



## EXPANDING THE SPECIALIZED AND STRATEGIC PREPARING OF YOUTHFUL SAMBO WRESTLERS, TAKING INTO CONSIDERATION ENERGETIC CIRCUMSTANCES OF COMPETITIVE ACTION

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**Tayanch so'zlar:** sambo, texnika, taktik tayorgarlik, mashg'ulot jarayoni, musobaqa.

**Ключевые слова:** самбо, техника, тактическая подготовка, тренировочный процесс, соревнование.

**Key words:** sambo, technique, tactic preparing, training process, competition.

The modern level of development of sports places increased demands on the quality of training of sambo wrestlers at various stages of the educational and training process. Fights are characterized by high intensity technical and tactical actions, requiring athletes to perform rational techniques in a rapidly changing environment. At the same time, today sports wrestling requires athletes to be able to intensively carry out five to six bouts over several hours; unfortunately, most sambo wrestlers do not have a high level of technical training, which affects the results of competitive activity (CA) and the functional state of those involved [ 1].

The relevance of the topic of this study is determined by the fact that special technical training of wrestlers at the stage of sports improvement and at subsequent stages is the basis for a wrestler to acquire sports form before competitions [2].

Currently, the problem of technical preparedness of young sambo wrestlers is very relevant, and turning to research activities has yielded results. The mass passion of young people for martial arts, the spectacle of competitions, the scientific and methodological substantiation of assessments of technical



readiness, and the demands for performing complex technical and tactical actions (STTA) had a positive impact on the results of SD.

The goal of the educational and training process is to ensure a level of technical readiness of young sambo wrestlers that contributes to the successful solution of SD problems. To improve the technical preparedness of young sambo wrestlers, new methods and means in the field of sports training are needed. The role of dynamic situations of SD in martial arts, especially among young sambo wrestlers, currently attracts the attention of many specialists. Therefore, the rational organization of dynamic situations of SD and the use of individual-style forms of tactical maneuvering is an urgent task for both the theory and practice of sports.

This approach creates favorable conditions for the development of rational techniques and their high-quality application in practice and the possibility of increasing the effectiveness of dynamic situations in martial arts, in particular in sambo wrestling [3], which served as the topic of our research.

The purpose of the study is to increase the efficiency of technical and tactical preparedness of sambo wrestlers.

The object of research is the educational and training process of junior sambo wrestlers.

The subject of the research is methods for improving the technical and tactical training of young sambo wrestlers.

Research hypothesis. It is assumed that increasing the individual-technical-tactical readiness of young sambo wrestlers based on taking into account the peculiarities of stylistic forms of tactical maneuvering in dynamic situations of SD will contribute to the effectiveness of the educational and training process.

In accordance with the topic, the following research objectives were set:

1. Analyze modern means, methods of development and assessment of technical training used in wrestling.
2. To identify the individual characteristics of the stylistic forms of tactical maneuvering of SD sambo wrestlers.
3. To develop and experimentally test a methodology for individual-style forms of tactical maneuvering, taking into account the dynamic situations of SD of young sambo wrestlers.

Organization of the study

The study was organized in two stages. At the first stage, a primary study of the state of the issue was carried out according to literary sources, conversations, surveys, and testing. A program of pedagogical experiment was developed. At



the second stage, the organization and conduct of a pedagogical experiment was carried out.

Organization and results of the pedagogical experiment.

The pedagogical experiment was carried out from September 2013 to April 2014 on the model of training students in the youth sports school system. To study the influence of individual characteristics of the stylistic forms of tactical maneuvering of SD of young sambo wrestlers, experimental and control groups of 12 people each were organized. As testing showed, these groups were identical in their physical and technical indicators. In the control group, the structure and methodology of conducting classes corresponded to the traditionally adopted program of the Youth Sports School. In the experimental group, we used the methodology we developed for the individual characteristics of the stylistic forms of tactical maneuvering of young sambo wrestlers.

As a result of the analysis of experimental and literary data, it was revealed that the specificity of SD in Sambo is determined not only by the developing dynamic situation (conditions for performing STTD, the activity of the opponent, refereeing, the course and results of the KDS), as well as the number of attack intervals, the average time of the attack interval, the number of intervals of successful attacks, etc.), but also by the individual manner tactics of fighting by an athlete. The domestic sports literature describes the characteristics of possible types of combat, the most popular in the martial arts system are: “strongman”, “technician” and “tempo” [4].

The differences in the given indicators allowed us to talk about a differentiated approach to the technical and tactical training of “tempo athletes”, “technicians” and “siloviki”, the determination of which was carried out using express diagnostics of the functional state of athletes (according to S. A. Dushanin).

Thus, “tempo wrestlers” are characterized by quantitative values of STTD indicators; “technicians” are characterized by the qualitative values of the CTTD indicators; “siloviki” are characterized by a very high level of power values of STTD [6].

The pedagogical experiment was carried out during the academic year, taking into account the assigned tasks, which were consistently solved during the experiment. Peculiarities of work in the experimental group: individual and group task cards were used to develop the independence of those involved in performing STTD combat sports, the level of physical technical readiness for this contingent of participants was identified, taking into account individual characteristics. At the beginning of the pedagogical experiments, the control and experimental groups did not have significant differences in the indicators



corresponding to each stage. During the period of onset of biological maturity among juniors, in the educational and training process, special attention was paid to the formation of STTD, as this is associated with the results of SD and the development of tactical training of young sambo wrestlers [7].

