

INDIVIDUALIZATION OF TECHNICAL READINESS OF FIGHTERS OF FREESTYLE OF HIGH QUALIFICATION



**SULTANAKHMEDOV
Gadziakhmed**

Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE), Moscow Associate professor of theory and technique of single combats, candidate of pedagogical sciences, e-mail: gsultanakhmedov@mail.ru

**СУЛТАНАХМЕДОВ
Гаджихамед
Султанахмедович**

Российский государственный университет физической культуры, спорта, молодежи и туризма (ГЦОЛИФК), Москва
Доцент кафедры ТИМ единоборств, кандидат педагогических наук, e-mail: gsultanakhmedov@mail.ru

Keywords: *free-style wrestling, duels, morphological features, individualization, technical actions.*

Abstract. On the basis of the analysis of competitive duels of highly skilled fighters we revealed methods of fight of freestyle in a rack and in orchestra seats the most often applied in competitive duels and approach to an individualization of technical readiness of fighters of high qualification of different weight categories is developed.

GARKIN Nikolay

Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE), Moscow Teacher of theory and technique chair of single combats, 89167336952

**ГАРКИН
Николай Владимирович**

Российский государственный университет физической культуры, спорта, молодежи и туризма (ГЦОЛИФК), Москва
Преподаватель кафедры ТИМ единоборств, 89167336952

МАХМУДОВ Mekhtikhan

Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE), Moscow Associate professor of theory and technique of single combats, 89637144422

**МАХМУДОВ
Мехтихан Магомедханович**

Российский государственный университет физической культуры, спорта, молодежи и туризма (ГЦОЛИФК), Москва
Доцент кафедры ТИМ единоборств, 89637144422

ИНДИВИДУАЛИЗАЦИЯ ТЕХНИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ БОРЦОВ ВОЛЬНОГО СТИЛЯ ВЫСОКОЙ КВАЛИФИКАЦИИ

Ключевые слова: *вольная борьба, поединки, морфологические особенности, индивидуализация, технические действия.*

Аннотация. На основе анализа соревновательных поединков высококвалифицированных борцов нами были выявлены приемы борьбы вольного стиля в стойке и в партере наиболее часто применяемые в соревновательных поединках и разработан подход к индивидуализации технической подготовленности борцов высокой квалификации разных весовых категорий.

Relevance of research. The reasoned approach to formation of a technical arsenal of fighters of freestyle on the basis of specific morphological features with application of modern methods of research, is actual.

Intent: The purpose of the real work – to develop and experimentally to prove a technique

of formation of an individual technical arsenal of fighters of freestyle of different weight categories on the basis of morphological features.

Research organization. Research was conducted since October, 2013 – April, 2014) on the basis of RSUPESY&T and sport school on free-style wrestling «Vityaz». Included 4 stages.

Table 1

Characteristics of the athletes participants in the experiment (N=80)

Indicators	Group of examinees			
	1 group (U)	2 group (A)	3 group (T)	4 group C
	< 0,5 σ	X ± 0,5 σ	> 0,5 σ	X ± σ
Number of people	20	20	20	20
Body length, cm	162,5 ± 2,31	170,50 ± 2,83	176,74 ± 2,06	169,65 ± 5,52
The length of the legs, cm	85,30 ± 1,30	92,10 ± 2,10	95,00 ± 1,60	91,08 ± 3,80
The length of the body, cm	76,60 ± 1,20	78,90 ± 1,90	81,60 ± 1,60	78,57 ± 2,48
Arm length, cm	70,90 ± 2,90	75,60 ± 2,60	77,10 ± 2,80	74,51 ± 3,36
The index of body proportions, Дк/Дн ×100	89,86 ± 1,29	85,70 ± 2,00	85,94 ± 1,60	86,79 ± 3,70

Table 2

Experimental program of an individualization of technical readiness for morphological features

