TECHNIQUE OF POWER PREPARATION YOUNG BELBOGLI KURAS WRESTLERS 0F 12-13 YEARS

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ABSTRACT

In the present article examines the strength training of wrestlers, as well as proposed and experimentally proved technique strength training of young 12-13 years old belt wrestlers.

Keywords: Power preparation, physical training, power capabilities, power exercises.

INTRODUCTION

For years of independence in our country the practical measures providing mass sports, active forms of leisure of the population, especially children and the studying youth were step by step performed. In a state policy of Uzbekistan questions of future development of physical culture and sport in the country, teaching healthy generation have purchased the priority direction.

One of violently developing and priority sports in our country is national Uzbek fight – belbogl kurash (4). The problem of rational methods of creation of training process was always one of the major in sheathe to system of training of athletes. (1,3,4,5)

The analysis of scientific researches on questions of formation of sports skill of fighters has shown that recently the attention of specialists is directed to matching of the most effective remedies and methods of physical training which determine growth of sporting achievements (2).

Competitive activities on belbogli kurash substantially are characterized by complex development and manifestation of force in this connection in training process the power preparation is allocated. Importance of power preparation for wrestlers does not raise doubts as growth of level of technical and tactical skill is based on the high potential of their physical fitness (4).

Power training of the fighter is directed to carrying out, first of all, this or that acceptance with the application of the maximum muscular efforts in the shortest possible time and simultaneous preserving coordination structure of the carried-out movement. The insufficient level of development of muscular force at fighters is the reason of many technical and tactical mistakes, breaks rational structure of actions that has an adverse effect on indicators of technology of fight.

Research purpose - reasons for a technique of increase of power capabilities of young fighters of 12-13 years.

Research problems

1. To research the initial level of power readiness young belbogli kurash wrestlers of 12-13 years.
2. To develop a technique of power preparation young belbogli kurash wrestlers of 12-13 years.
3. To experimentally prove efficiency of a developed technique.

Research methods: theoretical analysis of scientific and methodical literature; pedagogical testing; pedagogical supervision; pedagogical experiment; methods of mathematical statistics.

The analysis of references was carried out at the first investigation phase. Its main objective was identification of a condition of a problem of research and determination of the main ways in the problem resolution of power preparation young belbogli of kurash wrestlers of 12-13 years**.**

Pedagogical supervision over development of force in young wrestlers , were carried out during educational and training occupations on belbogli kurash.

For determination of a level of development of power qualities young belbogli of kurash wrestlers of 12-13 years pedagogical testing has been held.

14 Wrestlers of 12-13 years, group of basic training, and the second year of training took part in pedagogical experiment.

Pedagogical experiment provided reasons for efficiency of a technique of power preparation young belbogli kurash wrestlers of 12-13 years.

The analysis of the obtained experimental data was performed by means of methods of mathematical statistics. The main statistics were calculated:

1. Selective average value $x_{everage}$:
2. Standard deviation of σ
3. For determination of reliability of distinctions Student's t-criterion was determined.

Calculations were carried out by means of the computer Microsoft Excel program.

Organization of research

Classes in power and high-speed and power preparation and in control and experimental groups were carried out 5 times a week. The control group was engaged by the technique described in the program for DYuSSh for fight of a belbogla кураш. In the course of power training of young wrestlers of experimental group the technique offered by us constituted on the basis of the analysis and generalization of data of scientific and methodical literature was applied. In implementation process of an experimental technique the method of short-term tension in such exercises as push-up, pulling up, squat with the partner of equal weight which were carried out repeatedly by series, with the increasing number of repetitions and intervals between series within 3-5 minutes was widely used. Rest between accomplishment was filled with relaxation exercises. With great success the power exercises which are carried out under natural conditions were carried out. It were jumps on sand, pulling of a rope, etc. Pronounced

power exercises, such as exercises with a bar, dumbbells were not given. Exercises with stuffed balls, kernels, with overcoming of dead load or the partner's weight, power games and other exercises in which in a certain measure both the speed, and force were shown have been in most cases used.

Results of research and their discussion. For the beginning experiment of essential distinctions in control exercises between experimental and control group was not. As a result of the last monitoring tests we have received the following dynamics. Considerable shifts have happened in experimental group in pulling up on a crossbeam, in push-ups on bars, push-ups in an emphasis lying. The shifts reached in a lazaniye on a rope - insignificant.

