

THE FEATURES OF EDUCATION THE CHILDREN THE SPORTS MELEE COMBAT ON THE INITIAL STAGE OF TRAINING



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Доцент кафедры ТиМ прикладных видов спорта и экстремальной деятельности, к.п.н.

Keywords: *melee combat, technical and tactical training, physical training, teaching children.*

Summary. This research is about the topical theme: improving the system of teaching children in sports melee combat, searching the new methods to improve the qualities of teaching taking into account the features of the child's organism.

ОСОБЕННОСТИ ОБУЧЕНИЯ ДЕТЕЙ СПОРТИВНОМУ РУКОПАШНОМУ БОЮ НА НАЧАЛЬНОМ ЭТАПЕ ПОДГОТОВКИ

Ключевые слова: *рукопашный бой, технико-тактическая подготовка, физическая подготовка, обучение детей.*

Аннотация. Данное исследование посвящено актуальной теме: совершенствованию системы подготовки детей в спортивном рукопашном бое, поиске новых подходов к усовершенствованию качества обучения с учетом особенностей детского организма.

The modern development of sports melee combat in characterized by increasing the competition in the sports arena, increasing the demands to technical readiness, particularly with the regards of changing the conditions in competition, caused with the constant improving of the competition rules. With the significant number of the researches and methodological works in technique of melee combat it is necessary to note, that one of the problem of he theory and practice of melee combat sport is a lack of developed methodologies for teaching children in

the early stages of training. Achieving of high results in melee combat is impossible without improving the system of primary education, where is important to lay the foundations of the correct execution of technical and tactical actions. Unfortunately, the little attention is paid on the theory of melee combat. The vast majority of researches have been performed with highly skilled athletes. Methods of primary education insufficiently takes into account the age characteristics of young athletes, largely repeats the teaching methods used by adults.

The object of the research is the training process in groups of initial training of children of 8-10 years during the course of sporting melee combat.

Subject of the research. Features of formation of technical and physical readiness of melee fighters in initial stage of training.

The hypothesis of the research was that the initial stage of training children to sport melee combat should be based largely on the development of physical qualities, and to a lesser extent on technical training.

The purpose of the research To determine the characteristics of teaching children on initial stage of education the sports melee combat.

The aim was concretized by the following objectives:

1. To analyse the existing methodologies for teaching children on initial stage of education the sports melee combat.
2. To identify the opinions of experts about the importance of developing the methods of teaching children on initial stage of education the sports melee combat.
3. To develop and experimentally test a method of teaching children to sport melee combat on initial stage of education the sports melee combat.

To solve the problems the following methods were used:

1. Analysis of scientific and methodological literature.
2. Questioning.
3. Testing.
4. Pedagogical experiment.
5. Methods of mathematical statistics.

Organization and results of the study. To study the methods of teaching children of 8–10 years old combat sports 63 literary sources were considered and analyzed. The literature review showed, that in various martial arts many methods of teaching children are offered, but methods for teaching children the sport melee combat are absent.

To identify the opinions of experts about importance of developing the methods of teaching children on initial stage of education the sports melee combat, as well as the development of tests for monitoring the level of technical and physical readiness the questioning was conducted. Questionnaires were administered at the Russian State University of Physical Education, Sports and Tourism, the Russian Federation of Army melee combat, All-Russian Federation of melee combat and coaching staff of military-patriotic clubs. Altogether were interviewed the 34 sports specialist of different sports qualifications (MS, CCM, MSIC, 1-gaps), judges of sports (1 judge-national category, international category), as well as

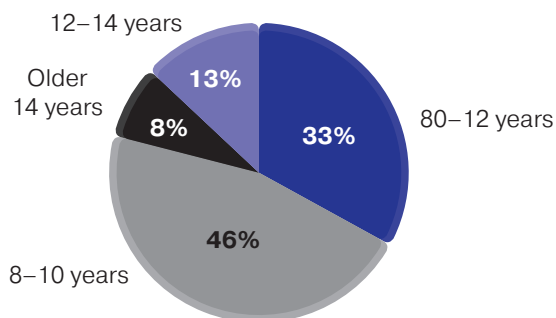


Fig. 1 The optimum age group for the start of classes in the melee combat section

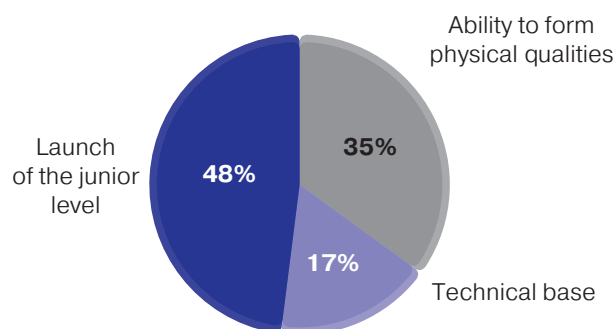


Fig. 2 Orientation educational activities at the initial stage of training in melee combat section

