P. Philin's research shows that at the age of 13, joint mobility increases again, at the age of 15, it has the largest size, at the age of 16-17, mobility indicators decrease. Therefore, flexibility and joint mobility exercises are mandatory during adolescence 12-18 years of age flexibility and joint mobility through active-slow exercises performed without equipment and with little pain (gymnastics sticks, dumbbells, exercise balls) or a partner who gradually strengthens and expands the range of motion is developed with the help of Also, height-building exercises are often used for adults.

Thus, all-round physical training of teenagers is carried out with the help of many tools. With young teenagers, more game style is used, training is conducted in a different and passionate manner. All exercises are performed in the main form of training - class. For purposeful implementation of the physical fitness of a teenage wrestler, line (orderly) exercises (line-up, execution of commands, stepping and running movements) are used in the training process of wrestling.

Their purpose is to organize a wrestling training, to form the correct stature, to educate discipline, interaction and order. Line exercises are performed in the introductory, preparatory and final part of the lesson to organize, line up and re-line up groups to perform exercises, as well as to relieve tension after the lesson.

General developmental exercises include simple gymnastics (arms, legs, body, with weights, without weights, with and without objects, and with partners) and sports such as weightlifting, rowing, and sports. includes exercises. Such exercises improve the physical development of the fighter, expand the range of movement skills, increase the functional capabilities of the body, and help restore work capacity.

At the same time as general developmental exercises, it is necessary to use more exercises that are similar in nature of neuromuscular tension and the working order of the adolescent's body. Exercises from various sports, depending on the nature and conditions of their performance, allowed to solve various pedagogical tasks in the development of physical qualities. It is accepted to divide the exercises aimed mainly at training strength, endurance, quickness, flexibility and agility.

Performing gymnastic exercises with weights (sticks, dumbbells, exercise balls, etc.) many times develops strength endurance. Performing these exercises at high speed in a short period of time will help to develop quickness qualities. Each exercise develops a certain quality or a group of qualities. For example, exercises performed against a partner or with barbells, pull-ups with your own weight, and arm curls increase strength; run at an intersection endurance; gymnastic exercises performed at high speed, running short distances - help to train the speed of movement in the fight. The game of basketball provides an opportunity to train agility, endurance and quickness in a complex manner. General developmental exercises performed with low intensity during high emotional arousal help restore the body's ability to work, especially the nervous system after intense training. They are used during morning physical education and training sessions in the first part of the lesson (preparatory part) and at the end of the main part.

CONCLUSION

In addition, it is necessary to organize special physical training sessions in the forest, in the field, by the river (with swimming, rowing and playing ball). In wrestling training, in order to bring the body to a relatively calm state after a great physical effort, teenagers are encouraged to relax the muscles, calm the breathing (extremely relaxed muscle shaking movements, lung expansion exercises for deep breathing, etc.) it is necessary to teach them to perform the exercises independently. Muscle-relaxing exercises can help you recover faster, even during a short period of time free of grip and tension during competition.

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