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THE ROLE OF MEANS OF PHYSICAL TRAINING IN THE FORMATION OF SPORTSMANSHIP OF STUDENT-WRESTLERS

The article reveals the main means of physical education, which are aimed at improving physical training in the formation of sportsmanship of student-wrestlers. It was determined that freestyle wrestling has the best effect on the formation of not only sportsmanship, but also on increasing the motivation to engage in physical exercises. A special place in the development of movement capabilities is occupied by quick-power qualities, the high level of which plays a major role in achieving high results in many sports.

Test data to determine the development of strength qualities in athletes of different roles, showed that definitely strength is better developed in those who is trained by wrestling, but there is disagreement about the individual weight athletes Athletes-wrestlers of medium and light heavyweight weight categories have relative strength (in relation to one kilogram of own weight) larger compared to the small and large categories.

To determine speed and strength qualities in a fight, usually use, dynamic test, the maximum number of throws with by grabbing the arm and leg of the same name from the middle as defined period of time The weight of the dummy must be dosed in accordance with individual weight of the wrestler. This test makes it possible to confirm the calculations declared above, the greater or lesser the athlete's weight, the they make fewer throws per unit of time. Maximum we can note the indicators in medium and light heavyweight athletes weight categories.

Key words: wrestling, physical exercises, sportsmanship.

Лускань О., Кузьменко В., Хоружева Л., Юнак В. Роль засобів фізичної підготовки у формуванні спортивної майстерності студентів-борців. В статті розкрито основні засоби фізичного виховання, які спрямовані на покращення фізичної підготовки у формуванні спортивної майстерності студентів-борців. Визначено, що саме вільна боротьба має найкращий вплив на формування не тільки спортивної майстерності, а й на підвищення мотивації до занять фізичними вправами. Особливе місце у розвитку рухових можливостей займають швидко-силові якості, високий рівень розвитку яких відіграє велику роль при досягненні високих результатів у багатьох видах спорту.

Ключові слова: боротьба, фізичні вправи, спортивна майстерність.

Formulation of the problem. In the conditions of development of state targeted social programs, national strategies and analysis of the current state of education environment, the question of ensuring level support is increasingly being raised health in secondary education institutions.

A healthy and educated future generation is the main goal of our education system as a whole, because they will determine the vector of our development countries, will become a factor of national progress, will choose further the way to optimize culture, education, science and other fields.

Not for nothing, a big role in the development of a healthy and sports community physical culture and sports play a role, which in turn are an important component part of universal human culture. Today's statistics, compared to in the second half of the last century, states a 4-fold decrease number of boys and girls attending various sectional classes. Exactly therefore, according to D. Silantiev, less than one percent of children have graduated secondary educational institution, have a high level of physical health. Can not to say that sport is a panacea for all diseases, but it provides the younger generation develops the required amount of motor activity physical qualities of children and hardens them, forms in them a desire for healthy a way of life that directly improves the health of the future specialists of various industries and spheres of the country's economy. Sports competitions in addition to the above, they also form the moral and volitional qualities of a person, which necessary for her in her future long life.

Freestyle wrestling is a bright, dynamic and spectacular show sports competition in the program of the Olympic Games. The type of sport in which the winning result will depend on the physical qualities of the athlete and preparation for active physical, functional and competitive activities.

Modern struggle is characterized by very high and comprehensive demands on the parties sports preparedness, this makes it possible to predict the choice of actual, justified and adequate means and methods of training. One of the main ones

training places for freestyle wrestlers during their studies in general institutions of secondary education there are classes in the section on this type of martial arts.

Sectional classes contribute to the full physical development of children after the school day, provide an opportunity for emotional relief.

The main task, in the training of young wrestlers, during sectional classes –harmonious development of the physical qualities of their pupils. And that's why this one stage is a guarantee of better assimilation of technical and tactical actions that follow will contribute to the rapid formation of motor abilities and skills and their implementation during competitive activities. Accordingly, it opens up a wide spectrum innovative ways and approaches to improvement and optimization of development physical abilities of fellow wrestlers of youth age, contrary to traditional methods.

