

STRENGTH AND METHODOLOGY FOR ITS DEVELOPMENT

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

Key words: *Sports, Physical Education, physical qualities, strength, endurance, speed, method, physical fitness.*

The following types of strength are adopted: general and special, absolute and relative, fast and explosive, strength endurance.

A Common Force is a force manifested by an athlete, not referring to the special actions of a wrestler. 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.

Relative strength, that is, the strength per 1kg weight of the athlete, is an indicator of the possibility of overcoming the personal weight of the wrestler. This is important in the quick execution of methods.

Rapid strength is reflected in the ability of muscles to quickly perform movements associated with overcoming relatively small external resistance.

Explosive power characterizes the ability to manifest large voltages according to its intensity in a short period of time.

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

The technique of repeated voltages is such that the sporchi repeatedly performs exercises with weights equal to 70-80% of the maximum weight when performing the exercise "to the last breath". This technique implies serial execution of a power exercise. Each series - "until the last breath", in total 3-4 series, the rest interval between the series is 3-4 min.

One style of repeated voltages is the dynamic voltage 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.

The short-term maximum tension style is currently the most effective for increasing muscle absolute strength. 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 trainers and in single approaches with the help of one to two movements, in drills performed with a large weight barbell (silent, jerky couture, fast lifting, sit-ups). In the training, 3-4 approaches are performed in total. The rest interval between approaches is 3-5 min.

The increasingly growing style of weights implies a gradual increase in the volume of resistance even in the next, as in a single training session.

In the first approach to training, it is recommended to start with a weight equal to 50% of the weight that an athlete can lift 10 times (10 MT). In the second approach, the exercise is performed with a weight of 75% from 10 MT, and in the third approach - with a weight of 100% from 10 MT. During the training, 3 approaches are carried out in total. The rest interval between approaches is 2-4 min. In each approach, the exercise is performed until it is clearly complete with the speed at the limit.

The percussive style is based on the percussive stimulation of muscle groups through the kinematic energy of the falling weight and the use of personal torso weight.

The fact that the muscles being trained absorb the energy of the decreasing weight contributes to the sharp transition of the muscles to the active state, the rapid development of working tension, creating the possibility of additional tension in the muscle. This ensures the intensity and agility of the next pusher movement and a quick transition from back to work that can be overcome.

As a way to apply the percussive style of developing explosive strength of the legs, one can say the pull-up jump exercises, which are performed with a jump to high or long, respectively. 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. Jumps serialized: in series 2-3, 8-10 jumps are performed in each series. The rest interval between series is 3-5 min. The exercise is performed at most twice a week.

The style of joint influence is due to the fact that the development of the strength capabilities of the wrestler occurs directly during the performance of specialized exercises. At the same time, the strength skills and technical and tactical actions of the wrestler are developed and improved. An example of the use of a combined style of influence in wrestling is such exercises in which the wrestler improves his technical movements with an opponent of a heavier weight class.

It is very important to determine the optimal weight size. An excessively large size leads to a violation of the composition of the movement skill, which ultimately negatively affects the technique of movement.

The variational style mainly involves performing special exercises with weights of different weights. 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 rakib, 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 min. Quick-the method of variability in the development of power qualities (normative, small) is especially effective.

Improving methods with a rather heavy opponent will help develop separate power opportunities, and with an opponent in a small weight class - speed opportunities. This will ultimately lead to an increase in the result in the competition exercise.

The style of isometric muscle tension is 4-6 sec of different muscle 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.

Thus, all-round physical fitness of adolescents is carried out with the help of many tools.

With young teenagers, a more playful style is used, training takes place differently and passionately. All exercises are performed in the main form of training - lesson.

In order to purposefully carry out the physical training of a teenage wrestler, in the process of training and training in wrestling, saf (organized) exercises are used (squatting, command execution, stepping and running moves). Their goal is to organize a wrestling training, to form the right training, to educate discipline, interaction and order. Saf exercises are performed in the introductory, preparatory and final part of the lesson in order to organize groups to perform exercises, to line up and re-line, as well as to relieve tension after nagruzka.

Common developmental exercises include simple Gymnastics (arms, legs, torso, with weights, without weights, with and without objects, and with partners) exercises 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 body's focal capacity, contribute to the restoration of working capacity. At the same time as general developmental exercises, it is necessary to use more exercises that are similar in nature of neuromuscular tension and in the order of work of the adolescent organism. Exercises from different sports, depending

on the nature and conditions of their performance, made it possible to solve various pedagogical tasks in the development of physical qualities. It is accepted to distinguish between exercises aimed mainly at training strength, endurance, agility, flexibility and agility. With weights (sticks, dumbbells, filling balls, etc.k.) performing gymnastics exercises many times develops strength endurance. Performing these exercises at high speed in a short time will help develop speed qualities.

Each exercise develops a certain quality or a group of qualities. For example, exercises performed on partner resistance or with a barbell, pull-ups with their own weight, as well as exercises for bending and writing hands help to train strength; running at the intersection - endurance; Gymnastics exercises performed with great speed, running short distances - speed of movement in wrestling. The game of basketball makes it possible to train agility, endurance and agility in a complex way.

General developmental exercises, which are performed with no greater intensity in high emotional arousal, help to restore the body's working capacity, especially the nervous system after intense training. They are used during morning physical education and training sessions in the first part of the lesson (preparatory part), as well as at the end of the main part. In addition, in the forest, in the field, on the banks of the river (with swimming, rowing and playing balls), it is imperative to arrange special physical training.

In order to bring the body to a relatively calm state after a large physical nagruzka in wrestling training, it is necessary for adolescents to relax muscles, calm breathing (movements to shake extremely relaxed muscles, exercises that expand the lung cage for deep breathing, etc.k.) it is necessary to train the independent execution of directed exercises.

Exercises aimed at relaxing the muscles can even help the strength recover more quickly in a short period of time, free of grip and tension during the competition process.

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