ABSTRACT: Purpose of work: to develop the system of individualization of the phased training in wrestlers. The system is directed on forming, development and perfection of own style of single combat. The synthesized system includes managing (coach) and control (athlete) subsystems. The system includes of the certain external environment from two blocks: rules of competitions and scientific knowledge. These two blocks are suffice of full determine the conduct of the system. It is marked that the last updates of rules of competitions (UWW) produce new, additional requirements to the level of development of the special endurancy. Background: One of main directions of perfection of sportmen’s training system is maximal orientation on individual bents and abilities of everyone, when choosing sport specialization, with development of whole system of many years training, with determination of competition activity’s rational structure [8, 9]. The work was fulfilled in the frames of combined plan of scientific & research works in the field of physical culture and sports of Ukraine for 2011-2015 by subject “Individualization of training process of qualified combat athletes”. Purpose of work: to develop the system of individualization of the phased training in wrestlers. METHODS: Participants: The study involved 92 wrestlers. All athletes have experience wrestling for more than five years. All athletes at this stage of training were regular medical examinations and were ready to conduct the study. Aim: To develop the system of individualization of the phased training in wrestlers. The system is directed on forming, development and perfection of own style of single combat. The synthesized system includes managing (coach) and control (athlete) subsystems. The system includes of the certain external environment from two blocks: rules of competitions and scientific knowledge, which determine behavior of system sufficiently completely. We have marked out main directions of management influences: training activity; competition activity; extra-training and extra-competition activities. Interactions both between managing and managed sub-systems and between external factors and all system of individualization of stage-by-stage training have also been stated.

REFERENCES
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