	Groups of examinees		
	1 group (U)	2 group (A)	3 group (T)
Stance	<ol style="list-style-type: none"> 1. Dumping by knocking down with capture for feet. 2. The translation by a dive under a hand with capture for a neck and a trunk. 3. It is bright rotation with capture by a hand. 4. The translation breakthrough for a neck and a shoulder from above; 5. It is bright «subcollar» with capture by a hand and a neck. 	<ol style="list-style-type: none"> 1. Stalls by knocking down with capture for a hip outside, the head inside. 2. Dumping by knocking down with capture of a hip from within, the head outside. 3. It is bright an inclination with capture of feet hands; 4. It is bright turn by capture of a hand and foot (a throw «mill»). 5. It is bright a deflection with capture of a hand and trunk. 6. It is bright a subcollar with capture by a hand and a neck. 7. It is bright an inclination with capture for a foot. 	<ol style="list-style-type: none"> 1. It is bright a deflection with «obvivy» feet. 2. Dumping by knocking down with capture by a hand and a trunk with a hook of the foot of the same name outside of (a throw «hook»). 3. The translation «vysedy» with capture for a shin; 4. It is bright pickup under both feet.
Ground	<ol style="list-style-type: none"> 1. Revolution by «setup» with capture for a trunk. 2. Revolution by «rift» with capture of a neck and hip. 	<ol style="list-style-type: none"> 1. Revolution by «setup» with capture by a hand and a trunk. 2. Revolution by the return capture of a trunk and distant hip. 	<ol style="list-style-type: none"> 1. Revolution by a setup with skrestny capture of shins. 2. Revolution with the «return» capture of a distant hip.

Results of information actual material are received. On results of this material high efficiency of an experimental technique of formation of an individual technical arsenal taking into account morphological features that confirmed competency of a hypothesis of research was proved.

Subjects. Fighters of freestyle against high sports qualification of 80 people (55 CMS and 25 MS) who were divided into 4 groups. As control

group (To) 20 fighters (tab. 1) training classes at which were given in the traditional program of 5 times a week for 3 hours were taken (1 hour in the morning, 2 hours in evening). The remained 60 participants of experiment were divided into three experimental groups on 20 people taking into account morphological indicators, namely on mean square deviations of length of a body (tab. 1):
 1 group (U) – undersized (M of =160-166 cm);

Table 3

Dynamics of sports and technical indicators by results of pedagogical experiment

Indicators and units of measure	Pedagogical experiment	Groups of examinees				p
		Control group	1 group (U)	2 group (A)	3 group (T)	
		X ± σ	X ± σ	X ± σ	X ± σ	
Attack interval, sec.	to	116,00±0,95	112,00±1,25	115,00±1,01	113,00±1,27	0,05
	after	99,00±1,50	83,00±2,13	87,00±1,87	82,00±2,10	0,002
Productivity, points	to	1,45±0,10	1,44±0,15	1,45±0,10	1,46±0,20	0,71
	after	1,51±0,05	1,64±0,10	1,65± 0,10	1,68±0,05	0,04
Efficiency, points	to	0,62±0,02	0,62±0,01	0,62±0,01	0,62±0,02	0,95
	after	0,63±0,01	0,63±0,06	0,63±0,02	0,63±0,04	0,93
Versatility, points	to	2,68±0,98	2,55±1,12	2,64±1,05	2,69±0,75	0,45
	after	4,18±0,05	5,93±1,19	6,00±0,10	5,81±1,20	0,007

2 group (A) – average height (M = 167–173 cm);

3 group (T) – tall (M = 174–179 cm);

4 control group (C) – fighters of freestyle of different weight categories.

Methods. Educational and training classes were given in the experimental program in the same hours of a week microcycle, as well as in control group. The main essence of distinction between these programs consisted in selection of technical actions on the basis of morphological features (tab. 2).

The experimental technique of training was under construction on individual style of maintaining a duel taking into account a constitution which makes an essential factor of achievement of high level of skill in any kind of single combats (A.G Stankov., 1995; Taymazov V.A., 1997, etc.).

In the experimental program of means and methods were selected by the principle of dynamic compliance (uniform, repeated, repeated and serial, interval, interfaced, complex) which were implemented in the direction of an individualization of training of fighters on the basis of pedagogical control on a complex of the most valid indicators.

Efficiency of the experimental program in various groups of examinees was defined by comparison of dynamics of sports and technical indicators, and also comparison of level of sporting achievements of fighters. The revealed

reliable distinctions of these indicators were the testimony of advantage of athletes of one group in comparison with another.

Discussion of results. Comparative results of calculation of indicators of competitive activity of examinees in the created groups show that at the initial stage of experiment there are small distinctions in the calculated sizes at fighters of different groups (tab. 3).

