

The Beginning of Young Sambochi through Special Games at the Preparation Stage Development of Physical Fitness

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Abstract. *The article describes the use of special games to increase the level of general and special physical fitness of young sambo wrestlers, to increase functional and basic physical fitness, develop competition skills, improve tactical thinking, increase the ability to compete in difficult situations, and use non-traditional methods quickly. The methods that develop the possibilities of implementation are shown.*

Keywords: *sports, initial training, skills, healthy stage, game tasks, sambists, coordination, ability, technical activity.*

It is characteristic of modern sports to constantly increase the requirements of all-round training of athletes. In such conditions, coordination and deep study of technical movements of young sambo wrestlers at the initial training stage is of great importance.

Children of different ages do not develop physical qualities at the same time. For the development of each quality, there are certain sensitive periods when it can achieve its greatest growth. They have specific characteristics of their abilities and have a genetically determined talent development program. In young children, interest in various motor actions increases significantly. The increased sense of competition leads them to look for new activities and learn unfamiliar things, especially in unexpected situations. Everyone tries not only to learn new movements, but also to master it with good partners. At this age, they can easily successfully master the most difficult movements. School-aged people, that is, 7-17-year-olds, are most suitable for learning activities that involve a well-structured program, which, in turn, has a significant impact on the formation of technical training. Currently, there are biological bases for the development of coordination abilities, and their development is carried out on the basis of the formation of a set of multiple tools. He manages to identify a great inequality in the development of the motor function of children and adolescents. Sambo wrestling is a sport full of various extreme actions, characterized by a specific task, strength, time and space parameters, complexity of coordination, etc. Represents complex tactical and technical actions and complexes within a range of activities. It supports the high growth rate of movement ability of 7-10-year-old sambo wrestlers in the initial training stage.

This contributes to the high plasticity of the central nervous system and the rapid development of the motor analyzer, which is expressed in the improvement of certain time characteristics of movements.[3].

Sambo wrestling takes a special place in training. According to a number of authors, improvement of physical development should be considered as one of the important sections of training of skilled athletes of various levels. Therefore, great attention should be paid to improving physical development in the training process, it should be considered as one of the important sections of training athletes.

In order to theoretically develop the research, the effectiveness of programmatic and methodical provision of sports and health training and the formation of physical development in the early stages of young sambo wrestlers was tested in the process of experimental research.

The study was carried out in the boarding school of the school of wrestling against children and teenagers. Young athletes of NG were trained according to the presented program on sambo. The TG training program includes the method of technical action games developed by us. In our style of play, leading exercises, game tasks preserve the general structure of the main competitive movement, the external biomechanical structure of technical movements. In their implementation, the conditions that help to develop motor movements are provided, they are carried out on the basis of psychological conditions of consistency and gradation, great attention is paid to physical development. The development of special games, game tasks, and the implementation of special right exercises for the development of physical qualities were based on simulation exercises. Simulation exercises have been used to prepare and improve the technical movements of various skilled athletes. They were allowed to think about the voluntary exercise technique, to facilitate its assimilation process, to increase the effectiveness of the implementation of contribution and functional capacity for the implementation of the necessary coordination structure of competitive exercises, to ensure effective coordination between motor functions. Game tasks and exercises recommended for use in the training of young sambo players are divided into two groups. The first includes special games, general development goals and exercises that help to expand motor experience, increase functional and basic physical fitness. The second group of games and tasks in a special direction. They help to acquire martial art skills, improve tactical thinking, act in difficult situations of wrestling, find non-traditional exits, support the fighting spirit in beginner wrestlers, and educate a sense of readiness to fight with an opponent. will help. Both game groups are aimed at improving the general and special training level of young sambo fighters.

The main focus of physical development training is the acquisition of new motor skills. To determine the level of physical development in children, we used two tests: 3x10 m and Romberg's complex pattern. In the test conducted before the start of the experiment, it was found that there were no significant differences in the level of physical fitness of ng and tg children: $p > 0.05$, 0.82 Student's t-test, $T = 0.07$ - in the Romberg sample). Exercises containing new elements were used in physical development education. Tasks aimed at physical development were carried out at the beginning of the main part of the training session, which is related to the development of high-quality qualities. Rest intervals were sufficient for relatively complete recovery. The amount of exercises for developing physical development in one session was insignificant, but they were included in almost every lesson. The main tool of physical development education is focused on accuracy and different signals (light, sound, object movement, etc.) Exercises were moving parts of the opponent's body and anticipating the positions that can be corrected in time, contributing to the changing situation in time and space or the unusual formation of the problem.

1. To create conditions that facilitate the development of motor movements, to implement the didactic principle of sequencing and gradation allows.
2. This method helps young sambo fighters to improve their general and special physical fitness level, expand motor experience, improve functional and basic physical fitness, acquire fighting skills, improve tactical thinking, improve their ability to fight in difficult situations, and improve their ability to fight in difficult situations. allows you to quickly find methods that are not available. It allows more accurate management of educational activities.

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