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Methodology for the development of pre-competitive training of young female wrestlers aged 12-14 in freestyle wrestling

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Abstract

Purpose: The purpose of the study is to develop a methodology for the development of pre-competitive training of female wrestlers aged 12-14 in freestyle wrestling.

Methods: In this work, theoretical analysis and generalization of scientific and methodological literature, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical and statistical analysis were used.

Results: The training process is carried out in accordance with the regularity of age development, the level of physical development and physical training of female wrestlers in freestyle wrestling. For this, first of all, it is necessary to take into account the morphofunctional features of young female wrestlers in freestyle wrestling. It is very important to pay attention to the fact that the development of the physical condition of young athletes is associated with other components. That is, the morphological and functional characteristics of young female wrestlers must correspond to the growth rates of their physical qualities.

Conlcusion: The development of a methodology that combines the conditions of training and competition based on the physical and physiological state in the development of pre-competitive training of female wrestlers in freestyle wrestling 12-14 years old seems to be very effective.

Keywords: freestyle wrestling, pre-competitive training, female wrestlers, speed-strength qualities, physical and functional capabilities, skill, technical and tactical techniques, general physical fitness, special endurance.

Introduction

A wide range of opportunities and conditions for the development of all sports have been created in our country, and the education of the growing younger generation as physically healthy and mentally mature has reached the level of state policy. In this regard, the work on the development of women's sports in recent years has also been intensively continued. Especially among teenage athletic girls, qualifying talented athletes, training them as skilled athletes who ensure high results in sports has become one of the tasks facing the field of physical education and sports. In particular, "wide promotion of wrestling among the population, identification, selection and selection of talented athletes, including female athletes, and the creation of a new system of training them as professional athletes" (Resolution, RP-336, 2022) are important reforms that are being carried out in our country. In this context, the organization of research work related to the training of female wrestlers in freestyle wrestling and the development of methods for the development of their pre-competitive training is relevant.

The purpose of the study is to develop a methodology for the development of pre-competitive training of female wrestlers aged 12-14 in freestyle wrestling.

The objectives of the study are as follows:

-Organization of training processes, taking into account the morphological and functional characteristics of female wrestlers aged 12-14 in freestyle wrestling at the stage of initial training;

-Substantiation of the methodology for determining the level of physical fitness of 12-14 year old female wrestlers in freestyle wrestling;

-Development of the basics of the methodology for the development of pre-competitive training by increasing the physical and functional capabilities of female wrestlers 12-14 years old in freestyle wrestling.

Methods

Our study was carried out on a sample of 12 junior female wrestlers practicing freestyle wrestling and aged from 12 to 14 years. In the present work we used methods of literature sources' analysis, pedagogical testing, pedagogical experiment, anthropometry, quality metering. Results of the measurements were processes with methods of mathematical statistic (MO Excel, Statistika).

In formation experiment experimental group of wrestlers took part of 12-14 years old age. Training process of experimental group was organized as per offered by us program of development of pre-competitive training of young female wrestlers in freestyle wrestling.

Results and discussion

The educational process of female wrestlers in freestyle wrestling of the Nukus College of Olympic Reserve was chosen as the object of the study.

One of the important tasks facing the scientists of the sphere is to increase the opportunities for women to go in for sports, the effective organization of their educational and training process, the fulfillment of loads based on their physical and physiological state, as well as the development of a methodology that includes the conditions of training and competition. "Currently, not only men, but also women are engaged in various types of wrestling. Working with women requires knowledge of the female body from the coach. It is very important to take into account the characteristics of the female body when drawing up the training process." According to this approach, each coach of an athlete should organize training sessions taking into account the biological characteristics and physiological processes of female wrestlers in freestyle wrestling. [2].

One of the effective approaches in this regard can be the organization of research work on the methodology for the development of pre-competitive training by increasing the physical capabilities of young female wrestlers in freestyle wrestling, as well as developing individual and team training plans for them.

In modern freestyle wrestling, various means and methods of training young female wrestlers in freestyle wrestling are used. Recently, domestic and foreign coaches pay special attention to the comprehensive physical training of young athletes. Indeed, at the stage

Table 1. Periods of increasing the physical and functional capabilities of female wrestlers aged 12-14 in freestyle wrestling:

Physical training				
Physical qualities		**12 years old**	**13 years old**	**14 years old**
Running speed		**	**	***
speed-strength		**		
General endurance			**	**
Flexibility		**		
Coordination		***	***	
general strength				**
Strength endurance		**	***	***
Technical training				
Technical training sessions	precision, sensitivity	**	**	
	Speed, accuracy		**	**
Special dexterity		**	**	**
Differentiation of muscle strength		***	***	
Tactical training				
Quick thinking	Speed	***	***	***
	Clarity			***
Psychological training				
Field of attention				**
Shifting attention		***	***	
Distribution of attention		***	***	
Stability of attention				***
Predictive reaction		**	**	***

Specification
*- a period of slow growth;
** - a period of rapid growth;
*** - the period when the growth rate is maximum.

of initial training, the foundation of general physical training is laid, then young female wrestlers in freestyle wrestling master the technique of wrestling, master tactical actions, which are the basis of the content of the educational process. The training process is carried out in accordance with the regularity of age development, the level of physical development and physical training of female wrestlers in freestyle wrestling. For this, first of all, it is necessary to take into account the morphofunctional features of young female wrestlers in freestyle wrestling. It is very important to pay attention to the fact that the development of the physical condition of young athletes is associated with other components. That is, the morphological and functional characteristics of young female wrestlers must correspond to the growth rates of their physical qualities (Table 1).