Analysis of literary sources. A different interpretation to the study of the development of physical qualities of wrestlers leading national coaches and scientists paid attention in their works to: A. Abdullayev, D. Voronin, I. Rebar; H. Danko, A. Pistun; V. Platonov.

The relevance of our research, at the present time, is necessary, because sectional classes provide an opportunity to form necessary and important abilities, skills and knowledge to increase functional capabilities body of a wrestler in later life.

Training of athletes in sports wrestling is a permanent process constant transfer of long-term loads, the result of which is high level of physical training with pronounced muscle hypertrophy.

During many years of training in wrestling, from an ordinary beginner to an international class master of sports, the following stages take place:

initial sports training, initial sports specialization, in-depth sports training, improvement of sports skills.

All these stages have a clearly expressed methodical specificity of psychological, terminological, tactical, technical and physical training. It is certain that all of the above is important to develop in a coordinated and harmonious manner, but everything but with the predominance of physical training. Also, it should be noted that physical training is divided into general physical and special physical training. I would like to note that the basis of the training of a future wrestler is the level of a master sports, will consist of special physical training, in turn, as general physical training is given considerable attention in the initial stages

training of young athletes [9].

General physical training is a structural component of physical training culture and sports. In the framework of mass physical culture, the main goal is achievement of harmonious physical development. General tasks sports training is the all-round development of the student to increase abilities in various movements and skills. General physical training has a positive effect on the harmonious development of a person. It helps to strengthen level of health and helps to achieve high sports results. As a result, the volume and elasticity of muscles increases, the number decreases fat layer, the figure is improved, and also develops coordination, speed and endurance.

Special physical training is based on the general basis, and directed on the development of special and as important as possible for the chosen one in the athlete a type of single combat of the functional capabilities of muscle groups.

Presentation of the main research material. In order to achieve consistently high results in the fight, you need to be a comprehensively physically developed athlete. It is not easy to single out a certain physical one quality as a core in wrestling. Any of them can at some point become decisive, since the need to show one or the other is determined not only the conditions of fighting, technical and tactical preparedness wrestlers, and their individual characteristics. To lead effectively a fight with an opponent who is distinguished by high speed and skill uses this to set the pace in a fight, his opponent needs to have the same strength, speed, endurance, etc.

Note that all the qualities of an athlete are interdependent – because improving one will contribute to improving the implementation of others.

For example, it is not possible to effectively develop strength by giving at the same time attention to speed increase. The stronger the fighter, the better it will be

show speed qualities. A more agile fighter will be well coordinated in his movements, will show his physical abilities at the right moment of time and the desired direction and thanks to this, the power will increase load on the opponent. In other circumstances, it is effective for a longer time during a wrestling match, without reducing the level of physical qualities. In fighting manifests all physical qualities in a complex (speed, strength, coordination, flexibility and endurance).

Dexterity, speed, flexibility, endurance, strength are developed precisely during training and sectional classes in freestyle wrestling, efficiency process lies in its permanence. By performing special and basic exercises, the athlete develops the physical qualities he needs. At the time, as a more effective and progressive solution to the development task movement qualities will be the application of exercises from other types of sports.

Using a wide range of means of general development exercises, at the same time you need to know that not all of them will have an effective and full effect on development of the athlete's physical qualities. Because of this, from all the diversity means of preparation should be used those that provide as much as possible physical qualities necessary for fighting.

Only under the conditions of a reasoned ratio of special and auxiliary means of physical training with basic wrestling exercises it is possible to achieve positive dynamics of growth of the athlete's physical capabilities.