Table №1

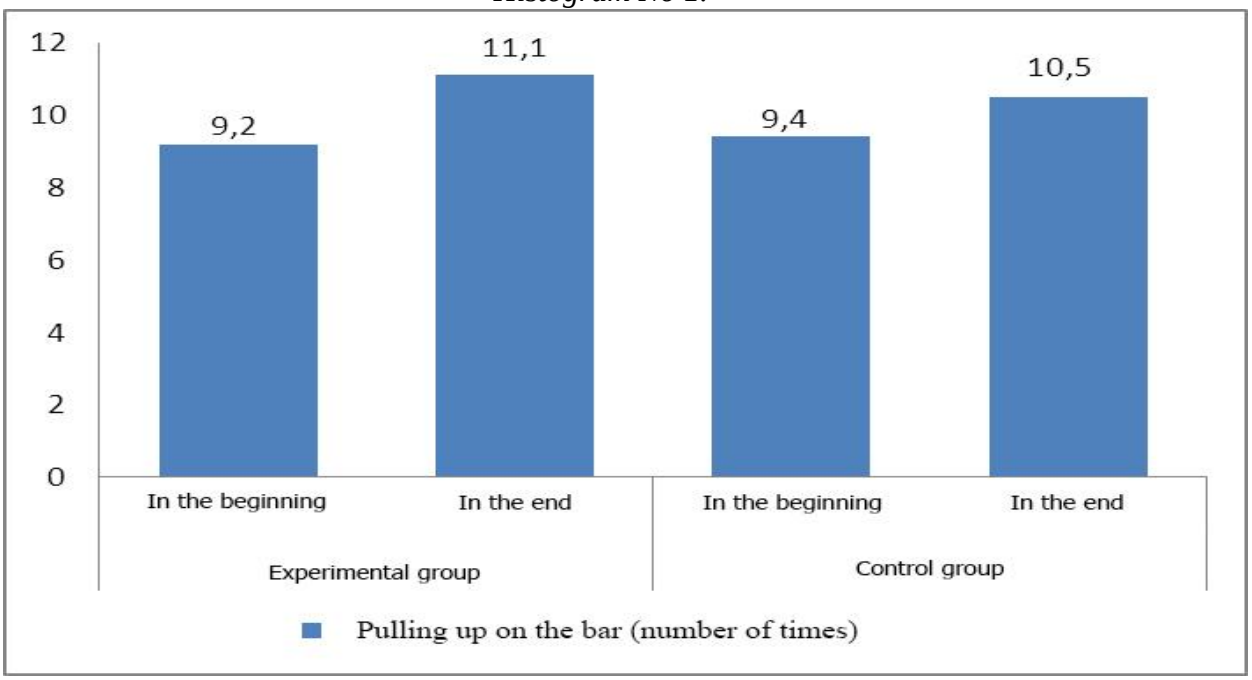
№	Indicators of strength training	Control group		t-ст	P	**Control group**		t-ст	P
		In the begining $\bar{x} \pm \sigma_n$	**In the end** $\bar{x} \pm \sigma_n$			**In the begining** $\bar{x} \pm \sigma_n$	**In the end** $\bar{x} \pm \sigma_n$		
1.	Pulling up on a crossbeam (number of Times)	9,2±2,1	11,1±1,6	2,28	<0,05	9,4±2,3	10,5±1,8	1,19	>0,05
2.	Climbing rope 5 m with a leg (s)	14,1±1,6	12,9±1,2	1,90	>0,05	13,9±1,8	13,2±1,5	0,94	>0,05
3.	Dips ((number of Times)	14,6±2,8	17,4±2,1	2,53	<0,05	14,4±2,6	16,7±2,3	2,10	<0,05
4	Dips in the emphasis lying (number of Times)	25,7±2,5	28,1±2	2,37	<0,05	25,4±2,5	27±2,1	1,55	>0,05
5	Raising the trunk from a prone position, hands behind his head (number of Times)	33,2±3,1	36,5±2,5	2,62	<0,05	33,6±3	35,4±2,9	1,36	>0,05

The mathematic-static analysis which data are presented in the table No. 1 has been carried out. According to the table No. 1 it is visible that before experiment practically all indicators of control tests, except the test " climbing rope 5 m. with feet (c))" have no statistical distinctions, i.e. it shows that, control and experimental groups uniform.

