



DEVELOPMENT OF QUICKNESS IN YOUNG WRESTLERS THROUGH CIRCUIT TRAINING

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The article describes the methodology for movement speed in young athletes in the training process in a favorable age period. We present statistical data confirming the efficacy of the developed methods aimed at developing movement rapidity in young athletes.

Introduction. Finding the most effective methods to develop motor characteristics is one of the main objectives of sports training, as well as their application at critical or sensitive periods. This phenomenon is demonstrated in numerous studies, and if you do not use these periods, any improvements at a later age will be more difficult [1, 2, 3, 4]. Many experts suggest that there is a best time for the targeted development of certain physical qualities (movement rapidity, speed and power, etc.) for the harmonious development of the physical potential of young athletes. In these times of increased susceptibility of young athletes to the selective targeting of specially selected exercises [2, 3, 4]. According to several authors [3, 4] there is the need to focus development of physical qualities in a favorable age period. This raises the need to find new forms, tools and techniques that contribute to the accelerated development of motor qualities in young athletes in the training process. Since the greatest effect is obtained when the training coincides with the optimum period of motor function [1, 5, 6], and intensive development speed occurs at a young age of 9-10.

Purpose of research - development of methods of movement rapidity of young wrestlers from using targeted exercises for development of movement rapidity by the method of circuit training. The use of circuit training exercises with the use of targeted aimed at the movements rapidly development in training process used with the sensitive period of development of this quality will significantly improve of movement rapidity in young wrestlers.

Organization. To determine the effectiveness of the developed method movement rapidity of in young wrestlers (60 subjects aged 9-10 years) an experiment was performed. Classes in the control group kept a traditional curriculum. In the experimental group the training process of young athletes included special exercises for the development of movement rapidity with a certain dosage. The technique included four series of exercises using circuit training (15 seconds each), the rest interval between them was 30 seconds and 1 minute rest between sets of exercises. This technique was applied for 3 months. The complex circuit training exercise included the following:

Station 1. Running on the spot (on the test signal to strive as much as possible to touch the knees alternately rubber cord which is suspended horizontally at the height of the raised thigh at a right angle of the test);

Station 2. Jumping rope (the signal test strive to fulfill as many jumps on two feet);

Station 3. Raising the body of the supine position (on the test signal strive to fulfill as much as possible movements in the rest position, legs bent at the knees);

Station 4. Running with shin entanglement (the signal test to seek as often as possible alternately touching heels back of her hand placed at the moment on the gluteal muscles);

Station 5. Shuttle run 3x10 (in the original position high start facing forward);

Station 6. Boost up (from the first position, jumping up to the full extension of the body);

Station 7. The emphasis lying (crouching emphasis - an emphasis lying - emphasis squatting);

Station 8. Acceleration to 10 m (with Head Start).

Prior to the experiment, a survey of young athletes, to identify and assess the level of movement speed development were used the following tests: 1) running at 30 m (with a low start, evaluation of speed, reactive capacity, performed three attempts, counted the best score); 2) running at 60 meters (from the start of the evaluation of high speed, performed three attempts, counted the best score); 3) standing long jump (estimated speed-strength, performed three attempts, counted the best score); 4) shuttle run 3x10 m (estimated speed capabilities student); 5) jumping rope (on two legs, the estimation speed qualities); 6) jumps from a place (score power-speed, performed three attempts, counted the best score).

The results of research. The results, after statistical processing, provided evidence for the effectiveness of this method for the development of movement rapidity in young athletes. At the beginning of the experiment there was no difference in performance between young athletes in the control and experimental groups ($p > 0.05$). Monitoring the physical fitness of young athletes, held throughout the pedagogical experiment has shown the advantage of training with exercises for movement rapidity development (by the method of circuit training), as compared with the traditional method of training sessions (Table. 1, 2).

Table 1. Comparative analysis of physical fitness of the boys studied groups at the end of the pedagogical experiment

No	Control test	CG	EG	The level of significance
1.	Run on 30 m. sec	5.8±0.31	5.7±0.12	< 0.05
2.	Run on 60 m. sec	10.1±0.26	9.7±0.21	< 0.05
3.	Vertical Jump (Abalakov) cm	29.7±1.36	35.6±1.87	< 0.05
4.	Long Jump. sm	140.3±3.17	151.6±6.42	< 0.05
5.	Jumping rope (15 sec)	16±1.6	19±1.3	< 0.05
6.	Shuttle run on 3x10 m. sec	10.9±0.36	10.6±0.28	< 0.05

Table 2. Comparative analysis of physical fitness of girls studied groups at the end of the pedagogical experiment

No	Control test	CG	EG	Significance
1.	Sprint 30 m. sec	5.9±0.24	5.8±0.20	< 0.05
2.	Sprint 60 m. sec	10.3±0.28	9.8±0.17	< 0.05
3.	Jumping up (Abalakov) (cm)	28.3±1.96	33.6±1.76	< 0.05
4.	Long Jump (cm)	138.1±4.25	148.6±8.92	< 0.05
5.	Jumping rope (15 sec)	19.7±1.4	20.1±1.6	> 0.05
6.	Shuttle run on 3x10 m. sec	11.2±0.34	10.8±0.28	< 0.05

The results of testing the participants of pedagogical experiment show that the method of the experimental group is significantly more effective than the traditional system of education. Thus, the results of the research allowed determining an effective method for the development of movement rapidity in young athletes. These data confirm the presence of a period favorable for the of movement rapidity development of athletes young age. The efficiency of the program that was developed not only confirmed the positive dynamics of the experimental groups, but also superior performance test results for boys and girls of experimental group over those of young athletes in the control group. Summarizing, it can be stated that the findings confirmed our assumption that young athletes between the ages of 9-10 years have favorable opportunities for the development of movement rapidity.

Conclusions. The results of testing the participants showed higher efficiency of the proposed method in comparison with the program, used traditionally in the training process, and confirmed the effectiveness of its application for the movement rapidity development of young athletes. The improvement in all indicators was significantly higher in the experimental group and provides a strong argument in favor of the proposed method.

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