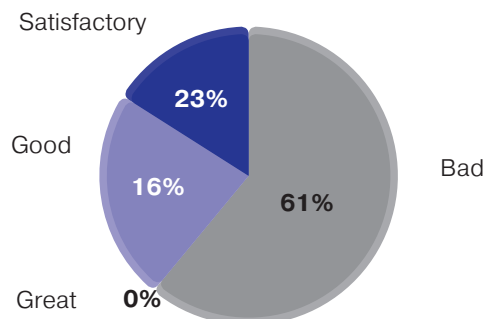


Fig. 3 Level of physical fitness of children on arrival in the sports melee combat section

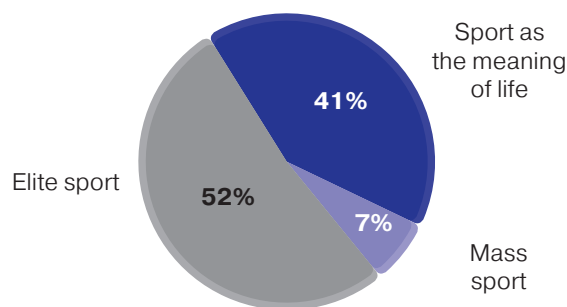


Fig. 4 The level of motivation of children at the initial stage of training in melee combat section

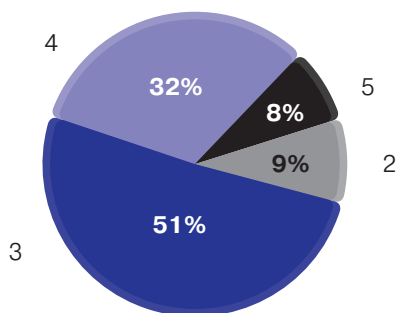


Fig. 5 The optimal number of training sessions per week for children at an early stage of training in melee combat section

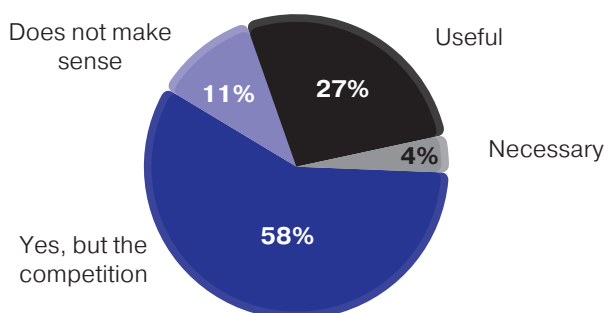


Fig. 6 Expediency of competition of children in the first year of training in melee combat section

teachers and coaches in various categories. The results of the survey are presented in Pic. 1-6.

On the base of the research the methodology of teaching children the melee combat on primary stage was developed. To test the developed method it was carried out the pedagogical experiment. The involved athletes were divided into 2 groups of 8 people. The first group was engaged in the usual manner, the second group trained on the experimental procedure. The experiment took place on the basis of municipal institutions leisure center «Izmailovo» in Moscow. It was attended by the children of the first year of training in melee combat section. Age groups of children are up to 10 years. The experiment took place in two stages. The first stage – from 1 September 2005 to 30 May 2006, in which the children were tested on tests developed by the RPT and TFP on the arrival to section. After summarizing the results of the test, the children were divided into two groups, roughly equal performance. The group number 1, «control», trained under the regular program of section of melee combat. Group number 2, «experimental», trained by the newly developed methods of teaching. Then, in May 2006, the two groups were tested by the RPT, TFP and technical training.

Total

experimental group

control group

186

Fig. 7. The results of the experiment

The second stage took place in the period from September 2006 to May 2007. Similarly, the two groups were tested by the same tests at the beginning and end of the stage with the tabulation of results. Pedagogical experiment results are shown in Fig. 7.

Output

1. Analysis of the literature showed that the little attention is paid on teaching children sports melee combat., and training techniques are absent.

2. Analysis of the opinions of experts identified key principles and directions in teaching children to sport melee combat, which are needed to create new teaching methods .

3. Developed methods of teaching children to sport melee combat on the initial stage of preparation involves in the first year of training making the main focus on the development of physical qualities, that later will have a positive impact on the development of hardly- coordination methods and techniques that require great physical strength

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