In experimental and control groups the following indicators are received:

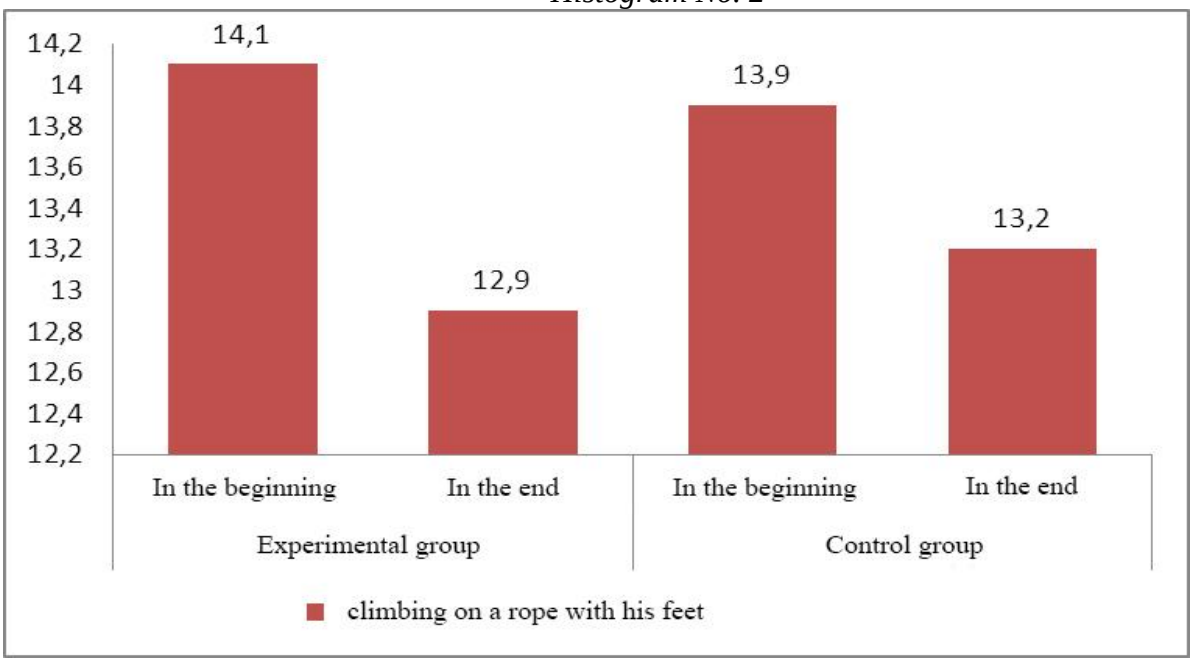
1) Wrestlers of experimental group "pulling up on a crossbeam (number of times)" have shown the following results in the control standard: at the beginning of experiment – 9,2 times, a standard deviation – ±2,1. After experiment respectively – 11,1; ±1,6. At the same time statistical importance P<0,05. Wrestlers of control group at the beginning of experiment – 9,4 times, a standard deviation – ±2,3. After experiment respectively – 10,5; ±1,19. At the same time the received results are statistically doubtful P>0,05. (Histogram N. 1)

Histogram No 1.



2) In the test to "a pulling on a rope of 5 m by means of legs (second)" wrestlers of experimental group at the beginning of experiment have executed on average exercise for 14,1 pages, a standard deviation – ±1,6. After experiment respectively – 12,9; ±1,2. At the same time statistical importance P>0,05. Wrestlers of control group at the beginning of experiment for 13,9 seconds, a standard deviation – ±1,8. After experiment respectively – 13,2; ±1,2. The received results are statistically doubtful P>0,05. (Histogram No. 2)

