

Methods of Using Non-Traditional Means in the Training of Wrestlers

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Abstract: A sport that requires a unique combination of strength, agility and tactical intelligence, wrestling relied on traditional training methods. However, as the pursuit of excellence evolves, coaches and athletes are increasingly exploring unconventional means to improve their training regimens. This article explores innovative ways to use non-traditional tools in wrestler training to explore how these tools can contribute to skill development, strength building, and injury prevention.

Keywords: competition, technical training, wrestling training, skills, skills, wrestling practices.

The analysis of many major competitions shows that the biggest deficiency in the training of wrestlers is the backwardness of their technical preparation. Problems such as limitation of wrestling actions, performing all actions using force, not being able to prepare the opponent to perform the action, not being able to take advantage of favorable opportunities, not being able to organize a counterattack in time require serious work on the technical and tactical training of wrestlers.

There are so many and various wrestling actions that each wrestler chooses the most appropriate and suitable action for him based on his own capabilities, i.e. height, strength, speed, agility and other characteristics, and participates in competitions. can participate successfully.

During the period of regular training in sports clubs, the wrestler gets acquainted with all the main actions of wrestling, improves them with various partners during training and coaching sessions, and tries to perform them in competitions.

In wrestling training, each wrestler chooses some of the actions that he likes and suits his personal characteristics, checks their convenience in competitions, determines the ways of defense and counterattack, as well as determines the opponent's defense or counteraction. it is necessary to learn to behave, in short, to learn to perform flawlessly the action one loves and chooses.

The main weakness of many wrestlers is that they try to perform most of the wrestling actions learned during training, instead of improving them, mainly due to strength and endurance.

Of course, in such a situation, a wrestler with less experience and technical and tactical preparation may not be able to compete and achieve success, but in large tournaments, in meetings with highly experienced and comprehensively trained wrestlers, technical and tactical deficiencies lead to great results. unattainable.

A wrestler must improve and develop his technical and tactical skills from the first day he enters the ring until he leaves the arena. What bouquet of wrestling actions should famous wrestlers have? There are two different opinions about this.

First: If they say that the more wrestling actions and options they know, the higher their skills will be, supporters of the second opinion say that a famous wrestler is distinguished by his deep knowledge of several wrestling actions, his ability to perform them in any situation, and his elegance. The author is also a supporter of the second opinion.

Out of countless actions of wrestling, a wrestler should be able to perform two or three of them beautifully in order to defeat the opponent. For example, he should be able to perfectly know how to use a grapple and overhand against an attacking opponent, to apply such actions as a grapple, knot, and hook from the inside for defenders, that is, a wrestler who is retreating, as well as to prepare the opponent to perform the action. A wrestler must constantly improve his chosen actions, be ready to attack unexpectedly and accidentally for the opponent and perform the action flawlessly. Each wrestler should work together with a coach to choose the most convenient fighting action for him, based on his physical, technical and tactical preparation, as well as his personal characteristics.

Improvement of the selected combat action is carried out regularly. The learned action is learned with a non-resisting partner. The coach determines the most convenient option to perform the action with his student, based on the level of development of the wrestler.

In order to develop strong skills in wrestling, the coach suggests repeating the action 30-40 times without resistance from the partner. This method is widely used not only during the learning period, but also during the improvement period.

Further improvement of the technique is carried out with one-sided resistance of partners, and gradually the resistance is strengthened. In this way, the wrestler continues to improve his wrestling skills in training sessions and competitions.

One of the most necessary conditions for the successful execution of the chosen action is to hide one's intention, and to perform the action at such a time that it becomes a coincidence for the opponent. It is necessary to perform a distracting action in such a way that the danger seems inevitable, then the opponent will pay attention, and the situation will appear as the attacker expects.

It is necessary for a wrestler to gain strength in the process of improving his chosen action and to bring it to the level of automaticity due to repeating it many times. For this purpose, training with partners of different heights, weights, and postures allows them to practice wrestling in any conditions.

In the period of preparation for competitions, it is important to choose the right partners, especially in coaching and control competitions, in training exercises. When preparing for the competition, he checks the results of the combat actions he wants to use. At such a time, that is, in the control match, if the opponent easily eliminates his attacks, the fighter has doubts: whether his actions will work in the competition or not. ? Such a situation often occurs at training and sports meetings.

After training together for 15-20 days, the wrestlers get to know each other so well that it becomes impossible for Biran to perform the action. Therefore, a few days before the start of the competition, it is recommended to train with members of other teams who are not participating in this competition or with lighter weight, weaker competitors. While preparing for the competition, the wrestler should definitely try the new action that he has prepared, that is, he should check the implementation of the opponent's preparation method or combination in practice. Of course, they will be checked in a meeting with experienced wrestlers, but they will meet in the competition.

A wrestler who wants to achieve high results should observe future opponents, study their actions, fighting method, behavior, level of preparation in depth, analyze and draw up a plan for future meetings based on the work. In this, the opponent's standing position, favorite grip method, actions, preparation for action against the opponent, as well as strength, endurance, agility and the main fighting habit (method) are studied.

After that, together with the trainer, the actions of attack, defense and counter-attack against the opponent are repeated, prepared and practiced many times in practice. It is recommended to conduct competitions with partners who are similar to the future opponent and check their actions and methods.

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