

## DEVELOPMENTS OF EXPLOSIVE ACTIONS IN COMPETITIVE ACTIVITY OF WRESTLERS

**Javlon Mavlonboevich Ishtayev**

The Doctor of Philosophy on Pedagogics (PhD)  
Uzbekistan State University of Physical Education and Sport, Chirchik

### 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.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In separate articles under the theory and a technique of physical training and sports kinds (handball, football, volleyball) [2, page 140-141; 3, page 184-185] explosive force is considered as the physical quality based more on physiological mechanisms of explosive force which depends mainly on structure of muscles, biochemical processes, a parity of red and white muscles. Not denying it, it is necessary to notice, that concept explosive force includes two components: explosive which provides speed of reduction of muscles and actually power component. Last, being connected with efferent nervous system is shown and under the influence of other physiological, biochemical processes. If to consider in a context of interdependence of these two components among themselves becomes obvious, that the first component has a priority over the second as it is the starting mechanism in display of explosive force. Reduction of time of explosion of a muscle increases capacity of display of explosive force. It is necessary to note and a feedback - capacity of explosive force can be increased and for the account of increase of size of absolute force of a muscle. In the literature techniques on development of explosive force are resulted. Here it is possible to carry different jamping exercises without burdenings and jamping exercises mainly with optimum scales (30 % from the weight). Thus authors consider, what exactly explosive force develops better with burdenings [1, page 117-118]. I.M.Sechenov has connected for the first time impellent functions with functions of the higher departments of the central nervous system and noticed, that all infinite variety of external displays of brain activity is reduced definitively to only one phenomenon - to muscular movement [6, page 516]. S.L.Rubinshteyn writes, that movement, so-called any movement of the person, carries out eventually not body in itself, and the person, and its result is not only functional change of a condition of body, and this or that subject result made as a result of movement and change of a vital situation, therefore studying of impellent sphere should be inevitable a subject psychophysiological, and not just physiological research [4, page 351]. It is proved, that in development of abilities formation of functional systems in a bark of a brain which are formed in the course of this or

that activity lays. Having generated, they realise the mental functions facilitating mastering by necessary abilities, skills [5, page 66-69].

The aforesaid entirely concerns a problem of development of ability to explosive actions. S.L.Rubinshteyn, V.D.Shadrikov notice, that the person is not born with ready abilities, abilities develop during activity [4, page 447-448; 7, page 64-79]. Display of ability to explosive actions is a necessary condition of training process, it often acts as a determinative in an outcome of competitions. Therefore the finding of new ways of formation at sportsmen of ability to explosive actions (a basis of display of explosive force) is an actual, essential problem. Creation of scientifically proved methodology which would meet modern requirements, will influence acceleration of development of explosive force in high speed-power kinds of sports. At studying of existing techniques of measurement and development of explosive force of the sportsman we have come to conclusion, that they do not differ simplicity, availability, ease of use in training process, from the psychological point of view they completely do not show mechanisms of the realised self-control at which development of explosive abilities in sportsmen is accelerated. Considering the aforesaid, we create new methodology on development of ability to explosive actions which has received the name «SPORK», intended for measurement of height of vertical jumps from two feet [8, page. 37-41].

The given device allows to realise completely mechanisms of the realised self-control which include following links: «The purpose of activity accepted by the subject» (purpose), «Subjective model of significant conditions of activity» (model of conditions), «the Program of actually performing actions» (program), «System of criteria of success of activity» (criterion of success), «the Information on really reached results» (the information on result), «the Decision on system corrections». Results of work of the examinee can essentially depend On features of realisation of this device: speed, accuracy, standart and so on. This mechanism provides effective development of a psychomotility of vertical jumps in which process explosive ability of the sportsman successfully develops. For definition of influence of development of ability of explosive actions on competitive activity of fighters experiment in which four groups participated has been made: one experimental and three control. The experimental group trained in a week two-three times, making on five jumps. The height of jumps was measured by means of device "SPORK". On the basis of the received results average sizes were defined. Before each jump the sportsman defined a purpose which was an initial link of the mechanism of the realised self-control.

In competition «Barkamol avlod» which were spent before experiment fighters of experimental group TPK "Mercy" among four commands took last place, and after experiment in similar competitions they have essentially improved the sports results, having risen on the first place. Comparison of results of competitions to a gain of size of ability of explosive actions of fighters in the occupied places shows, that the command at which the total average size of ability of explosive actions was more has shown the best results. So, at sportsmen of a command of winners ("Textile worker") in the first competition the total size of ability of explosive actions was the highest and was equaled 33 sm, and in the second competition «Barkamol avlod» the highest indicator was at winners of second competition TPK "Mercy" which has made 38 sm. Indicative also the difference in a gain of ability of explosive actions before experiment is also. The biggest gain of indicators is marked again at winners of second competition TPK "Mercy" which is equal 11,2 sm, then at command TPK which have taken the second place of 3,8 sm, without changes at commands of the occupied 3-4 places. So, in experiment the considerable gain of abilities in explosive actions at

experimental group in comparison with three control has been revealed. It was promoted also by that during training to sportsmen with the help высотомера «SPORK» conditions at which the mechanism of the realized self-control was realized have been created. The device for measurement of height of jumps from two feet allowed to put before each jump constantly increasing the purposes at which the motive of achievement was formed, according to it and strong-willed efforts, and at achievement of the new purposes «the motive of success» promoted activization of the sportsman for conquest of the new purposes of action. In acceleration of development of abilities the important role return has played afferent and decision-making on system corrections. Improvement of competitive results is connected with formation of installations of the person, readiness of the sportsman to carry out explosive actions in the necessary competitive situations formed during training exercises.

## REFERENCES

1. Воробьёв А.Н. Тяжёлая атлетика: Учебник для институтов физической культуры. – Изд. 3-е. – М.: Физкультура и спорт, 1981.
2. Казаков П.Н. Футбол: Учебник для ин-тов физической культуры. – М.: Изд-во ФиС, 1978.
3. Матвеев Л.П. Теория и методика физической культуры. – М., 1991.
4. Рубинштейн С.Л. Основы общей психологии. – Санкт-Петербург–Москва–Харьков–Минск: Питер, 2002.
5. Самоненко Ю.А. Психология и педагогика: Учебное пособие для непсихологических специальностей. – М.: ЮНИТИ-ДАНА, 2001. – 227 с.
6. Сеченов И.М. Избранные произведения. Т. 1. – М.: Изд-во АН СССР, 1952.
7. Шадриков В.Д. Психология способностей // Психология индивидуальных различий: Хрестоматия / Под общей ред. Ю.Б.Гиппенрейтер, В.Я.Романова. – Изд. 3-е. – М.: Изд-во «Астрель», 2008.
8. ФАН-СПОРТГА. – Т., 2012. – № 2.