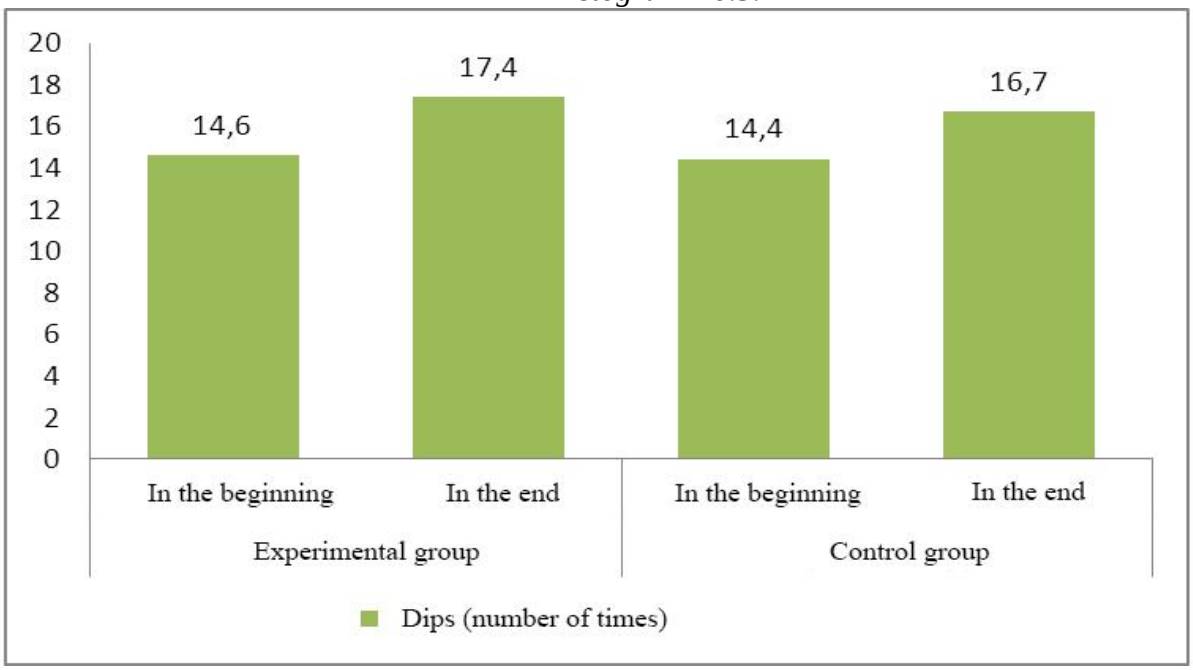
Histogram No. 2



3) Push-ups on bars (number 0f times) wrestlers of experimental group have on average executed at the beginning of experiment – 14,6 times, a standard deviation – ±2,8. After experiment respectively – 17,4; ±2,53. At the same time the statistical importance at the level

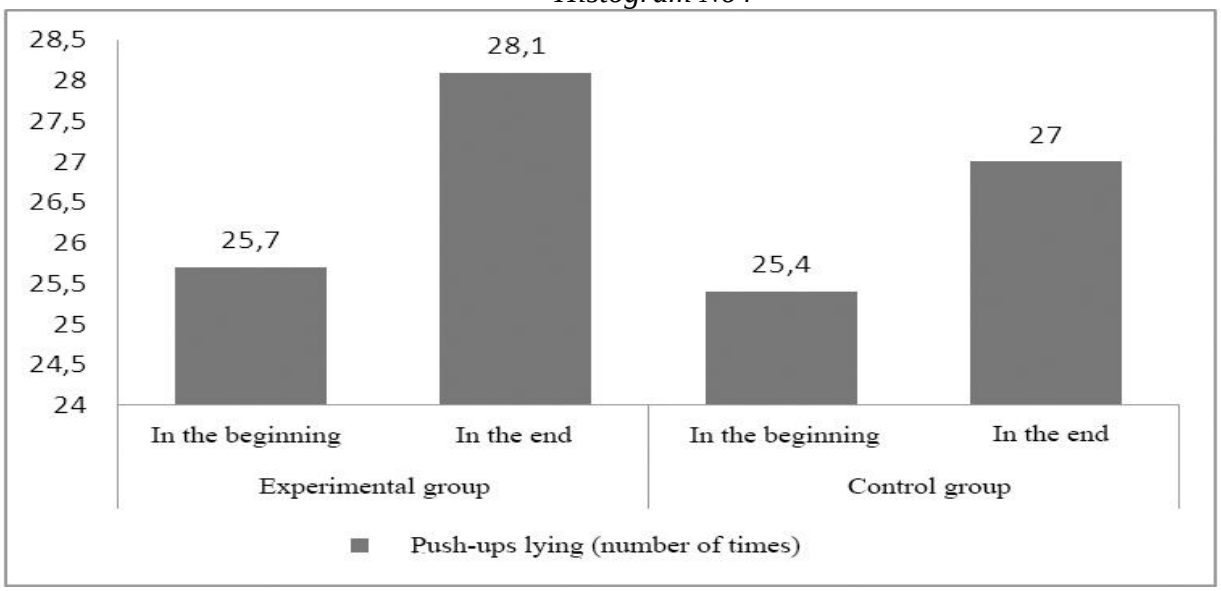
– P<0,05. Wrestlers of control group at the beginning of experiment – 14,4 times, a standard deviation – ±2,6. After experiment respectively – 16,7; ±2,3. At the same time the statistical importance at the level – P>0,05, results are statistically doubtful. (Histogram No. 3)

Histogram No.3.



