

PHYSICAL FITNESS OF FREESTYLE WRESTLERS

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Annotation: Physical fitness of freestyle wrestlers sports it is considered one of the important components of its training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and speed.

Keywords: *sport, training, physical culture, physical qualities, strength, endurance, speed, loading, freestyle wrestling.*

The main tasks of physical training are as follows consists of:

the level of health of athletes and the variety of their organism increasing the functionality of systems;

physical qualities are characteristic of sports wrestling physical qualities in a unit that meets the property of development.

Physical training general, auxiliary and special divided into preparations.

General physical fitness of freestyle wrestlers foundation for high results, necessary foundation is. It mainly deals with the resolution of the following tasks provides:

All-round harmonic of the body of a free fighter development, increasing its functionality, develop physical qualities.

Active during the period of intense training and competition proper use of rest.

General physical fitness to own the netting of various tools includes. Among them in shells and with shells exercises to do, in a special trainer with a partner exercises performed, other sports: acrobatics, light total taken from athletics, sports games, swimming, etc. developmental exercises are distinguished.

Specialist physical training special movement skills effective execution of large-scale work aimed at development designed to create a special basis that is necessary for. It is rather narrow and has a specific orientation and follows solves tasks:

Advanced means of auxiliary physical training as such exercises are used, they are suitable for the main movements that the wrestler performs in the competition activities, due to their kinematic and dynamic composition and the nature of nervous tension. Among such exercises, the following can be distinguished: performing various methods of struggle by pointing; exercises performed on special trainer devices; exercises with wrestlers mannequin.

Special physical training of a freestyle wrestler it is aimed at developing the qualities of movement in strict accordance with the requirements that are poured by the features of the competition activities of wrestlers.

Special physical training of freestyle wrestlers mainly held on the wrestling carpet and action qualifications to develop the most important qualities of action in the composition directed. Therefore, competition exercises are used, involving various possible complications as the main tools of special physical training. Such complex exercises enhance the effect on the wrestler's body. For example, throwing a partner in a heavier weight class, training and training with the replacement of partners contests are performed, etc. This is all the exercises that make it possible to develop one or another mechanism of energy supply, have an integrated effect on the training of the wrestler, and at the same time increase his physical and technical-tactical training.

All indicated types of physical fitness are inextricably linked with birbiri. Failure to adequately assess any type of physical fitness during the training process will ultimately prevent an increase in athletic performance. Therefore, it is very important to adhere to the optimal ratio of the types of physical fitness indicated in the training process. Its numerical expression is not considered a constant size, but varies depending on the qualifications of the wrestlers, their individual characteristics, the period of the training process and the state of the organism at that time.

“Strength”, a physical quality, is understood as the ability of a wrestler to overcome the opponent's resistance or to resist him at the expense of muscle tension.

A Common Force is the special actions of the wrestler manifested by an athlete without attribution the power to be done. Special strength is manifested by the athlete in special movements corresponding to the movements of the competition. Absolute power is characterized by the power possibilities that are manifested in the movements of the athlete, which have a very large property. In the fight, he is important to get one-on-one with the help of force.

Strength endurance is a relatively long time for an athlete during is the ability to show muscle tension. To develop the strength capabilities of the wrestler, the following styles are used: repeated voltages; short-term maximum voltages; increasingly increasing weights for percussion, joint exposure; waveform; isometric styles of voltages.

The style of repeated voltages is such that the athlete the exercise is performed repeatedly with weights equal to 70-80% of the maximum weight when performing the exercise “to the last breath”. This technique implies the serialization of the strength quality development exercise. Each series - “until the last breath”, in total 3-4 series, the rest interval between the series is 3-4 min (structure).

One type of repeated voltages style is dynamic voltage is the style. It is characterized by performing exercises at a limit speed of 20 - 30% of the maximum

weight. In this case, a large muscle strain is achieved not at the expense of weight weight, but at the expense of high-speed movement.

Short-term maximum voltage style at the moment most effective for increasing absolute muscle strength is. It is intended to work with weights on the border and close to the border. In muscle training, the style of maximum voltages is manifested in exercises performed with a large weight barbell (silent, flickering couture, fast lifting, sit-ups), using one to two movements on trainers and one approach. In the training, 3-4 approaches are performed in total. The rest interval between approaches is 3-5 min.

