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The content and orientation of tactical training of fencers

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Abstract
Purpose: Determination of the features of the process of improving the tactical skills of fencers, and the search for ways to intensify it.
Methods: Analysis and generalization of data from scientific and methodological literature, experience of advanced coaching practice, competitive activity of athletes, registration and analysis of the technique of motor actions of athletes and its modeling.
Results: Anticipating the nature of the opponent's reflexive decisions after the end of the fight allows you to use an alternation of alternative actions (simple attacks and feint attacks, defenses with responses and counterattacks).
The most effective is the use of combinations with a probabilistic sequence of actions in a fight, completed by switching to countering one of the alleged intentions of the opponent.
It is also quite realistic to influence the tactical decisions of opponents by creating reflex interference in order to cause him to change the remote and momentary parameters of actions, inadequate switching from one action to another.
Conlcusion: The concentration of the fencer's attention serves to improve tactical thinking, which facilitates the search for ways to implement data about opponents and their own potential in competitions. Based on the manifestations of memory, the possible components of applying (reflecting) an injection (blow), achieving victory in a separate battle and competition, and the results of actions in similar situations (their own and other athletes) are analyzed. In addition, the possibilities of the opponent anticipating his intentions are taken into account, adequate decisions are made in limited periods of time.
The accuracy of representations and anticipations are improved in exercises to penetrate a complex protective barrier with a weapon, avoiding collisions with the opponent's blade in situations with significant changes in the speed and rhythm (amplitude and length) of weapon movements and movements of competitors.

Keywords:
Tactics, tactical knowledge, tactical intentions, tactical preparedness, individualization of training.

Introduction

The process of tactical improvement has a certain content, including, first of all, mastering the methods of preparation and application of a certain set of actions, the implementation of tactical intentions in specific competition situations. An integral part of it is the acquisition of tactical knowledge and specialization of manifestations of mental properties of athletes (perception, ideomotor representations, thinking, memory, motor reactions, individual psychological characteristics of personality), the result of which will be the formation of tactical skills and tactical qualities. In addition, the continuous improvement of a holistic view of fencing martial arts (its own doctrine), the individualization of the athlete's equipment in order to increase the effectiveness of the manner of combat and the realization of maximum opportunities in it to improve achievements in competitions.

Methods

Analysis and generalization of data from scientific and methodological literature, experience of advanced coaching practice, competitive activity of athletes, registration and analysis of the technique of motor actions of athletes and its modeling.

Results and discussion

Tactical training of fencers is characterized by its general theoretical and methodological foundations. At the same time, when forming methods of tactical training in types of weapons, it is necessary to take into account the discrepancy between the significance of specific means and tactical components, the level and range of manifestations of specialized skills and qualities arising from the peculiarities of conducting duels. And this is an objective way of developing each type of fencing, since the composition of competitive activity and its functional foundations are formed depending on the conditions of martial arts determined by the rules of competition. After all, fighting on different types of weapons differs significantly, for example:

- the scope of application and effectiveness of types of attacks and means of countering attacks;
- the composition of the preparatory ac-

tions;

- the volume of the maneuver along the track;
- the duration of the fights;
- typical distances and positions of weapons before a fight and many others.

These provisions determine the peculiarities of assessing the importance of actual and preparatory means and varieties of tactics for building fights, the importance of developing individual qualities in individualizing the training of athletes for each type of weapon. In the tactical improvement of fencers, installations should be optimally combined to increase the general level of preparedness and manifestations of specialized skills (corresponding to the model of fighting on each type of weapon), as well as to identify the individual characteristics of athletes in order to fully embody their abilities.

In competitions there is a constant opposition between offense and defense, means of preparation and the implementation of specific tactical intentions. The effectiveness of different types of fighting tactics, the adequacy of the distances used, individual actions and other components of martial arts are checked. For each fencer (taking into account the level of qualification, individual psychophysical characteristics, and equipment for countering opponents), the importance of mastering various means of tactical combat is not the same. At the same time, based on the generalization of experience, the directions for mastering the actions of attack and defense, the tactical components of their preparation and application are determined.

