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Increasing the general and special preparidness of highly skilled sambo wrestlers is the basis of high performance

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Abstract

Purpose: development of effectiveness of offensive actions due to improvement of general and special physical fitness of highly qualified sambo wrestlers.

Methods: The study uses methods of analysis of scientific and methodological literature, questionnaires; pedagogical observations; biomedical methods, control tests characterizing special preparedness, pedagogical experiment, mathematical and statistical data processing.

Results: we could see that the experimental group had positive changes from the control group on all indicators. For example, the percentage of increase of hesitations while holding a special jacket was 26.9%, the percentage of increase of turns to methods on a special rubber was 13.4%, and the percentage of increase of hesitations on a turnstile was 16.6%. And the levels of special physical training of the participants of the experimental group showed us significantly positive results. From this, the "Kneeling waist raise method (in 30 seconds)" increased by 29.2%, "Shoulder raise method in 30 seconds" increased by 27.2%, and "30 front lunge method" increased by 19.9%. confirms the positive results of the program introduced by.

Conlcusion: We can conclude from the results of the tests that the new approach to the training process of highly qualified sambo fighters and the scientific-practical program developed together with trainers and scientists showed its effectiveness in all indicators. Nowadays, the fact that most sambo fighters in many countries have reached the stage of high sports skills and spend the training process only with competitions, does not have a negative impact on their general and special physical fitness. Therefore, we recommend to implement the program introduced by us in the training process with the consent of the trainers.

Keywords: sport, sambo, qualified sambo wrestlers, speed-strength qualities, technical-tactical movements, fights, skill, technical and tactical techniques, final, competitive activity, general physical fitness, special physical fitness, special endurance.

Introduction

High performance sports require coaches to take new approaches to preparing athletes who will perform well in international arenas. Many coaches agree that the sport is becoming more and more spectacular than yesterday. Olympic sports are developing in all areas. This might been given as an example of scientific laboratories being created in all countries of the world, scientific libraries, annual international conferences where subtle issues on the training of high-class athletes are discussed [3].

However, today, views on practical achievements require careful research in the field of non-Olympic types of wrestling such as sambo. This sport, included in the Olympic program, does not lag behind other types of wrestling, such as judo, freestyle and Greco-Roman wrestling, in terms of the level of research carried out by scientific and pedagogical personnel around the world [1].

Representatives of most of the CIS countries in the world have been taking the leading positions in terms of performance in sambo sports competitions [5]. Among them, the most advanced countries are representatives of the Russian Federation of Sambo, Uzbekistan, Belarus, Kazakhstan and Tajikistan. Technically correct and rational execution of the methods performed by the representatives of this country in standing wrestling and parterre has been reflected in international competitions in the last 10 years.

The result of sports as a product of competitive activity of independent importance for the athlete, coach, audience, sports organization and the country is determined by many factors. Among them, the individual characteristics of the athlete, the effectiveness of the training system, the material and technical conditions of training and competitions, the climate, geographical and social conditions of the competitions, etc. play an important role [4].

It is noted by all scientists and coaches that the stage of high sports skills is the period of the main competitions. Increasing the achieved level of special training and achieving high results in competitions are the leading tasks of this period [2].

Sambo differs from other types of wrestling not only with complex grips and with movements, technical actions in prone wrestling, but also in painful techniques on the legs, which require high accuracy and explosive power to achieve the established goal.

Methods

The study uses methods of analysis of scientific and methodological literature, questionnaires; pedagogical observations; biomedical methods, control tests characterizing special preparedness, pedagogical experiment, mathematical and statistical data processing.

Results and discussion

Having a huge arsenal of attacking actions in prone wrestling is just as important as having good standing throwing techniques. However, according to research, only a small number of countries win competitive fights ahead of schedule using painful holds. For a clearer picture, we examined the results of the world championships from 2019 to 2023, where we analyzed the results of combat and sports sambo among men, as well as among women. (Fig 1).

