



STRUGGLE AND BELTED OF WRESTLERS PHYSICAL PREPARATIONS

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Abstract

The special physical training of wrestlers is mainly conducted on the wrestling mat and is focused on the development of the most important movement qualities in movement skills. Therefore, as the main means of special physical training, competition exercises involving various possible complications are used. Such complex exercises increase the impact on the body of the fighter.

Key words

physical fitness, strength, endurance, flexibility, agility, quickness, health of athletes, acrobatics, light athletics, sports games, swimming

The physical fitness of a belt wrestler is a sport training is important is one of the components and physical qualities: strength, endurance, bending happiness, agility and speed aimed at development is a process.

Belted of wrestlers physical of preparation main duties consists of:

- the level of health of athletes and the functionality of different systems of their body opportunities increase;
- physical qualities that correspond to the specific nature of sports wrestling together physical adjectives development.

Physical preparation general, helper and special preparation is divided.

A wrestler's overall physical fitness to achieve superior results foundation, necessary basis is considered SHE IS basically the following of duties solution to be done provides:

- all-round harmonious development of the wrestler's body, its functional possibilities increase, physical qualities development;
- health degree increase;
- intense training and competition downloads during active rest from getting right use

General physical training includes a variety of tools. They are between exercises performed in shells and with shells, specially with a partner on trainers executable exercises, another sports types: acrobatics, light athletics, sports games, swimming and from others received common developing exercises is separated.

Auxiliary physical training to the development of special movement skills a special basis necessary for the efficient execution of a large volume of work aimed at intended to create. It has a rather narrow and specific direction and the following solve tasks will:

- basically struggle for more typical has been adjectives development;
- muscle groups that are largely involved in the wrestler's movements selective development.

Such exercises as advanced means of auxiliary physical training applies that they are his own kinematic and dynamic composition and neuromuscular Voltage feature according to of a wrestler competition in the activity which performs main to his actions is suitable. So exercises between the following separate can:

- fight different methods hint through perform;
- special trainer in devices executable exercises;
- wrestlers mannequin with exercises.

The special physical training of the wrestler improves the movement qualities of the wrestler- Strictly to the requirements imposed by the characteristics of the competitive activity of the players according to develop directed.

The wrestlers special physical preparation basically struggle on the carpet will be held and action qualifications contained the most important action qualities focused on development. Therefore, special physical training is essential competition involving various possible complications as means exercises are used. Such complex exercises the body of the fighter- enhances the effect on For example, throwing a partner in a heavier weight class,partners replaced without training competitions is done and etc Here it is that's it everyone exercises energy of supply she is or this mechanisms development enable provides of a wrestler that it is practiced complex affects both his physical and technical-tactical abilities at the same time readiness increases.

Physical of preparation everyone shown types each other with organic depends. It is enough for any type of physical training during training price not to give eventually sports skills to increase hindrance does. That's why for training in the process shown physical preparation types optimal It is very important to observe the ratio is important. Its numerical expression is a constant size Not considered, but the skills of the wrestlers, their special features, mash- It changes depending on the period of the digestive process and the current state of the organism stands

"Strength", a physical quality, means that the wrestler overcomes the opponent's resistance transition or muscle Voltage at the expense of to him resistance show ability understood.

It is accepted to distinguish the following types of power: general and special, absolute and relative, fast and explosive, strength endurance.

General strength – this of a wrestler special to his actions concerned didn't happenwithout sportsman by manifestation to be done strength Special strength competition shown by the athlete in special movements corresponding to his movements. Absolutely strength of an athlete very big feature have in his actions manifestation to be strength possibilities with is described. In the struggle she is strength using individually get important important have

Relative strength , ie of an athlete 1 kg by weight right coming strength – is an indicator of the possibility of overcoming the personal weight of the wrestler. This with the speed of methods in execution important important have

Rapid force by overcoming relatively small external resistance of the musclesdepends actions fast to perform reflection in the ability is enough.

