

## DEVELOPMENTS OF EXPLOSIVE ACTIONS IN COMPETITIVE ACTIVITY OF WRESTLERS

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### ABSTRACT

The given problem is directly connected with development of explosive force, is an actual problem in high speed-power kinds of sports. Levels of explosive abilities during competitions often are a determinative of achievement of a victory. For measurement and development of explosive abilities by vertical standing jumps the measuring device which has been developed and created is called "SPORK". It is proved, that exercises with device "SPORK" use in vertical jumps are accelerated by development of explosive actions of sportsmen and it positively influences competitive result of young wrestlers.

**Keywords:** Activity, ability, functional to system, explosive force, explosive ability, formation, development, jumps, "SPORK", experiment, competitions, wrestlers.