The undoubted importance of these results lies in the fact that the largest number of successful attacking actions used in prone wrestling are the Russian Sambo Federation and Uzbekistan. Azerbaijan and France shared the smallest number of successful painful holds.

Nevertheless, these data in no way provide an alternative to the fact that prone wrestling is much more effective than technical and tactical actions in a standing position. To determine the difference between them, we also analyzed the World Championships competitions from 2019 to 2023 (Fig 2).

Attacking actions used in a standing position are widely used in all countries of the world. Based on the results of Figure 2, we can conclude that sambo wrestlers from the Russian Sambo Federation, Uzbekistan and Tajikistan are favorites in using throws for early victories. Although members of the French national team participated in a small number of these World Championships, each of them reached the semi-finals and final places also.

Until 2021, the Men's Sambo Championships were divided into 9 weight categories. However, starting from 2021, men will continue their activities in all competitions divided into 7 weight categories (fig 3).

It's no secret that the reduction and change of weight classes have driven many athletes away from the sambo carpet. This may be due to the height and weight of the athletes, as well as the process of losing weight before the competition. However, the fact that the changed weight categories, incorporating many new sports stars, fundamentally changed the technical and tactical actions and the nature of attacks performed by weight categories, made many coaches think. We all know that the arsenal of techniques used in conjunction with the transition to a new weight class or the tactical actions used to perform them, the analysis of the average attacks per contest, and the reduction in weights have led to a natural

Fig 1. Analytical approach to the study of early victories in sambo using painful holds over the last 5 years at the world championships

