

THE PHYSIQUE OF A TEENAGE WRESTLER PREPARATION

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Annotation: Physical training of adolescents is the formation of proper posture, movement skills, etc physical improvement in all aspects, technique in fighting physical qualities necessary to master actions includes development.

Keywords: freestyle wrestling, exercise, physical education, sports, loading, physical qualities.

Speed, agility and flexibility at 12-14 years old development is desirable. In adolescents aged 15-16 years, strength begins to develop, and the ability to perform rapid strength exercises is manifested. At the age of 16-18, exercises that require a lot of strength and speed are more easily mastered, conditions are created for the development of endurance. This is very important to consider when training teenage wrestlers.

Endurance along with other physical qualities development is necessary. Professor V.R.Philine (1980) states, long-lasting and aimed at Resilience at this age one-sided training is fast-paced, typical of teenagers makes it easier to adapt to nagruzkas. The development of strength at the age of 12-15 years is mainly due to its own mass weight, filling balls, dumbbells, gymnastic sticks, sports with a partner (different weight) as well as various Gymnastics the implementation of exercises on the equipment using needed.

Power developer in wrestlers aged 16-18 exercise sports equipment increase weight, initial condition change, extend exercise performance time, exercise at the expense of reducing the rest time between is complicated. Cautious in developing the resilience of young adolescents should be moderate nagruzkas, small norm or rest consists of break training contests for exercises). Rest as you adapt to the nagruzkas breaks are shortened. For example, in the 2+2 fight while standing (alternating attacks and defenses) 3 minute break it is gradually reduced to 1 minute. 1 minute 2+2 in the parterre training time in alternating fights with a break Extends to 3+3. Further strengthening the pace of struggle can. In a confined space for the development of durability with one-sided resistance (one only attacks, two only protected), exit from the parterre to the top or standing a fight is held with. These exercises come out of difficult situations teaches to find a way to leave. Professor V.R.Filin studies show that

13 years old mobility in the joints increases anew, at 15 years old it is the most will have a large size, mobility at the age of 16-17 years indicators are reduced. This is why in adolescence flexibility and joint mobility exercises is mandatory.

Elasticity and joints at the age of 12-18 years mobility without objects and with minor pain (gymnastic sticks, dumbbells, padding nets) performed movement through exercises with active properties or gradually amplitude amplification and expansion partner it is developed with the help of. Shaping exercises are used a lot in relation to adults.

Thus, all-round physical of adolescents preparation is carried out using many tools. With younger teenagers, more style of play is used, classes are held differently and passionately. All exercises the main form of training - is performed in the lesson.

Targeted physical fitness of a teenage wrestler in the process of training and training in the struggle for implementation saf (orderly) exercises (deployment, command execution, step throwing and running movements) are applied. Their the purpose is to organize a wrestling training, to form the right training, discipline, interaction and order is upbringing. Saf exercises are the introduction to the lesson, preparation and organize groups to perform exercises in the final part to make, line and re-line, as well as in order to relieve tension after is done. Common developmental exercises include simple Gymnastics (arms, legs, torso, with weights, without weights, exercises with and without items and with partners) and sports like weightlifting, rowing, sports games some exercises in the species include. Such exercises improves the physical development of the wrestler, movement expands the reserve of qualifications, the body's focal length increases capabilities, helps to restore working capacity gives. Features of nervous tension and work of the adolescent organism at the same time as general developmental exercises more application of exercises that are similar in order necessary. Exercises from different sports, performing them in the development of physical qualities, depending on the characteristics and conditions made it possible to solve various pedagogical tasks.

Each exercise consists of a certain quality or a group of adjectives develops. For example, in partner resistance or with a barbell exercises performed, pulling with their own weight, as well as exercises to bend and write hands strength; at the intersection running-endurance; performed with great speed Gymnastics exercises, short distance running-in wrestling helps to train the speed of movement. Basketball game to train agility, endurance and speed without complex makes it possible. Non-large intensity in high emotional arousal general developmental exercises performed with the organism ability to work, especially from intense training then it helps to restore the nervous system. They are the morning body the first of the lesson during training and training sessions on the piece (in the preparatory part), as well as at the end of the main

part applied. In addition, in the forest, in the field, by the river (with swimming, rowing and ball play) physical Organization of special training on preparation condition.

To achieve high and lasting results in sports wrestling the level of physical fitness of the first repeat wrestler the number one is significant, while its action develop qualities, under which – human action special aspects of their capabilities are implied-strength, speed, durability, agility, flexibility. This comment is 30 years previously cited, researchers since that time no radical change has occurred in their imagination. The physical fitness of the wrestler is health-improving Physical Culture and techniques and tactics of struggle held in conjunction with learning. Of the process of dealing these sides adapt in harmony, and one makes the other provides. To the movement itself in each sport there are specific features. They refer to the purpose of this sport with orientation, external conditions and competition rules is defined. Therefore, what is the exact sports movement understanding the structure and implementation of its it is possible to make the right decision on improvement, that also with the help of physical preparations in the row.

General physical training tools of wrestlers which helps to develop comprehensively and for him influencing the improvement of the special qualities required, it is also important to consider the transition of the athlete to another type of activity, as well as basic in the acquisition of vital skills and competencies to develop a complex of qualities that serve as a tool it is necessary to be directed.

From the whole variety of all-inclusive exercises attention should be paid to the following. These exercises are in the struggle exercise-like neuromuscular strengthening and according to the mode of operation of the organism. All-inclusive from exercises mainly in the first half of the preparatory part and used in the final part. Also they are Morning special organization in badantarbia and physical fitness in the exercises performed. In accordance with the stages and periods of engagement all-in-one exercises are used in different volumes.

Other ways to deal with preparatory and transitional periods more attention is paid to them in relation to their periods, as well as in the initial and final stages of the competition period. According to the qualifications of athletes, these exercises are different applied: wrestlers in the lower razryad make them in large size perform, while adults do less.

Saf exercises-the organization of practitioners is an important tool, educates them as disciplined, good ranks forms preparation and posture. Saf exercises one to the conditions of conducting training on the spot and on the movem is performed according to. From them, the introduction of training, preparation and used in the final parts, in the line itself, in one place covering exercises in posture and movement: line-ups, align line, count, turn right and left, in place to the circle and semi-rotations, opening and closing the line, movement reorientation, reorientation of ranks and ranks, rank and

simple step by step, step in place, step moving from throw to run and vice versa, etc. Coach in training not only from saf exercises uses to raise the organizational spirit of training, maybe the transitions from one stage of engagement to another effective tool as well as restoring forces in the same way of work it also uses as a tool.

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