Decreasing weight of the muscles being trained the absorption of energy of the muscles is sharpened to the active state contributes to the transition, the rapid development of the working voltage, creates the possibility of additional tension from the muscle. This ensures the intensity and agility of the next pusher movement and a quick transition from a backhand to a work that can be overcome.

The legs are tattooed to develop explosive strength as a method of applying the style, the following can be used for height or performance jump with long jump exercises can be said. The exercise is performed from a height of 70-80 cm by falling to the ground with the leg knees slightly bent, and quickly and vigorously jumping up from the back.

Wavesmon style mainly with weights of different weights provides for the performance of special exercises. Exercises with partners of different weights are performed in series. In a single series, 10-12 throws are first performed with a heavier weight class opponent, followed by 15-16 throws with an equal weight opponent, followed by 10-12 throws with an opponent in their weight class. In total, 3 Series will be performed. Rest interval-3-4 minutes. In the development of fast-strength qualities (normative, small), the method of variability is especially effective.

Improving methods with a much heavier opponent is special to develop strength capabilities, small weight class and with the opponent-will help to develop their quick chances. This will ultimately lead to an increase in the result in the competition exercise.

Isometric muscle tension style different muscle 4-6 seconds of groups. implies a continuous static maximum voltage. The value of isometric exercises is that they are not very large in size, do not take much time, are much easier to perform. In addition, with their help, it is possible to selectively influence certain muscle groups in the appropriate joint angles of bending or writing parts of the torso, if necessary or in circumstances.

Freestyle wrestler's agility is blindly his nerve depends on the mobility of the processes, conditions, vision in the movements of the opponent-to what extent the sensitivity to the perception of changes-you have developed in it, the skill of instantly

receiving and being able to correctly assess the situation that occurs each time in the competition, the timely and accurate execution of tactical actions.

In the style of performing exercises in relaxed conditions separate, performed with movements and great speed repetition of movements many times under relaxed conditions. For example, performing the method with a partner in a small weight class with a focus on speed. The performance of exercises in relaxed conditions encourages the execution of super-fast movements that exceed those performed in simple conditions, for example, running along a sloping path (from the mountain) is used to increase the speed of the run.

To cultivate the speed qualities of a freestyle wrestler exercises performed at maximum speed (they are usually called speed exercises) are used. The technique of speed exercises must ensure that they are performed at the speed limit. The exercises should be so well learned and mastered that the main stress in the exercise routine is not on the method of execution, but on its speed. The duration of the exercises should be such that by the end of the performance, the speed should not decrease, despite fatigue.

Speed training routines are of great importance. The duration of each exercise should not exceed 20 seconds, rest interval, at the beginning of the repetition of the exercise, on the one hand, ensuring the wrestler's recovery and, on the other hand, optimal excitability of his nervous system, should be optimal.

A freestyle wrestler's endurance is the whole competition perform actions at a high speed during and throughout. During the competition, several competitions are held intensively is the ability to transfer. A high level endurance fighter to learn the basics of training and competition, full of his movement skills in competition activities allows to implement. In wrestling, general and special endurance differs.

The competitive activity of a freestyle wrestler is multifaceted and related to the great work of the muscular system (static and almost all muscle groups working in dynamic order participates). Therefore, endurance is not only working but with the amount of oxygen delivered to the muscles the muscles themselves are strong for a long time determined by adaptation to stressful work. Sportsman overcoming a certain fatigue in training and competition activities only if it passes, its endurance will improve. Physical Different types of muscle activity based on fatigue and endurance their activity, knowing that the supply processes lie targeting them to increase their exposure possible.

The rest feature is active, slow, and mixed between exercises it can. It was close to the critical point of teaching active rest breathing processes during speed work helps to maintain a high level and rest from work and prevents a sharp transition to the opposite state. This leads to better aerobic digestion. From this in addition, after hard work, active rest and recovery accelerates processes. Slow rest between exercises

during this time, the athlete is completely calm and does not have any does not perform actions.

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