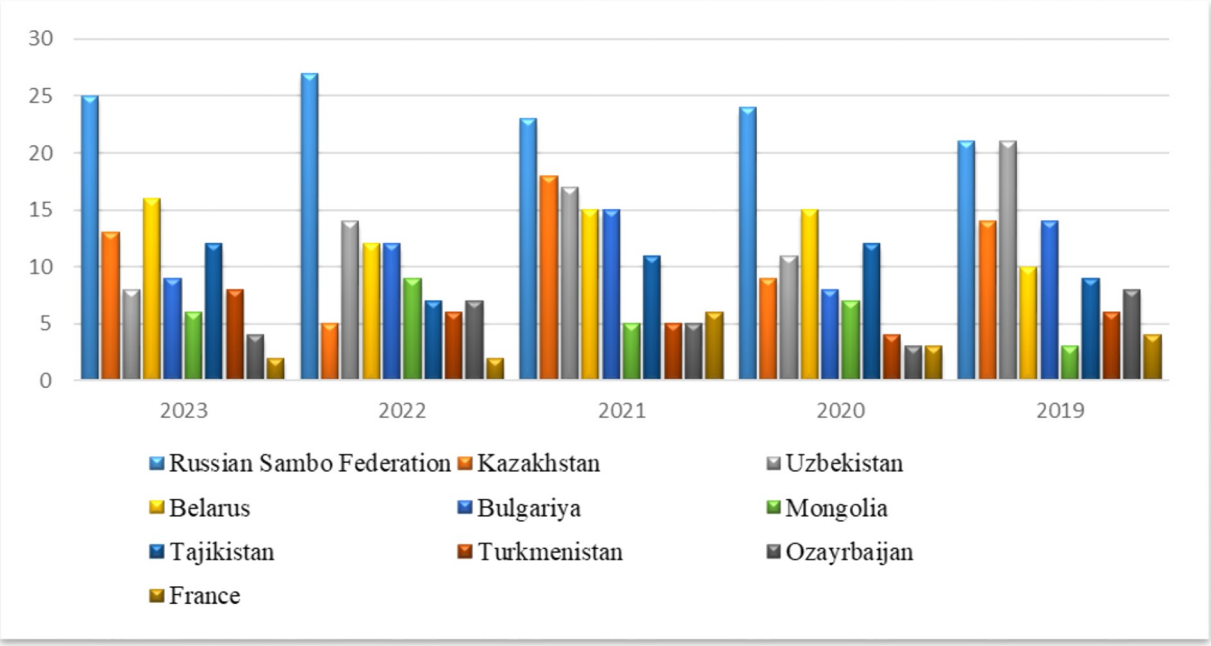
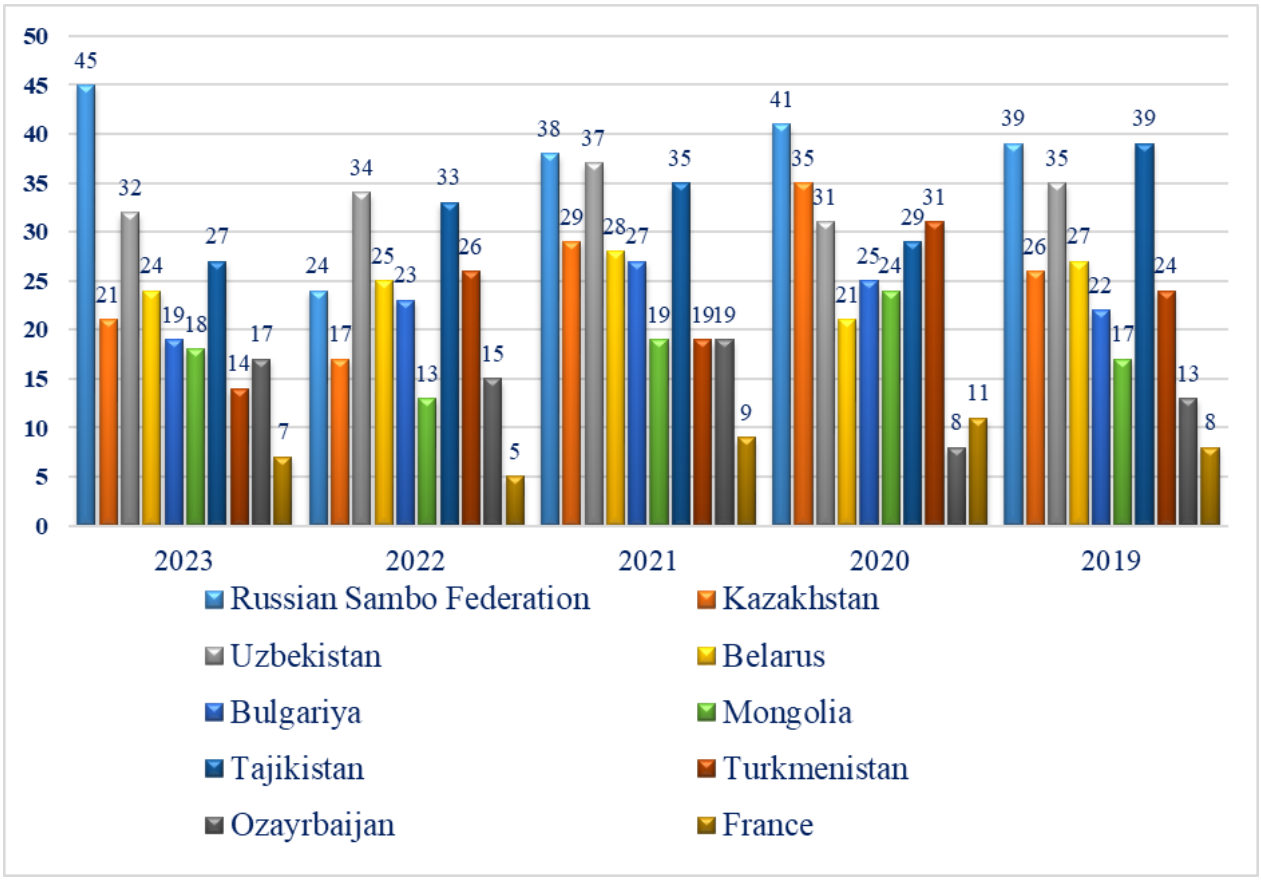


Fig 2. Analytical approach to the study of early victories in sambo using throws over the last 5 years at the World Championships



increase in the number of competitors in a weight class.