Analysis of scientific and methodological literature and our research show that the most informative characteristics are closely associated with the result of fights in all types of martial arts, including sambo, are: attack interval (IA) - the average time between attacking techniques; successful attack interval (SAI) - the average time between successful attack techniques; attack efficiency (EA) - the ratio of the average time of a successful attack to the average time of the attack interval [8].

The attack interval, the interval of a successful attack and the effectiveness of the attack were determined individually for each subject in the experimental groups at the beginning of the pedagogical experiment. We included the organization of the KDS, the pull-off force, and the implementation of the KDS as elements of the attack. Thus, it was noted that the annual increase in body length is 4-7.5 cm, body weight is 3-5 kg. This negatively affects the quality of movement technique and causes a temporary deterioration in coordination. The program of technical and physical training for young sambo wrestlers at the Youth Sports School should take these changes into account [9].

Analysis of the results of the pedagogical experiment showed positive changes in the competitive characteristics of the main attacking techniques in the experimental group.

Analysis of the research results shows that among the subjects of the experimental group, the competitive characteristics of the main attacking techniques improved significantly. Thus, the time for organizing the KDS was reduced by 20.3 ms (by 6.9%), the time for performing the separation - by 30.5 ms (by 9.9%), the time of implementing the KDS - by 21.3 ms (by 5.8 %). The magnitude of the vertical components of forces during takeoff in the main attacking techniques increased noticeably, the vertical component increased by 52.1 N (8.3%),

The use of a series of KDS of various types is physiologically justified and allows us to intensify the development of basic physical qualities and psychomotor abilities of those involved in youth sports schools, lays the foundation for high sports results and mastery of complex sports movements with their subsequent improvement.

As the analysis of experimental data has shown, the use of the percentage scheme of physical influences, taking into account the individual characteristics



of tactical maneuvering, has a complex effect and, accordingly, for power maneuvering is  $(GPP+SFP) = (15+35)\%$ ; for the development of tempo maneuvering -  $(GPP+SPP) = (20+40)\%$ ; for the development of technical maneuvering  $(GPP+SFP) = (25+45)\%$ ; for the development of mixed-type wrestlers -  $(GPP+SPP) = (20+20)\%$ ; to develop the quality of endurance -  $(GPP+SPP) = (15+20)\%$ .

Discussion of the research results.

The increase in the technical and physical preparedness of those involved is due to a high mastery of the technique of Sambo techniques based on their individual characteristics of tactical maneuvering, the ability to apply their leading qualities in SD and at the same time master the skills of organizing and implementing KDS, which led to a decrease in the take-off time.

In the control group, where the individual characteristics of the stylistic forms of tactical maneuvering of young sambo wrestlers were not taken into account, the SD indicators were significantly lower.

Consequently, only when Sambo attacking techniques were introduced into the training program and improved, the individual characteristics of the stylistic forms of tactical maneuvering underwent positive changes. In 20 lessons, the students mastered the one-year program of the Youth Sports School, which is relevant for modern theory and practice of sports.

It was revealed that the content of the martial arts program had a positive impact not only on movement technique, but also on the development of physical qualities, on the formation of interest among students in sambo classes, taking into account the national mentality and national culture [5]. Thus, the number of students wishing to attend sambo classes by the end of the pedagogical experiment increased in the experimental groups by 68% ( $p < 0.05$ ).

Conclusions

1. It was revealed that mastering the sambo technique according to an experimental program, taking into account the individual characteristics of the stylistic forms of tactical maneuvering, leads to a significant increase in the level of development of tactical and technical skills of young sambo wrestlers, and the increase in physical qualities was:

- speed qualities - 16.5%;
- speed and strength qualities - 14.5%;
- coordination abilities - 17.1%.

2. It was revealed that in the youth sports school system, sensitive periods of development of basic physical qualities are missed. They do not use technical actions based on imitation elements of martial arts.



3. The developed methods for developing technical readiness based on the use of elements of dynamic sambo situations, taking into account the individual characteristics of stylistic forms of tactical maneuvering, contribute to increasing the tactical and technical skills of young sambo wrestlers.

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#### РЕЗЮМЕ

Maqola yakkakurash sport turlarida, xususan, sambo kurashida dinamik vaziyatlarda samaradorligini oshirishi mumkin bo'lgan ratsional usullarni ishlab chiqish va ularni amaliyotda yuqori sifatli qo'llash uchun qulay shart-sharoitlarni yaratishga qaratilgan tadqiqotlarga bag'ishlangan. Tadqiqotning asosiy gipotezasi yosh sambochilarning shaxsiy, texnik va taktik tayyorgarligini oshirish dinamik raqobat sharoitida taktik harakatlar uslubining xususiyatlarini hisobga olgan holda faoliyat va o'quv jarayonini samarali qurishga yordam beradi.

#### РЕЗЮМЕ

Статья посвящена исследованию, направленному на создание благоприятных условий для разработки рациональных приемов и их качественного применения на практике, что может повысить их эффективность в динамических ситуациях в единоборствах, в частности в борьбе самбо. Основная гипотеза исследования предполагает, что повышение личностной, технической и тактической подготовленности юных самбистов способствует эффективному построению учебно-тренировочного процесса, основанному на учете особенностей стиля тактического действия в динамических ситуациях соревновательной деятельности.

#### SUMMARY

The article discusses the inquire about conducted, pointed at making favorable conditions for the improvement of judicious method and its high-quality application in hone with the plausibility of expanding the viability of energetic circumstances in military expressions, in specific in sambo wrestling. The most speculation of the consider accept that expanding the individual-technical-tactical preparation of youthful sambo wrestlers based on taking into consideration the quirks of elaborate shapes of strategic maneuvering in energetic circumstances of competitive action will contribute to the compelling development of the instructive and preparing handle.