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Improving the technical and tactical training of sambo wrestlers at the stage of in-depth specialization

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Abstract
Purpose: improvement of technical and tactical readiness of sambo wrestlers among 12-14 age at performing technical and tactical actions during the wrestling.
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: According to the results of the scientific experiment, it can be seen that the use of the largest increase was shown only by the number of throws in the control group, and in the experimental group for all indicators of the analysis. In addition, tests used not only in SAMBO, but also in other types of martial arts were selected for tests that characterize special preparedness.
Conclusion: The control over technical and tactical readiness is an obligatory component of the training system, ensures its effectiveness aimed at achieving sports results. The control system contributes to solving problems: maintaining health, achieving the planned level, preparedness and its rational implementation in competition conditions.

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

Nowadays, numerous scientific studies are being carried out in the field of sambo training, in particular, on the development of operational and strength training, technical and tactical skills, functional training, strength and coordination qualities among sambo wrestlers. (Arnis, 1994; Zatsiorsky, 1970; Gaskov, 2000). Scientific research on the theory and methodology of sambo was carried out on sambo wrestlers of different ages and qualifications, according to different training criteria (Ishkov, 2004; Pankov, Akopyan, 2004; Petrov, 2001). In particular, research work is being carried out to improve the methods of training athletes based on the priority of performing attacking techniques, standardizing training loads based on individual characteristics, and improving technical, tactical and physical fitness.

In the educational and methodological manual on sambo, F.M. Zezyulin calls tactical training a system. In the process of tactical training, a wrestler gains a variety of knowledge about the rules of competitions, the features of refereeing and the system of conducting competitions, the specifics of the use of preparing and the most important varieties of actions, and the readiness of one's own and the opponent's. During the competition, the athlete applies the accumulated information, analyzes all kinds of situations, the actions of opponents, makes a choice based on what he saw and his own knowledge. Tactics are based on special tactical skills, since all tactical goals performed by an athlete in competition require the implementation of these skills.

Therefore, tactics are not the first knowledge and skills that come across, but only those that are combined with cognitive mental processes. With their assistance, the wrestler receives information, saves it, analyzes and implements his ideas. Thus, all tactical operations are decided in the intelligence of the athlete. At the same time, it is essential to remove the motor element of activity from the concept of "sports tactics". Movements begin to work as a result of the chosen decisions, they should be considered as forms and methods of motor actions and be classified as sports equipment (Zezyulin, 2003).

The tactical and technical training of a wrestler - these two concepts are inseparable in sambo, it can be difficult to make out where the technique originates, where tactics end (Petrov, 2008). If we talk about technique, then we mean throws, defense against them, transfer to the stalls, holds, flips, exits to the required position on the ground. This is just a partial list of technical skills.

Tactical techniques include actions at the edge of the mat, behavior at the beginning of the fight, in the middle, at the end. They will differ in the course of the confrontation depending on the skill, assessment of their strengths and the strength of the opponent. This also in-

cludes the ability to suppress the opponent, reconnaissance of his intentions, intimidation, challenge, disguise, preparation of throws. The athlete must be able to destroy the actions of his opponent.

In special studies of various types, as well as in sports practice itself, it has already been sufficiently proven that a high level of physical fitness is extremely important for athletes of absolutely any specialization and qualification. As for the martial arts directly, many coaches agree that it is physical training that is decisive and even to some extent fundamental in the preparation of a wrestler. N.G. Ozolin believes that it is more appropriate to divide special physical fitness into two parts, namely (Ozolin, 2012):

- preliminary, which will be entirely aimed at laying a special foundation;
- the main one, which is aimed at a higher development of motor potential in relation to the requirements of SAMBO competitions.

It turns out that speed-strength training, as well as sports equipment in the SPT system, should be considered inseparable from the physical and functional fitness of athletes.

The main relationship between technique and physical fitness is the unity of motor qualities and skills, due to anatomical and physiological patterns, as well as the commonality of the conditioned reflex mechanism, which is the basis for the development of not only motor, but also physical qualities.

As a result of a special analysis of the structure of the sides of the physical fitness of combatants and the effectiveness of their competitive activity, which was carried out by A.V. Pankov and A.O. Akopyan, it was found that various aspects of physical fitness have a certain impact on sports results (Pankov, Akopyan, 2004).