4) In the control standard "push-ups in an emphasis lying (a stake. time)" experimental group at the beginning of experiment – 25,7 times; a standard deviation – ±2,5. After experiment respectively – 28,1; ±2,37. At the same time the statistical importance at the level – P<0,05. Control group at the beginning of experiment – 25,4 times; a standard deviation – ±2,5. After experiment respectively – 27; ±2,1. At the same time the statistical importance at the level – P>0,05, results are statistically doubtful. (Histogram No. 4)

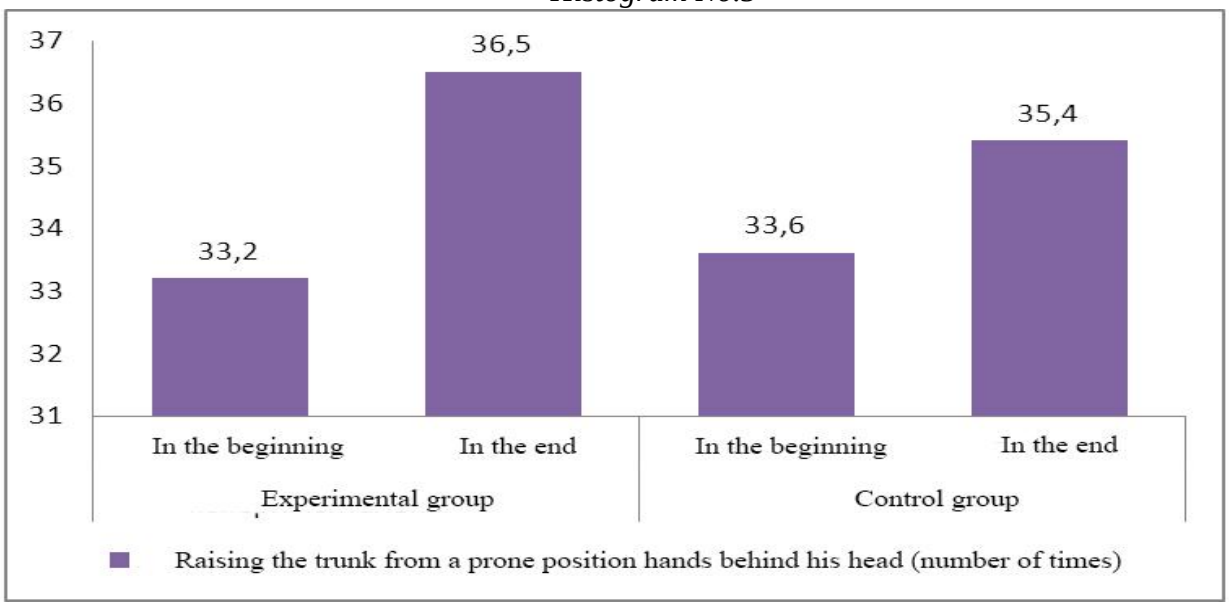
Histogram No4



5) Lifting of a trunk from a prone position, hands for the head (a stake. time) fighters of experimental group at the beginning of experiment have executed on average – 32,2 times; a

standard deviation – ±3,1. After experiment respectively – 36,5; ±2,5. At the same time the statistical importance at the level – P<0,05. Fighters of control group at the beginning of experiment – 33,6 times; a standard deviation – ±3. After experiment respectively – 35,4; ±2,9. At the same time the statistical importance at the level – P>0,05, results are statistically doubtful. (Histogram No. 5)

Histogram No.5



CONCLUSIONS

Thus as a result of dynamics of indicators of physical fitness which is carried out purposeful research on research young belbogli of kurash wrestlers , we have revealed a considerable gain in indicators of tests: "pulling up on a crossbeam", "push-ups on bars", "push-ups in an emphasis lying", "lifting of a trunk from a prone position, hands for the head". An insignificant gain in test indicators "to a lasagna on a rope of 5 m by means of legs" that speaks about need of increase in percentage of a task on improvement of high-speed and power exercises as the condition of physical standards of a humeral belt plays big value for high sports result.

Comparing results of development of power qualities, it is possible to conclude that it is expedient to carry out education of power qualities, mainly, by high-speed and power exercises. We will note that the method of the maximum efforts has been excluded from all training lessons. Experiment has shown that it is better to use the known main methods of performance of power exercise with burdening of small and average weight; a method of repeated performance of high-speed and power exercises (the last for independent training). Also it should be noted that all indicators of force have changed to the best.

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