

Physical Fitness of a Teenage Wrestler

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ABSTRACT

The article provides information on the physical fitness of a teenage wrestler, as well as thoughts and opinions about the mechanisms of physical qualities affecting the athlete's body.

Physical training of a wrestler is considered one of the most important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and quickness.

The main tasks of physical training are as follows:

Improving the level of athletes' health and the functional capabilities of the body's systems.

Development of physical qualities in a unit that meets the specific characteristics of sports wrestling.

Physical training is divided into basic, auxiliary and maxsys training.

The general physical fitness of a wrestler is considered the foundation, the essential foundation, for achieving high results. Y mainly provides the solution of the following tasks:

Comprehensive harmonic development of the athlete's body, increase of its functional capabilities, development of physical qualities.

Increase the level of health.

Proper use of active rest during intense training and mysobaka nagryzka.

Ymymiy physical training includes the accumulation of tyrli means. Among the years, exercises performed on shells and with shells, exercises performed with a partner on maxsys simulator, other sports types: acrobatics, athletics, sports games, syzy, etc., are divided into physical

development exercises.

Assistive physical training is designed to create the maxsys foundation necessary to effectively perform large-scale work aimed at developing maxsys motor skills. Y has a rather narrow and specific direction and solves the following tasks:

Mainly the development of qualities that are characteristic of kyrash ychyn poprok.

Selective development of muscle groups that participate to a large extent in wrestling movements.

Such exercises are used as advanced means of auxiliary physical training, which, according to their kinematic and dynamic structure, as well as the nature of nerve-muscle tension, are suitable for the main movements performed by the wrestler in his sports activities. Among such exercises, the following can be distinguished: execution of various styles of wrestling with gestures; exercises performed on maxsys exercise equipment; exercises with a wrestler's dummy.

The maximum physical fitness of a wrestler is aimed at developing the qualities of movement in strict accordance with the requirements imposed by the characteristics of the wrestlers' physical activity.

Maxsys physical training of wrestlers is mainly carried out on the wrestling mat and is aimed at developing the highest movement qualities in the range of movement skills. Mysobaka exercises are used in the case where Shyning ychyn maxsys involves as many people as possible as the main means of physical training. Such complex exercises increase the effect on the body of the wrestler. For example, throwing a partner in a heavy weight category, training and training competitions are performed when changing partners, etc. All these exercises provide an opportunity to develop y or b mechanisms of energy supply, have a complex effect on the training of the wrestler, and at the same time increase his physical and technical-tactical readiness.

All the indicated types of physical training are organically related to each other. In the process of training, not paying enough attention to some types of physical training will eventually lead to an increase in sports skills. It is very important to follow the optimal ratio of the types of physical training shown in the training process. The numerical expression of Y is not considered a constant value, but changes depending on the skill of the wrestlers, individual characteristics of the year, the period of the training process and the current state of the body.

Physical fitness of a teenage wrestler

Physical training at the teenage age includes the development of proper posture, movement skills, all-round physical improvement, and the development of physical qualities that are essential for mastering technical movements in wrestling.

At the age of 12-14, it is necessary to develop quickness, agility and flexibility. At the age of 15-16, youths begin to develop kich and the ability to perform quick kich exercises is shown. At the age of 16-18, exercises that require a lot of power and speed are easier to master, conditions are created for the development of endurance. It is very important to consider the factors involved in the training of young wrestlers.

It is necessary to develop endurance along with other physical qualities. Professor V. P. Filin (1980) stated that long-term and unilateral training aimed at endurance at the age of 10 years reduces the adaptation to speed tests characteristic of adolescents.

At the age of 12-15, the development of the body should be carried out mainly with the help of performing exercises with the weight of one's own mass, balls, dumbbells, gymnastic sticks, a partner (with heavy weights), and with the help of gymnastic sports equipment.

Strength-building exercises for wrestlers aged 16-18 are complicated by increasing the weight of

the sport, changing the initial position, increasing the time of the exercise, and reducing the rest time between the exercises.

It is necessary to be careful in the development of endurance of young teenagers (moderate workouts, exercises consisting of training-training competitions with short breaks or rest periods). Rest breaks are reduced as you get used to eating habits. For example, in a 2+2 fight (alternately holding and defending), a 3-minute break is gradually reduced to 1 minute. The training time is extended to 3+3 when competing alternately in 2+2 groups with a 1-minute break. Later, it is possible to increase the speed of the fight. In places where the development of endurance is very limited, fighting is done with one-sided resistance (one only moves, the other only defends), going from parterre to high or standing. By exercises will teach you to find a way out of situations. Professor V. P. Filin's studies show that at the age of 13, joint mobility increases again, at the age of 15, it has the largest size, and at the age of 16-17, the mobility indicators decrease. Because of this, flexibility and joint mobility exercises are mandatory during adolescence.

At the age of 12-18, flexibility and mobility in the joints are developed with the help of active-system exercises performed without objects and with little pain (gymnastics sticks, dumbbells, and exercise balls) or with the help of a partner who gradually increases and expands the range of motion. Exercises for the formation of caddy-comat like Shyning are often used for adults.

Thus, comprehensive physical training of teenagers is carried out with the help of many tools.

Bridge game style is used with young teenagers; training is conducted with enthusiasm and passion. All exercises are performed in the main form of training - class.

In order to improve the physical fitness of a teenage wrestler, regular (orderly) exercises are used in the process of training in wrestling (line-up, execution of commands, stepping and running movements). The purpose of the years is to organize wrestling training, to form the right posture, to educate discipline, mutual attitude and order. Line exercises are performed in the introduction, preparation and final part of the lesson to organize the exercises, line up and re-line up, as well as to relieve tension after the training.

Physical development exercises include simple gymnastics (arms, legs, body, with weights, without weights, with and without dumbbells, and with partners) and some exercises in sports such as weightlifting, rowing, sports games. Such exercises improve the physical development of the wrestler, expand the reserve of movement skills, increase the functional capabilities of the body, and help restore work capacity. At the same time as physical development exercises, it is necessary to use more exercises that are similar according to the nature of neuromuscular changes and the working order of the adolescent's body. Exercises from various sports allowed solving various pedagogical tasks in the development of physical qualities, depending on the nature and conditions of performance. Basically, it is possible to separate the exercises aimed at training strength, endurance, quickness, flexibility and agility. Repeated exercise with weights (bars, dumbbells, exercise balls, etc.) develops muscle endurance. Yshby performing exercises at high speed in a short time helps to develop quickness qualities. Each exercise develops a certain quality or a set of qualities. For example, exercises performed against a partner or with a barbell, pull-ups with one's own weight, and chest exercises; running at the intersection - endurance; gymnastic exercises performed at a high speed, running for short distances - help to train the speed of movement. The game of basketball provides an opportunity to train agility, endurance and quickness in a comprehensive way.

Physical development exercises performed with low intensity during high emotional arousal help restore the body's ability to work, especially the nervous system after intense training. Ylar is used during morning physical education and training sessions in the first part of the lesson (preparatory part) and at the end of the main part. In addition, it is necessary to organize

maximum physical training in the forest, in the field, by the river (with swimming, rowing and playing ball).

In order to bring the body to a relatively calm state after a great physical exertion during Kyrash training, it is necessary to teach teenagers to relax the muscles, to calm the breathing (movements of shaking extremely relaxed muscles, deep breathing and lung expansion exercises, etc.)

Muscle-relaxing exercises can help your body recover more quickly, even in a short period of time, free of pain and strain during competition.

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