Mastering the tactical essence of offensive and defensive actions. The content of the training:

- mastering the implementation of typical tactical tasks for the application of varieties of actions;
- expanding the range of means used;
- expansion of the scope of means of attack and defense for use in certain combat situations.

Mastering the tactical essence of preparatory actions. The content of the training:

- mastering the implementation of the most important tactical tasks based on the application of preparatory actions;
- expanding the range of training tools used;
- expansion of the volume of training facilities for use in certain combat situations.

Rational selection of means of attack and defense. It is based on the expediency of mastering several actions of different tactical essence than a range of means of one tactical variety. So, it is better to have an attack, a defense with a response and a counterattack as part of the actions than three options for counterattacks. Two variants of counterattacks in different sectors are more likely to be more effective than both in the same sector, etc.

Selection of preparatory actions. It is very important that they correspond to the actual equipment of the athlete to the greatest extent. For example, an athlete who successfully uses feint attacks should also strive to master the means of fighting against counterattacks, since opponents will inevitably counterattack him over time.

Mastering the tactical essence of combat situations. It includes the study of their typical varieties, composition and means of implementing intentions, the most effective ways to solve similar tactical problems. The content of the training:

- countering approaching enemies;
- countering retreating opponents;
- countering opponents using a variety of weapons training;
- countering opponents fencing with lowered (moving) weapons;
- countering opponents with a typical weapon position (top position).

The specialization of a fencer's thinking primarily includes the ability to find tactical essence in actions (behavior), intentions and states in battles (own and opponents'), the competition environment and factors arising from participation in training and competitions. It is also necessary to take into account the possibilities of using tactical deception options. The level of tactical thinking is embodied in the adequacy of the choice of military means, tactics of building battles, behavior in competitions.

The tactical thinking of a fencer in the preparation and application of deliberate actions is based on anticipating the intentions or other tactical components of the opponent's actions. At the same time, as the fencer's skills improve, an increasing role is assigned to preparatory actions, the use of intelligence and the implementation of its data in attack and defense, as well as the use of camouflage, challenges and maneuvering to influence the tactical decisions of the opponent.

The choice of combat action and the prep-

aration of its use are ambiguous. Many aspects of a fencer's tactical preparedness are interconnected in them, but above all, the general level of tactical knowledge (understanding the tactical essence of valid and preparatory means), the amount of information about the intentions and possible actions of the opponent, and the peculiarities of his fighting style.

Tactical knowledge ensures the accuracy of the assessment of combat situations and the adequacy of the selection of funds, taking into account the qualifications of the opponent, comparing many factors interacting during the duel.

Taking into account the tactical essence of combat operations and their possible effectiveness in certain situations makes it possible to make the optimal choice of combat weapons given the available amount of information about the opponent.

The most important tactical information for immediate use in selecting action can be a variety of knowledge, for example:

- assumptions about the enemy's upcoming attack, counterattack, defense and response, preparation;
- data on the sector of completion of attacks;
- data on the content and possible amplitude of the preparatory movements of the weapon, the length and speed of movements (approaches and retreats);
- the degree of readiness of the enemy to perform actions;
- the sequence of his intentions;
- positions of the weapon before the start of the fight.

Generalization of competitive experience allows us to recommend provisions governing the choice of certain actions, their varieties, if there is specific information about the opponent:

1. When anticipating the defensive and attacking intentions of the enemy, the position of the weapon before the fight (the direction of the preparatory movements of the weapon), the initial distance and the possibilities of its changes, the effective use of conditioned actions is really effective.

2. The effectiveness of countering conditioned means without knowing the details of their implementation is possible only through the use of generalizing defenses, attacks and responses with a choice, attacks with powerful actions on weapons and maximum speed of execution.

3. Data on the length of attacks and approaches allow you to specify the duration and number of movements in attacks, the moment of taking defenses and the beginning of counterattacks.