Before preparing sambo wrestlers for competitions, it is clear that increasing the above-mentioned qualities during the training process conditionally increases the positive probability of the competition. Therefore, the precision, technical correctness of the actions of the sambo fighter against the opponent, and the ability to take into account the opposing force of the opponent will bring the athlete to the top.

The research organized by us is aimed at increasing the general and special training of highly qualified sambo wrestlers in the training process, and is aimed at developing the level of training in order to increase the effectiveness of the attack. 36 athletes took part in our study, 6 participants in the 64 kg weight category, 6

Fig 3. Existing and newly introduced weight categories in Sambo until 2021 (kg)

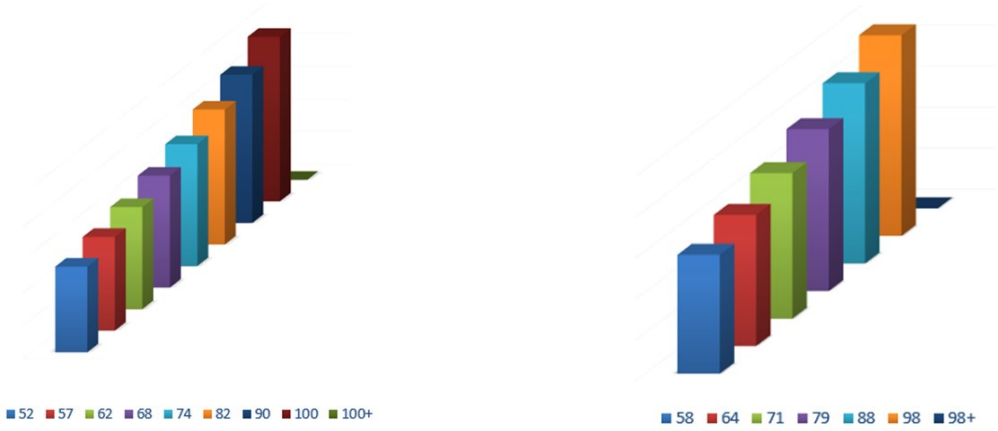


Table-1. "A complex of circuit training for sambo wrestlers at the stage of highest sports mastery to improve general and special training"

№	Exercise name	Quantity (distance) execution	Circles
1	Speed-running	100 meters	5
2	Half squats with a partner on the shoulders (the partner must be in the same weight category)	5 times	5
3	Jumping on hands (the performer's legs must be raised by the opponent's hands)	25 times	5
4	Long jump and signature throw	5 times	5
5	Turns on rubber for speed	15 seconds	5
6	Simulations of a signature speed throw with a partner	15 times	5
7	Practicing the signature throw for speed	5 times	5
8	Practicing the signature speed lock with a partner	5 times	5

participants in the 71 kg weight category, and 6 participants in the 79 kg weight category were selected from 18 participants in the control and experimental groups. There were 10 masters of sports and 8 masters of sports of international category in each group.

The average age of the athletes was 23±3.5 years. Our research was conducted from May to November 2023. In this mesocycle, the athletes took an active part in the training sessions held after the Asian Championship until the World Championship.

Table-2. "Dynamics of changes in general physical preparedness indicators in the control and experimental groups (n=36)

№	Test exercise	Until x± σ	υ	After x± σ	υ	growth (%)	$t_{кр}$	p
		Control group						
1.	*100 m run*	13,71±0,36	2,64	13,68±0,37	2,67	0,2	0,26	>0,05
2.	*Writing with folded hands while leaning on the hands*	72,89±1,57	2,15	73,89±1,53	2,07	1,4	1,94	>0,05
3.	*Pull-ups (thigh)*	24,33±1,57	6,46	25,39±1,61	6,36	4,4	1,99	>0,05
4.	*Pull-up while holding a special jacket (thigh)*	14,78±1,31	8,86	15,61±1,46	9,36	5,6	1,8	>0,05
5.	*30 seconds of twisting on a special rubber band*	33,17±2,04	6,14	34,44±1,95	5,65	3,8	1,92	>0,05
		Experimental group						
1.	*100 m run*	13,79±0,37	2,7	13,53±0,29	2,18	1,9	2,3	<0,05
2.	*Writing with folded hands while leaning on the hands*	72,17±1,42	1,97	76±1,37	1,81	5,3	8,22	<0,05
3.	*Pull-ups (thigh)*	23,11±1,6	6,94	26,94±1,73	6,42	16,6	6,89	<0,05
4.	*Pull-up while holding a special jacket (thigh)*	13,78±1,35	9,82	17,5±1,38	7,9	26,9	8,16	<0,05
5.	*30 seconds of twisting on a special rubber band*	31,94±1,70	5,31	36,22±1,7	4,69	13,4	7,56	<0,05