*- a period of slow growth;
** - a period of rapid growth;
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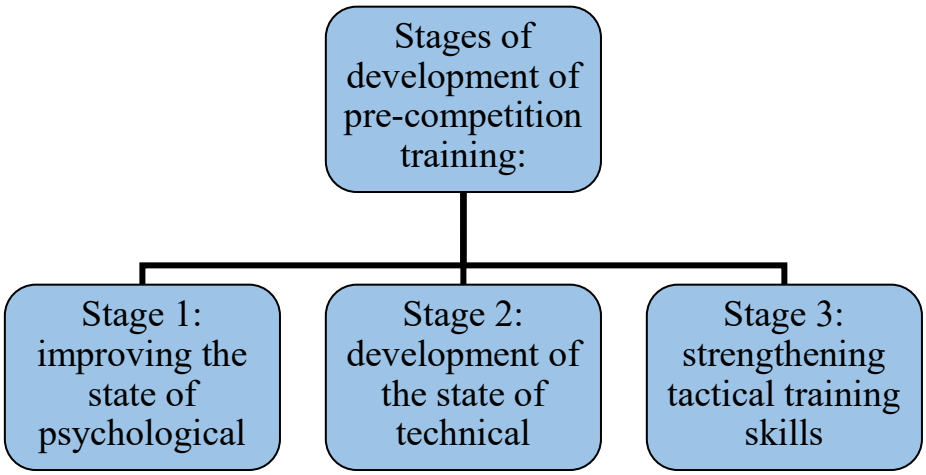
Based on the above-mentioned periods of increasing physical and functional capabilities, we have developed a methodology for the development of pre-competitive training of young female wrestlers in freestyle wrestling as follows:

According to this approach, the development of pre-competitive training of female wrestlers in freestyle wrestling will consist of 3 stages. In this case, it is necessary to develop measures to improve the state of psychological training in accordance with the first stage. In this, each coach can approach, based on their experience and qualifications. At the second stage, it is necessary to carry out work on the development of the state of technical training of young female wrestlers in freestyle wrestling. At the third stage, it is necessary to carry out work to develop the state of tactical training of young female wrestlers in

Table 2. Stages of development of pre-competitive training of female wrestlers

At the beginning of the experiment n=12 (EG)						At the end of the experiment n=12 (EG)			
№	Name	Shoulder throw	Back throw	Sweep	Combination	Shoulder throw	Back throw	Sweep	Combination
1	Ba-F.	5	6	5	4	8	9	9	9
2	Bo-M.	6	5	5	5	9	8	8	8
3	Da-S.	4	5	5	4	7	9	8	9
4	Er-O.	5	5	6	4	8	8	8	8
5	Ja-U.	6	4	5	4	8	9	9	9
6	Ku-A.	4	5	5	6	8	8	8	9
7	Ka-V.	5	5	4	4	7	8	8	8
8	To-q.	5	6	4	5	8	9	9	10
9	To-D.	6	6	6	5	9	9	9	10
10	UB-N.	5	4	5	6	7	9	8	9
11	So-A.	5	6	4	5	8	8	9	9
12	Sha-M.	6	4	6	5	8	8	9	9
$\bar{X}$		5,17	5,08	5	4,75	7,92	8,5	8,5	8,92
σ		0,88	0,68	0,54	0,52	0,87	1,08	1,08	1,12
V		17,02	12,45	11,38	10,41	11,69	12,65	12,65	10,14

Figure 1. Stages of development of pre-competitive training of female wrestlers aged 12-14 in freestyle wrestling



freestyle wrestling. When organizing the preparatory stages, it is important to plan the load taking into account the wave fluctuations of the OMC (ovarian-menstrual cycle) in women [3]. We organized the work of the pedagogical experiment on the basis of the stages of the methodology developed above. According to the implementation of technical actions in the current control, we made an assessment on the Tumanyan scale (Table 3):

1. Shoulder throw.
2. Back throw.
3. Sweep.
4. Perform a combination of these techniques. (maximum score -10)

Conclusion

The development of a methodology that combines the conditions of training and competition based on the physical and physiological state in the development of pre-competitive training of female wrestlers in freestyle wrestling 12-14 years old seems to be very effective.

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