G.S. Tumanyan emphasized the importance of observing the principle of individualization through an adequate selection of means and methods of training, determination of specific competitive characteristics, planning and control during the training process (Tumanyan, 2006).

According to a number of studies conducted by E.M. Chumakov, R.Naul, D.Binder, A.Rychtecky, P.Slepicka, it is important to control the characteristics of the opponent, improving the skills of maintaining the effectiveness of the technique to a certain extent during training and improving the quality of technical movements (Cahill and Baka, Richard, Naul, Binder, Rychtecky, Culpan, 2017; Slepicka, 1995).

The object of the study is the educational and training process of sambo wrestlers among 12-14 age, who are engaged in the sports club “SYLA” in Tashkent.

The subject of the research is the technical and tactical training of sambo wrestlers aged 12-14.

Materials and methods

The study involved 40 sambo wrestlers 12-14 years old. The weight category of athletes was in the range of 32-45 kg. These studies were carried out in the sports club “Syla” in the city of Tashkent from September 2 to December 20, 2021.

The developed program of the educational and training process to improve the technical and tactical preparedness of sambo wrestlers aged 12-14 provides for the features of combating the competitive load. It must be taken into account that in each fight the athlete must choose a pair according to the weight category, as well as according to the level of preparedness. At this age, athletes, being interested in showing a spectacular fight, try to perform the entire arsenal of techniques that they have worked out for a short period of time.

Results and discussion

Taking into account the age and qualifications of the studied sambo wrestlers, we have developed and implemented a program of the educational and training process to improve the technical and tactical preparedness of sambo wrestlers (Table 1).

It must be taken into account that in each fight the athlete must choose a pair according to the weight category and the level of preparedness. At this age, athletes, being interested in showing a spectacular fight, try to perform the entire arsenal of techniques that they have worked out for a short period of time. Such instability in tactical preparedness requires appropriate training of all muscle groups. When performing one or another technique in wrestling, the sambo wrestler must take into account the position of the opponent’s body, legs, as well as the amplitude of movement during attacking actions.

Sambo wrestlers of the experimental group trained according to our proposed pro-

Table 1. Training program of the educational and training process for sambo wrestlers at the stage of in-depth specialization

№	Name of the exercise	1st fight	Break time	2nd fight	Break time	3rd fight	Time to complete (min)
1	Roll call of sambo wrestlers, explanation of training and the upcoming load on special preparedness						4
2	Warm-up: running and acrobatic exercises						40
3	Wrestling for takeovers	3 min	3 min	3 min	3 min	3 min	12
4	Restorative rest						10
5	Grappling	3 min	3 min	3 min	3 min	3 min	12
6	Restorative rest						10
7	Wrestling	3 min	3 min	3 min	3 min	3 min	12
	Restorative rest (restorative massage with pairs)						10
	Final time						120

Table 2. Dynamics of technical and tactical actions of sambo wrestlers in fights competitive nature of the CG and EG (n=20)

