

IMPROVING THE QUALITY OF STRENGTH IN YOUNG SAMBO WRESTLERS DURING SAMBO WRESTLING

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Abstract:

The article discusses the tools and methods of using complex exercise programs, along with weightlifting, to improve the quality of strength in young sambo wrestlers in the process of sambo wrestling. In the experimental experiment, the results of sambo wrestlers aged 17-19 years, divided into two groups, were described.

Keywords: *sambo, young wrestlers, complex programs, experimental groups.*

In improving the long-term training of sambo players, one of its components cannot be ignored - the methodology of education and training. Recently, many studies have been devoted to the problems of youth sports [1, 2, 3], but still the issues of managing the training of young wrestlers have not been sufficiently studied. Recently, it has become clear that improving the training of young sambo players is one of the most important issues that determine the relevance of this research.

The analysis of existing programs for sambo wrestling shows that the current training methodology lags behind modern requirements. The reason for this is the low level of methodological planning and development. At the same time, it is known that one of the important factors that predetermine the skill of an athlete is his ability to demonstrate significant muscle movement. This quality, according to most experts, increases the effectiveness of sports training in many sports [4, 5, 6].

Taking into account that the most important physical qualities of wrestlers are strength and endurance, we investigated the impact of physical loads of special training on the dynamics of strength and endurance while solving some aspects of special training of wrestlers [7, 8, 9]. indicators. Sambo wrestling section wrestlers (17-19-year-old teenagers in various sports categories) were examined by a sports doctor at the beginning of the academic year to determine their strength and endurance. Another survey was conducted at the end of the training year.

To test them, the following strength training tests were used: repeated lifting and lowering of the barbell while lying on the bench; leg squat with barbell on shoulders; the power of lifting the barbell; endurance test; holding 4 kg dumbbells in arms extended forward (in the amount of seconds) [10, 11, 12].

Based on the data obtained for conducting a pedagogical experiment, two groups of 17-19-year-old wrestlers were formed - a control group (NG) and an experimental group (EG). 15 wrestlers from different sports categories participated in each group. According to anthropometric data, the weight and physical fitness of the groups were approximately the same. The essence of the experiment was that a strength training program, that is, a set of powerlifting exercises, was included in the training process of the experimental group of sambo wrestlers. In this, the wrestlers performed powerlifting exercises with a barbell once a week to determine their strength. Each session began with the usual training part, exercises with a partner, rope or shock absorber. After that, the wrestlers performed strength training, which consisted of 6-8 exercises according to the proposed programs, three of which were mandatory exercises: pressing the barbell from the chest, sitting with the barbell on the shoulders, and pulling the barbell from below [13, 14, 15, 16].

The peculiarity of such training is: first, the training was carried out at a high intensity of no more than an hour, the weight of the barbell was 85-88% of the maximum, in several sets, 6-8 times. Repetitions led athletes to achieve maximum muscular and voluntary efforts, with short intervals between sets of 1 minute. Second, in each session, the wrestlers added 250-500 grams of weight to the barbell and attempted to perform more repetitions without deviating from the correct technique than in the previous session, and this process trained them to achieve maximal willpower. served [17, 18].

My 17-year-old wrestler's bench press strength increased by 13.8 kg (15.8%) over the course of 6 months of the proposed program. It increased by 14 kg (16%) in 18-year-old wrestlers and 12.8 kg (13.85%) in 19-year-old wrestlers. the strength of wrestlers in the control group engaged in old programs is on average 6.5 kg, according to our data - 5.8 kg, respectively; 8.2 kg; It was 6.4 kg.

During 6 months of training according to the program offered by us in the section, the body strength of sambo athletes increased by 11.7% in 17-year-olds, 15.4% in 18-year-olds, and 14.25% in 19-year-olds. And in the control group - by 5.16%, it was 6.5% and 8.3%, respectively.

According to the presented test data, after 9 months of training in the sports department of sambo wrestling according to the recommended program, the ability to sit with a barbell on the shoulders (an indicator of leg muscle strength) increased by 20% in 17-year-old children, increased by 19% in 18-year-old wrestlers and 19.1% in 19-year-old wrestlers. The improvement in strength indicators of sambo athletes in the experimental group is more obvious than in the control group, which is 10%, respectively; It was 11.6% and 14.4%.

According to the presented data, the composition of dumbbells weighing 4 kg in outstretched arms after training according to the planned program in the sambo wrestling department (strength endurance index) of a 17-year-old increased by 24% in teenagers, 20% in 18-year-olds, and 23% in 19-year-old wrestlers, compared to 12.9% in control wrestlers; It was 15 and 16%.

The physical loads received by the teenagers during training served to increase their physical qualities, first of all, their strength. Thus, in less than a year, the wrestlers of the experimental group gained significantly greater muscle strength than the wrestlers of the control group, who performed routine exercises to develop strength qualities according to outdated programs. Wrestlers significantly improved their deadlift, bench press, and shoulder squat strength. Also, the strength and endurance performance of the wrestlers left a very good impression. Thus, the program for developing strength qualities that we proposed had a positive effect on the dynamics of strength indicators of teenage wrestlers.

Our work and its results led to the following conclusions:

1. Psychological and physical preparation of young athletes is an integral part of the further process of growth of their creative activity and sports results.

2. Special strength training of wrestlers helps to increase their physical qualities, primarily strength and endurance.
3. Sports training aimed at the rapid development and improvement of strength qualities of 17-19-year-old wrestlers shows a greater increase in strength indicators than trainings that are traditionally aimed at teaching the basics of technique and developing movement qualities. provides.

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