Notes: *x– arithmetic mean; Σ-standard deviation; υ – coefficient of variation; $t_{кр}$ – Student's t-test; p – significance level*

Table-3. Dynamics of changes in special physical preparedness indicators in the control and experimental groups (n=36)

№	Test exercise	Until	υ	After	υ	growth (%)	$t_{кр}$	p
		x± σ		x± σ				
		Control group						
1.	Speed -Twists (times) in 30 Seconds to Back Kick	35,33±2,52	7,13	36,28±2,52	6,94	2,7	1,13	>0,05
2.	30-second lunge (repeated)	16,67±1,64	9,87	17,67±1,57	8,9	5,9	1,86	>0,05
3.	30 seconds (repeated) to the kneeling method	12,78±1,06	8,3	13,67±0,91	6,64	6,9	2,7	<0,05
4.	30-second shrugs (repeats)	11,28±0,96	8,5	11,94±1,11	9,29	5,9	1,93	>0,05
5.	Throw in 30 seconds to the pre-kick method (once)	17,5±1,72	9,85	18,44±1,76	9,52	5,4	1,63	>0,05
		Experimental group						
1.	Speed Twists (times) in 30 Seconds to Back Kick	34,28±2,35	6,85	38,28±2,4	6,26	11,7	5,06	<0,05
2.	30-second lunge (repeated)	15,67±1,5	9,54	20±1,94	9,7	27,6	7,51	<0,05
3.	30 seconds (repeated) to the kneeling method	11,78±1,11	9,46	15,22±1,06	6,97	29,2	9,5	<0,05
4.	30-second shrugs (repeats)	10,61±0,85	8,01	13,5±0,99	7,3	27,2	9,42	<0,05
5.	Throw in 30 seconds to the pre-kick method (once)	16,5±1,47	8,88	19,78±1,83	9,27	19,9	5,93	<0,05

Notes: *x– arithmetic mean;* Σ*-standard deviation; υ – coefficient of variation;* $t_{кр}$ *– Student's t-test; p – significance level*

At the beginning of our study, we tested all athletes to determine their general and special physical fitness. These tests revealed the following indicators:

- running for 100 meters;
- push-ups;
- pull-ups;
- pull-ups with the uniform;
- twisting on a special rubber band.

In order to improve the training level of sambo players, we have developed a program called "A complex of circuit training for sambo wrestlers at the stage of highest sports mastery to improve general and special training" and introduced it to the training process in June of this year. (Table 1).

All exercises in this program were developed with the approval of the head sambo coach of the city of Tashkent, Tukhtapulatov Abdushukur. Sambo wrestlers trained 2 times a day, not including morning exercises. On Monday morning and Thursday evening they trained according to this implemented training program. The implemented program was applied for 5 months, and the athletes underwent tests according to the above criteria in a timely manner. At the end of the study, the athletes underwent final testing in terms of general and special physical fitness (Table 2, 3).

Conclusion

In addition, the levels of special physical training of the participants of the experimental group showed us significantly positive results. From this, the "Kneeling waist raise method (in 30 seconds)" increased by 29.2%, "Shoulder raise method in 30 seconds" increased by 27.2%, and "30 front lunge method" increased by 19.9% confirms the positive results of the program introduced by.

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