Indicators of research		Control group				Experimental group			
		At the beginning	In the end	t	P	At the beginning	In the end	t	P
Fight №1	NG	41,5±2,5	43,5±1,5	3,07	≤0.05	42,5±2,5	45,1±0,5	4,56	≤0.05
	NA	15,5±0,5	15,75±0,25	2,00	≥0.05	15,5±1,5	17,5±0,5	5,66	≤0.05
	NTH	3,5±1,5	3,75±1,25	0,57	≥0.05	3,5±2,5	4,5±1	1,66	≥0.05
	HA	8,5±3,5	9,25±0,75	0,94	≥0.05	7,75±2,25	9,5±2,5	2,33	≤0.05
	SH	1,5±1	2,5±1,5	2,48	≤0.05	1,5±0,5	2,5±0,5	6,32	≤0.05
	PHA	3±1,5	3,5±2,5	0,77	≥0.05	2,5±1,5	4,75±2,25	3,72	≤0.05
	SPH	2,5±0,5	3,5±0,5	6,32	≤0.05	2,5±1	3,5±1,5	2,48	≤0.05
Fight №2	NG	40,5±1,5	42,5±0,5	5,66	≤0.05	41,0±3	42,75±1,25	2,41	≤0.05
	NA	13,0±1	13,5±1,5	1,24	≥0.05	13,75±3,25	14,0±2	0,29	≥0.05
	NTH	2,5±1,5	2,75±0,25	0,74	≥0.05	2,25±1,75	2,25±0,25	-	
	HA	7,5±2,5	8,5±0,5	1,75	≥0.05	7,5±3,5	8,5±1,5	1,17	≥0.05
	SH	1,5±1	1,75±0,25	1,08	≥0.05	1,5±0,55	2,5±0,5	6,02	≤0.05
	PHA	2,5±1,5	2,5±1,5	-		2,5±1,5	3,25±1,25	1,72	
	SPH	1,75±0,25	1,25±0,25	6,32	≤0.05	2±1	1,75±0,25	1,08	
Fight №3	NG	38,5±0,5	39,5±0,5	6,32	≤0.05	38,5±0,5	39,5±1,5	2,83	≤0.05
	NA	12,5±1,5	12,25±0,25	0,74	≥0.05	12,0±1	13,0±2	2,00	≥0.05
	NTH	1,75±1,25	2,25±1,25	1,66	≥0.05	2,25±0,25	2,5±1,5	0,74	≥0.05
	HA	6,5±0,5	7,5±0,5	6,32	≤0.05	6,25±0,25	7,25±1,25	3,51	≤0.05
	SH	1,5±1	2,25±0,25	3,25	≤0.05	1,25±1,25	2,5±0,5	4,15	≤0.05
	PHA	1,5±0,5	1,25±0,25	2,00	≥0.05	2±1	2,5±1,5	1,24	≥0.05
	SPH	1,5±0,5	1,5±1	-		1,75±0,25	1,5±0,5	2,00	≥0.05

gram 2 times in a weekly microcycle on the day of the fight.

Unlike existing testing methods, we have taken into account the specifics of SAMBO, and we recommend tests related to competitive fights (Table 2).

The increase in the parameters of special preparedness by the final stage of the experiment reached significant values in terms of the number of performances. So in the CG the values of "NG" were 39.5±0.5 at p≤0.05, the increase in the value was 2.6%, in the EG - 39.5±1.5 at p≤0.05, and the increase was 5.1 %. The average group indicators at the final stage of the research in the "NA" test were 13.0±2 for sambo wrestlers of the experimental group, the increase was 15.4%, at p≥0.05, and in the control group 12.25±0.25, an increase of 2%, at p≥0.05. A similar situation is noted in the average group indicators in the "NTH" tests, in the experimental group - 2.5±1.5, at p≥0.05, the increase was 11.1%, in the control group - 2.25±1, 25, the increase was 16.6% at p ≥0.05. In the average group indicators in the "HA" tests, in the experimental group - 7.25±1.25, at p≤0.05, the increase was 16%, in the control group - 7.5±0.5, the increase was 15 .4% at p ≤ 0.05. In the average group indicators in the "SH" tests, in the experimental group - 2.5±0.5, at p≤0.05, the increase was 100%, in the control group - 2.25±0.25, the increase was 50 % at p≤0.05. In the average group indicators in the "PHA" tests, in the experimental group - 2.5±1.5, at p≥0.05, the increase was 25%, in the control group - 1.25±0.25, the increase was - 16.7% at p >0.05. In the average group indicators in the "SPH" tests, in the experimental group - 1.5±0.5, at p>0.05, the increase was 14.3%, in the control group - 1.5±1, the increase was 0 %, which corresponded to the zero value of P. According to the results of the scientific experiment, it can be seen that the use of the largest increase was shown only by the number of throws in the control group, and in the experimental group for all indicators of the analysis. In addition, tests used not only in SAMBO, but also in other types of martial arts were selected for tests that characterize special preparedness. For example, attacks in wrestling are found in freestyle wrestling, and the grip in sambo also has its own specific features, in contrast to the grips used in judo. These tests have been tested by many researchers, they have the maximum number of reliable correlations and allow you to analyze and predict sports results.

Conclusion

The control over technical and tactical readiness is an obligatory component of the training system, ensures its effectiveness aimed at achieving sports results. The control system contributes to solving problems: maintaining health, achieving the planned level, preparedness and its rational implementation in competition conditions.

Unlike existing testing methods, we have taken into account the features of Sambo, and we recommend tests related to various types of competitions for the age of the subjects. The presented analysis of the control and accounting of the speed-strength qualities of technical and tactical readiness and their role in the effective implementation of specific motor potential confirms the complete solution of some problems of the system of special readiness in martial arts.

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