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TRENDS IN A THREE LEVELED SYSTEM OF MANAGEMENT IN THE PREPARATION OF HIGHLY SKILLED SPORTSMEN

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INTRODUCTION. Today, the development of relevant scientific and methodological stands simulating the competitive activities of athletes - it will allow the most reliable estimate of the marginal and reserve capacity of the organism and the human psyche, develop and plan the program of sports training, as well as to carry out their ball differentially corrected. Promising development of the theory and practice of the three-level management system training elite athletes (for example, combat sports) developed over 15 years [A.A. Novikov with collaborators, 2003, 2012, 2014]. It is important to understand that the components of the three-level system components include the main link - the actual competitive activity, which is presented as an exam level to control the level of athletes. Only such an approach, the athletes as the exam see the pros and cons of their training and the whole training process. Already on the main links of competitive activities (see. Table 1) we can see what the athletes have an advantage in the range of attack (IA), attempts to perform tricks without their realization. In most cases, athletes are competitive match in tempo style fight and, accordingly, a manifestation of sportsmanship of athletes have focused on the implementation of the type of tempo sportsmanship.

Table - 1. The basic elements of competitive activities of combat athletes.

N	Indicator		Interpretation
1	Effectiveness of attack	EA	The ratio of won points and the amount of won and lost points
2	Reliable protection	RP	The ratio of the number of thwarted attacks rival to the total number of attacking moves
3	Middle Scores	MS	The ratio of won points to all performed tricks
4	Attack interval	IA	The average time between estimated techniques and attempt to perform technical actions
5	Interval of successful attack	ISA	The average time between estimated methods
6	A variety of techniques	VT	Number of technical actions in different classification groups
7	Advantageous results	AR	The ratio of realized practices in rack to the sum of all tricks in front and on ground

If the athlete performs in wrestling match for a large number of techniques, it corresponds to the combination type. Thus, the assessment of the main links of competitive activities (CA) would continue on the second level, biomechanical analysis, elaborate recommendations for its further correction. Further, on the level of regulation of athletes body's systems: the central nervous, autonomic and humoral regulatory system - a third level, estimation of functional state dynamics (see. Table 2). Development of this area makes it possible to solve the most accurate assessment of the limit of human capabilities and backup, load planning excellence, coaching, developing, support and rehabilitation regimes that including interconnected to prolong a person's life after the active sport. The above provisions actualize the objective of the research: study the problems of implementation of scientific and methodological stands for the study limits and reserve capacities of man in sport.

Table 2. Elements of three leveled system management of preparing highly skilled athletes

Prediction of sports results					
Technical components				Tactical components	
Efficiency of attacks EA	Reliability protective actions RPA	Attack interval and the number of successful attacks AISA	Reliable performance reception in hindrance conditions	Quantity of methods of tactical preparation	The number of combinations in match Time of fight
Speed-strength preparation		Special endurance		Psychic condition	
Ave. time of spurt in the tournament, time for receiving	The number of power-speed action shackle	Time of conducting attacks in a fight: for 1 min, total	The summary of attempts and estimated attacks	Stability of emotional state	Lost scores by period Won points by period

The second link of the system is represented by the technical and tactical skills of fighters, special kinds of physical and psychological fitness. Personal skills assessment reliability of all systems for immunity from the defense and the ability to determine their identity (talent) in all aspects of sportsmanship. It is necessary to bear in mind the connection of drive links these levels with the individual characteristics of athletes (tempo, speed-strength and combination types of sports activities). Therefore, when planning training is necessary from an early steps fighters monitor and report on the growth of skills athlete gradually increasing the individual strengths of his hand, taking into account the specifics of the type of combat sports. From the first days of the training process is necessary to teach the athlete to record the whole process of training and competition, and analyze it based on the dynamics of the main leading indicators of process of sports perfection of the athlete. Also, it is necessary to assess the dynamics known in the art sports training indicators that characterize the growth of athletes sports skill. It is necessary to remember the words of the doctor of pedagogical sciences, Professor, Honored Master of Sports of the USSR N.G. Ozolin, who said: "The minor component of the training process used in the system dynamics will clear your invaluable help in the growth of sportsmanship." For example, carpal dynamometer are measured by indicators of the maximum effort in the morning, before training, after training. This allows you to determine the dosage amount of work for the coming day. One of the main indicators of growth of sportsmanship are the main elements of this process. Finally, the basic systems of the body, which depending on the individual athlete, which you must pay attention to these systems, the main load-bearing sports activities in fighters During registration, performance and continuous monitoring of the main parties of skill, you must also keep in mind changes in the rules of the competition. For example, until recently the athlete during the competition day may hold up to six competitive matches, respectively, an advantage in athletes tempo of the "pusher" with a well-developed special endurance. We believe that the best option would be for the spectacular fight during a maximum of two fights per day. Imagine what would happen if a boxer will spend six fights per day as it will look! In the periods of the ancient Olympic Games was kind of sport - "Pankration", a mixture of wrestling and boxing techniques. The winner of the competition, having a large number of matches, returned home and his dog, not recognizing him, ran away from him. For scientific and organized process of preparation is needed fighters daily registration and subsequent analysis of performance of its sports activities, as well as data reflecting the state of the systems of the body and psyche, providing a process for its preparation. For this it is necessary, in cooperation with the "Ministry of Sports - VNIIFC" to create scientific and methodological grounds, which will include: 1. Scientific and methodological stands that simulate competitive activity wrestler, boxer, swordsman, etc. 2. Inspection of the athletes performed during the simulation of competitive activity with the assessment of psychophysiological indicators, not in the remote laboratory, as is done today (because there is no scientific and methodological stands that simulate competitive activity). 3. The need to promptly assess the state of health and its individual units in the three leveled management system training of athletes. 4. Depending on the individual characteristics of each athlete chooses for himself his own version of a tactic of competitive fight and a way to receive tactical training performance. For example, the main methods of tactical preparation of sportsmen tempo type aimed at a permanent change grips, positions, interceptions; athletes speed-power type basically - snare, retention and avoiding grabs the opponent, the opponent waiting for mistakes; athletes combination type: challenges, hence the openness and tactics will be different, and planning for different things. The components are also different mental attitude. For example, the speed-strength type of endeavor to the hard, painful effects on an opponent; tempo type - tend to wear out, shove, do not give the opponent to concentrate force to make mistakes, etc.; combination - open struggle, suppression opponent cascade of technical actions, attempts to perform a reception for a minimum contact time, cause the opponent to an open struggle - a teen version of the most entertaining competitive conduct of the match. Scientific-methodical stand "robot opponent" should simulate all the above three types, as rivals athletes fighters different. In conclusion, it is important to show that the modeling department of motor activity in the sport, "physical culture and sport (VNIIFC)" continues to improve the management of the preparation of elite athletes. Currently, our main task is to develop a new version of the scientific and methodological stand "robot-athlete." Bearing in mind the thesis of Nobel Laureate I.P. Pavlov: "Science moves in jerks, as new research methods." Relevant thesis that if today we do not see beyond the horizon of subjects, with the help of new methods of research, we will be able to identify them.

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