4. The assumption that the opponent does not have a deliberate defensive attitude makes it possible to use attacks and responses with choice and switching with great efficiency.

Improving the adequacy of the choice of deliberate actions is carried out in exercises called “combat reconnaissance”, as well as using combinations of actions starting with camouflage and challenge. In such exercises, training is initially performed, to which the coach (partner) reacts with one of the options of counteractions. The student interrupts the fight, chooses a combat technique adequate to the expected situation, and then attacks or defends himself depending on the content of the information received.

The choice of action is significantly influenced by the conclusion about the results.

Along with the development of tools that influence the choice of actions of opponents, it is advisable to exercise to increase resistance to reflex interference that occurs when performing attacks and defenses.

Fencing combat is also saturated in many ways with fights in which an athlete is forced to fight in unexpected situations (act impromptu), choosing and applying means based on the speed and accuracy of motor reactions. The improvement of the mechanism of simple and complex motor reactions (spatial, temporal and spatiotemporal anticipations) leads to the development of specific qualities of fencers - "weapon sense", "sense of distance", "sense of time". All of them, combined with technical and tactical preparedness, make up the "sense of combat" - the main specialized quality of qualified fencers. Consequently, the actions of fencers in unexpected situations are based on specialized skills based on manifestations of motor reactions and spatial-temporal anticipations. The development of specialized skills is carried out in the process of improving the variety of actions, as well as in exercises for modeling length and speed (rhythm, amplitude of actions), in situations with spatial and temporal uncertainty of interaction with a coach (partner).

In the process of tactical training of a fencer, manifestations of mental qualities

Table. Tactical criteria

TACTICAL CRITERIA	VARIETIES OF MANIFESTATIONS
Athlete's readiness level	Deliberately Impromptu Deliberately impromptu
The nature of the athlete's response	Conditionally With choice With switch
Stages of implementation of the initiative in	The first intention Subsequent intentions
Method of achieving the effectiveness of an attack	Gaining Pace Simultaneity Opposition Evasion
Duration of attack, defense	Single tempo Two-tempo Three-tempo Multitempo
Execution length	Typical Maximum
Moment and rhythmic parameters	Start (completion) of action Acceleration Slowdown
The direction of the athlete's movements on the battlefield	Rapprochement Retreat Stopping at the place
The direction of movement of weapons and interactions with opponents weapons	The sector of feint, prick (strike), connection number, protection, batman (capture)

(properties of attention, memory, thinking) are specialized, tactical perception and the ability to imagine and anticipate the spatial and temporal parameters of weapon movements and movements are formed.

An important role is played by the development of individual psychological characteristics of the personality, manifested in initiative and independence of thinking, foreseeing the actions of opponents. Observation, variety of actions, and commitment to risk in tactical combat are also typical for fencers.

The coach must constantly keep in mind that tactical preparedness (its manifestation in intentions and actions) is based on the achieved level of development of the mental qualities of the fencer.

Conclusion

Tactical knowledge alone does not ensure, let alone guarantee, success in conducting battles. It is meaningful to assess tactical readiness only in conjunction with the achieved level of equipment for combat, skills in their application, and the specialization of manifestations of mental qualities. Additionally, athletes' abilities to demonstrate their achieved tactical readiness in competitions are linked to the level of development of their willpower, the resilience of fencers' emotional sphere to external and internal disturbances, and their ability to self-regulate mental processes.

Each aspect of tactical preparedness is honed through specialized tasks and exercises, as well as through various combinations thereof. However, during battles, fencers are required to demonstrate an interdependent array of specialized skills, the extent and sequence of which are often unpredictable. Therefore, in training (as athletes master any component of competitive activity), it's essential to integrate demands across various tactical aspects, compelling athletes to intentionally select and apply combat techniques and act in unexpectedly arising situations.

This approach to tactical refinement will bring training conditions as close as possible to

actual competitions, establishing adequacy between the demands in practice and battles. This, in turn, accelerates the transfer of acquired skills and qualities into competitive settings.

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