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РАЗВИТИЕ НАШЕГО ВИДА СПОРТА ЧЕРЕЗ ОБРАЗОВАНИЕ



## INDIVIDUALIZATION OF TRAINING IN WRESTLERS

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**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 include 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. Set and described intercommunication between managing and guided subsystems; between an external environment and all of system of individualization of the phased training. It is shown that a trainer sets the managing affecting sportsman to on to three to directions: block of training activity; block of competition activity; block of extra training and extra competitive activity. Conclusion. It is marked that the last updates of rules of competitions (UWW) produce new, additional requirements to the level of development of the special endurance. **Background:** One of main directions of perfection of sportsmen'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. Instruments: In this paper we used the methods: analysis and compilation of scientific and methodological literature and internet resources, pedagogical monitoring, questioning, analysis of competitive activity, testing of physical development, system analysis, system synthesis, "tree" purposes, statistical analysis. Analysis of competitive activities conducted by the results of wrestler's activities at the Olympic Games in Atlanta (1996), Sydney (2000) and Athens (2004) conducted interviews with leading trainers, experts, judges, academics. We analyzed all of the wrestlers who took the first five places (76 fights) at the games in Beijing Olympics (2008). We evaluated anthropometric physical and psychologically characteristics in champions of each wrestling style. Defined control tests of model characteristics of physical fitness of wrestlers. The relationship between the results of these tests and model-governmental performance styles were evaluated.

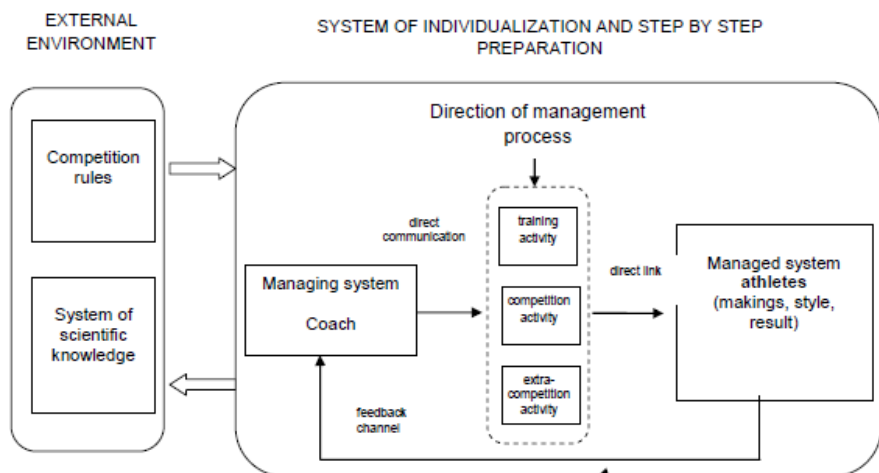


Fig. 1. Structural-logical schemes of individualization system of stage-by-stage training of wrestling

**CONCLUSIONS AND ADVICE FOR ATHLETES AND COACHES:** We have developed a system of individualization of stage-by-stage training in free style wrestling, which includes managing (coach) and managed (sportsman) sub-systems. For this system external factors have been determined, which consists of 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.

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