At the final stage of experiment the analysis of data testifies to quite certain tendency of improvement of characteristics of sports results of examinees of all groups, but thus with the expressed advantage in experimental groups (tab. 3).

As a result, at the end of pedagogical experiment three parameters of sports and technical indicators of examinees, except efficiency of receptions authentically increased. The last indicator and prior to experiment at examinees was estimated on «perfectly» therefore and at the end of research I remained at the high level.

Conclusion

1. Often applied techniques in competitive activity of fighters of freestyle in lungs, the srednykh and heavy weight categories are revealed: in orchestra seats - (easy – 35,1%, average – 42,6%, heavy – 22,3%), in a rack - (easy – 45,4%, average weight category – 29,9%, heavy – 24,7%).

2. Morfofunktsionalny features of athletes are authentically connected with the main four sports and technical indicators (productivity, an equipment versatility, efficiency and an interval of attack) within the following values of coefficients of correlation: $r = 0,61-0,81$. Thus the following indicators have the greatest impact: grasps of a shoulder, forearm; width of a knee, wrist; sagittal diameter cage heap; length of a body, foot, case, hand; body weight index; dynamometry of the right and left hands; jet and active resistance (BIA); fatty and lean body weight; water.

3. The approbation of an experimental technique of an individualization of technical training of fighters taking into account morphological features realized in three experimental groups showed high efficiency of this technique. Reliable data about increase in indicators of competitive activity (an attack interval are obtained ($p < 0,01$); productivity ($p < 0,05$); a versatility ($p < 0,01$)) in experimental groups. Also on indicators of sports activity representatives of experimental groups had the greatest, in comparison with athletes of control group, number of winners and prize-winners of competitions, the greatest number of victories in competitive duels ($p < 0,05$), including victories on «hulk» ($p < 0,01$), the smallest number of defeats ($p < 0,05$), including defeats on «hulk» ($p < 0,01$), the greatest number of the carried-out technical actions and the won points ($p < 0,05$).

List of references

1. Alikhanov of I. I. *Tekhnik and tactics of free-style wrestling* / I. I. Alikhanov. – M.: Physical culture and sport, 1986. – 304 pages.

2. Time E. Z. *Modern methods of research of structure of a body in sports anthropology* / E. Z. Godina//Modern Olympic and Paralympic sport and sport for all: 12 Mezhdunar. scien. Congr. – M, 2008. – T. 2. – Page 59-60.

3. V. M abbots. *Wrestling: studies. a grant for ped. in-t and schools* / V. M. Igumenov, B. A. Podlivayev. – M.: Education, 1993. – 240 pages.

4. Lutovinova N. Yu. *Morfologicheskaya characteristic of some groups of athletes* / N. Yu. Lutovinova, M. I. Utkin, V. P. Readers//International congress anthropological and entropologicheskikh of sciences: tes. report. – M, 1964. – Page 32-35.

5. Martirosov E. G. *Technologies and methods of definition of structure of a body of the person* / E. G. Martirosov, D. V. Nikolaev, S. G. Rudnev. – M.: Science, 2006. – 248 pages.

6. Mindiashvili D. G. *Encyclopedia of methods of free-style wrestling* / D. G. Mindiashvili; Krasnoyar. the state. ped. in-t. – Krasnoyarsk: Platinum, 1998. – 236 pages.

7. Podlivayev B. A. *The analysis of competitive activity of fighters of free and Greek-Roman style on the Olympic tournament in Sydney* / B. A. Podlivayev//the Theory and practice of physical culture. – 2000. – No. 9. – Page 33-38.

8. Potraty R. S. *Vzaimosvyaz of technical actions and morphological features of fighters of freestyle* / R. S. Potraty//Wrestling: year-book. – M, 2000. – Page 88-89.

9. Machines A. G. *Individualization of training of fighters* / A. G. Stankov, V. P. Klimin, I. A. Pismensky. – M.: Physical culture and sport, 1984. – 241 pages.

10. Shakhmuradov Yu. A. *Scientific and methodical bases of long-term technical and tactical training of fighters (on the example of free-style wrestling): synopsis yew. ... edging. ped. sciences in a look scien. report* / Shakhmuradov Yury Avanesovich; all Russian. scien. study - research. in-t physical. cultures. – M, 1999. – 27 pages.