That is why in the work on improving the physical capabilities of young people wrestlers, an important aspect is a scientifically based dosage of exercises. Which one depends on the level of preparation and individual capabilities of the athlete, with taking into account the pace and nature of the exercises, from the conditions in which they are performed implementation. Tempo, weight of weights, amplitude should increase gradually, during the exercise. Otherwise, it can cause great harm damage to the athlete's health.

In those wrestling exercises, where the strength of the athlete is directed to opponent, his body weight will significantly

affect the expected result, taking into account the definition of relative and absolute strength.

Absolute strength does not depend on the weight of the human body; relative strength is determined by arithmetically dividing absolute strength indicators by body weight of the subject. Therefore, in wrestling, athletes compete only for clarity defined weight categories. Also, it should be noted that exercises for development of physical conditions should be determined in dependence on age and adaptive data of athletes. Too significant physical overloads can lead to negative consequences (violations work of the cardiovascular system, traumatic injuries, etc.).

In order to succeed in wrestling matches, it is important to develop physical capabilities of the muscles of those parts of the body that take the most active participation in motor actions, and adhere to the following methodology:

use those physical exercises, the structure of which is close to techniques of performing movements of the chosen sport;

focus on the development of neck, back, and abdominal muscles the press;

to combine the development of strength with the improvement of the technique of clear

technical actions from the arsenal of techniques of free wrestling and with development dexterity, speed, flexibility;

consistently change exercises that contribute to the development of different groups muscles;

adjust the load by changing the load weight, amplitude and the speed of movements, the amount of resistance, if training exercises are performed with sparring, number and pace; repetitions, rest between sets.

The results of many studies show the following data, wrestlers have higher indicators of strength training in comparison with athletes of other specializations. We consider the physical qualities of wrestlers in identified both with subjects who do not attend training classes, and in identification of wrestlers of different weight categories. Analyzing research on the subject of determining balance in adolescent athletes of various sports, then, in our opinion, it was precisely because of the young wrestlers who had the best indicators coordination abilities.

Test data to determine the development of strength qualities in athletes of different roles, showed that definitely strength is better developed in those who is trained by wrestling, but there is disagreement about the individual weight athletes Athletes-wrestlers of medium and light heavyweight weight categories have relative strength (in relation to one kilogram of own weight) larger compared to the small and large categories.

To determine speed and strength qualities in a fight, usually use, dynamic test, the maximum number of throws with by grabbing the arm and leg of the same name from the middle as defined period of time The weight of the dummy must be dosed in accordance with individual weight of the wrestler. This test makes it possible to confirm the calculations declared above, the greater or lesser the athlete's weight, the they make fewer throws per unit of time. Maximum we can note the indicators in medium and light heavyweight athletes weight categories.

Conclusions. In sports wrestling, the individualization of the system of training wrestlers has important in order to achieve a winning result it is necessary to use different methods of fighting. And therefore the main thing the focus is on improving the means of tactical training through effective use of the "crown" fighting style. This is the style of fighting determined by personal natural endowments. Such systematicity the deposit allows to create a personal "crown" in sports activities style of fighting and only then the athlete will achieve high victories results Individual or "Crown" style in sports wrestling - a set of styles of technical and tactical actions, features of behavior and psychological properties of the athlete during fights.

From a sporting point of view, the choice of style and its inherent structure preparedness is determined by the requirements of competitive activity. Such requirements are determined by the conditions and rules of competitions, trends in the development of rules wrestling, referee school and traditions of sports schools. That is why successful management of training of a wrestler directly depends on the competence of a coach who has a broad understanding of the requirements of training, competitive activity; a sense of natural endowments and possibilities athlete and the ability to use theories of sports adaptation in the chosen one sports.

Winning results can be achieved with different levels of your qualities, using the strongest points and eliminating mistakes, otherwise forming his conduct of fights in the "crown" style.

At the stage of basic elementary school, you need to successfully choose a personal one "crown" style of fighting, because functionality will depend on it style formation and adjustment will be determined by rationality training programs that must take individuality into account sensitive periods of physical, psychological and intellectual development qualities.

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