Explosive force produces large voltages in a short time according to its intensity manifestation to do describes the ability.

Strength endurance – this of an athlete relatively long time during muscle voltages manifestation to do has been ability. A wrestler strength opportunities to develop the following styles applies to:

- repeated voltages;
- short term maximum voltages;
- more and more grow up going weights, punchy, together effect show;
- variability;
- isometric voltages styles.

Repetitive voltages style from that consists of sportsman exercise "the last breathless" in execution maximum from weight 70-80% to equal to has been weightsrepeats the exercises with This technique is to perform a series of strength exercises implies. Each series - "until the last breath", 3-4 series in total, series between rest get range 3-4 min .

Repetitive voltages style one type dynamic tension style account will be It is to perform the exercises at a limit speed with a weight of 20-30% of the maximum characterized by In this case, the large muscle

tension is not at the expense of weight high speed action at the expense of is achieved.

Short term maximum tension style present at the time of muscles is the most effective for increasing absolute strength. He is on the border and to the border refers to working with close weights. In muscle training maximum voltages style on trainers and one in approach one or two with the help of movements, in exercises performed with a heavy barbell (silent, shake raise start raise sit-stand) manifestation will be In training a total of 3-4 approaches are performed. Rest between approaches range – 3-5 min .

Again grow up going weights style one training in training as well as the gradual increase in the volume of resistance in the following ones mean holds

Training in training the first in approach sportsman 10 times lift up It is recommended to start with a weight equal to 50% of the weight you will receive (10 MT). In the second approach the exercise is performed with a weight of 75% from 10 MT, the third and in the approach - it is performed with 100% weight from 10 MT. During training a total of 3 approaches are made. Rest between approaches reception interval – 2-4 min . In each approach, the exercise is accurate with speed at the limit don't get bored will be performed until

Percussive style is the kinetic energy of falling weight and personal body percussive stimulation of muscle groups through the use of weights based on

Practicing of muscles decreasing weight energy win take of muscles to a sharp transition to an active state, fast working voltage development helps to relax, creates the possibility of additional tension in the muscle. This is the momentum of the next pushing action and overcoming speed and backlog passable to work fast to pass provides.

A method of using a percussive technique to develop the explosive power of the legs as a depth jump performed by high jump or long jump jump exercises to say possible Exercise 70-80 cm from the height leg kneesfalling to the ground with a slight bend, and then jumping up quickly and violently through is done. Jumps serialize: 2-3 in the series, each one in the series 8-10 jumps from ta is done. Series between rest get range – 3-5 min . Exercise per week a lot with two times is done.

Together effect show style that's it depends on of a wrestler strength opportunities development directly specialized exercises perform during will happen. Strength skills and technical tactics of the wrestler at the same time actions is developed and will be improved. In the struggle together effect show style to use example as so exercises to bring It is possible that the wrestler performs his technical movements in these exercises in a heavier weight classwith the opponent improves.

It is very important to determine the optimal size of the weight. Too much big size action qualification of the composition to the violation take will come, this in consequence to movement technique negative has an effect.

The variation style is mostly special with different weight weights exercises to perform in the eye holds Har different in weight partners with exercises serially is done. 10-12 throws in one series with an opponent of a heavier weight class first done, then equal to in weight rival with 15-16 ta throw, from that after own 10-12 throws are performed with an opponent in a weight class. 3 series in total is done. Rest interval - 3-4 min . Quick-power adjectives (moderate, small) in development variability style especially is effective.

Improving methods with a much heavier opponent is a special power opportunity to develop, and with an opponent of a small weight category - the possibilities of speed helps to develop. As a result, the result in competition training will increase will bring.

The method of isometric muscle tension is 4-6 seconds of different muscle groups continue which static maximum voltage mean holds Isometric exercise- of value is that their volume so much big it's not, a lot time can't much easier to do. In addition, with their help, a certain muscle group- to necessary cases, body the corresponding joint of folding or writing parts in the corners can be selectively influenced.

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