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Methods of improvement of technical training of young judoists of 14-16 years of age

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Abstract

Purpose: The purpose of the study was to evaluate the effectiveness of training tasks aimed at improving the reliability of technical actions of young female judokas.
Methods: Analysis and generalization of literature data, analysis of competitive activity using request monitoring methods, forecasting and modeling based on expert eval uation, instrumental research methods and methods of mathematical statistic.
Results: High variability of technical actions (it is almost always possible to perform technical actions with different preparatory actions in different situations of training bouts). To substantiate the goal, a pedagogical experiment was conducted on the bases of sports schools №1 and №2 of Angren city of Tashkent region. The experiment was conducted in two training groups of 12 people. In the first control group, young judoists improved technical actions on the judo program for sports schools. In the second experimental group improved technical actions, using training tasks aimed at improving the reliability of technical actions judoists.
Conlcusion: To determine the effectiveness of the developed training tasks in the preparation of young judoistoka used methods of mathematical and statistical processing, generally accepted in studies related to the practice of sport. The arithmetic mean characteristic of scattering by standard deviation (σ) was calculated, the reliability of differences in mean values (x) was determined by Student's t - criterion. At the beginning and at the end of the experiment athletes participated in competitions, where the reliability of technical actions was determined by the results of several fights. The average values of the reliability of technical actions between the groups at the beginning of the experiment did not have statistically significant differences.

Keywords: reliability, technical actions, judo, training tasks, means, conditions of task fulfilment.

Introduction

In modern sport it is impossible to achieve high results in competitive activity without using the most effective means of training in the training process. Training sessions mainly consist of training tasks aimed at improving the preparedness of judo wrestlers. The applied means of training can simultaneously solve not one, but several tasks, for example, improving the technique of attack and defense, development of physical qualities, improving the level of psychological preparedness, etc., as well as to improve the level of psychological preparedness. How rationally these means will be applied depends on the final result of training and competitive performance [3; 4]. The correct selection of means their rational alternation and ratio in training tasks is the most important direction of the coach-teacher's work, contributing to the improvement of competitive performance [2; 5].

One of the main indicators of competitive activity in judo is the reliability of the technique of competitive actions, which should be understood as the ability of female athletes to conduct technical actions in a competitive match on opponents who are not inferior to her in skill. In the evaluation of technique reliability indicators the ratio of successful and unsuccessful attempts to conduct a technique in the process of competition is used. Reliability of the technique of competitive actions is formed from the indicators of its stability in relatively standard conditions, stability in relation to disruptive factors, expedient variability in changing conditions of the bout. Stability and variability are the basis of the reliability of the technique of competitive actions [6].

At the training stage of mastering judo technique stability is assessed in the correct execution of the technical basis, in standing wrestling - the adoption of a posture for a throw, a knockdown, in lying wrestling - actions of lying control, variability in the change of the preparatory part - change of stance, distance, grabs, movements and preparation of lying control. Biomechanical assessment of movement mastery includes criteria of stability of sports result and a number of movement characteristics when performing it in tasks with certain conditions.

Methods

In the development of methods to improve the reliability of performance of judo women's technical actions in the conditions of competitive activity, we relied on the levels of mastery of judo technical actions [1]. Training tasks are performed by certain means and methods of technical training, in a variety of conditions that solve a specific motor task. The variety of conditions is provided by dosing the opponent's resistance, determining the initial and intermediate positions of fighters, replacing static positions with dynamic situations that determine the change of stance, distance, direction of maneuvering, ways to get out of balance, the level and accuracy of the grip, the degree of relaxation and tension, etc. The construction of training tasks is carried out by the method of modeling of competitive actions. Modeling is based on manipulation of elements, details of judo technical action, providing for its division into parts, allowing the athlete and coach to easily create a variety of situations during the study and improvement of technical action. The most optimal tasks aimed at solving specific problems are formed accordingly to the arising situations. The main means, tasks and conditions of training tasks aimed at improving the reliability of technical actions of female judokas are presented below.

Results and discussion

Uchikomi - the first condition: favorable-determined (the partner with average or full impact of physical qualities creates strictly defined situations that contribute to the second part of the technical actions of the partner). The task of the teacher is to perform quickly with various preparatory actions the first part of technical actions. The second condition: favorable-diverse (the partner by various influences, creates a variety of situations that contribute to the second part of the technical action of the partner). The task of the performing teacher is to accurately and quickly use favorable situations created by the partner. The third condition: unfavorable - definite (the partner with medium or full influence, creates strictly definite situations, preventing the second part of the technical actions of the partner). The task of the performing uchikomi is to perform with different actions of the first part of technical actions, quickly and with maximum available force.

Throws - the first condition: favorable-determined (the partner by various actions creates strictly defined situations that facilitate the second and third parts of the partner's technical actions). The task of the performer is to perform with various preparatory actions of the first part of high-speed technical actions. The second condition: favorable-diverse (the partner creates various situations by various influences that facilitate the second and third parts of the partner's technical actions). The task of the performer is to perform accurately and quickly, using favorable situations created by the partner. Third condition: unfavorable - definite (the partner, either with a medium or full impact, creates strictly definite situations that hinder the performance of the second and third parts of the partner's technical actions). The task of the performer is to perform with the actions of the first part of the technical actions, quickly and with the maximum available force.

Pursuit - first condition: mixed, sequentially-defined (the partner, either by medium or full impact, creates sequentially-defined situations that facilitate and hinder the fourth and fifth parts of the partner's technical actions). The task of the pursuer is to utilize the situations created by the partner that facilitate the execution of technical actions. The second condition: mixed-variative (the partner by different influence creates various situations that promote and hinder the fourth and fifth parts of the technical actions of the partner). The task of the pursuer is to use the situations created by the partner that facilitate the performance of technical actions, or to create such situations himself.

The third condition: unfavorable-determined (the partner, by means of medium or full influence, creates strictly defined situations that hinder the performance of the fourth and fifth parts of the technical actions of the partner). The task of the pursuer is to perform with the actions of the fourth part of the technical actions, quickly with the maximum available force. Training bouts - the first condition for performing technical actions: mixed-variative (the partner creates various situations that facilitate and hinder the partner's technical actions). The task of the person performing technical actions is to use the situations created by the partner that facilitate the performance of technical actions or to create them himself.

The second condition of performing technical actions: unfavorable-determined (the partner, with medium or full influence, creates strictly defined situations that prevent the partner from performing technical actions). The task of the performer of technical actions is to

Table 1. Indicators of reliability of technical actions of young female judokas (n=24)

Criteria	Before the experiment		After the end of the experiment		Increase	
	CG	*EG*	*CG*	*EG*	*CG*	*EG*
x=	18,2	17,3			2,4	8,1
σ=	4,5	4,7				
t=	6,21		6,21			
p=	00,5		00,5			

perform with maximum quick force and various preparatory actions of the first and fourth parts of technical actions.

The third condition of performing technical actions: unfavorable-variative (the partner with average, or full, influence creates various situations that hinder the technical actions of the partner). The task of the performer of technical actions - taking into account the individual style of activity: (speed, strength, agility, endurance) and various preparatory actions of the first and fourth parts of technical actions to create a situation conducive to the performance of technical actions.

Training bouts - the condition of performing technical actions: unfavorable-variative (the partner with average or full influence performs his technical actions, creating a variety of situations that hinder the performance of technical actions by the partner).

The task of the performer of technical actions - taking into account the individual style of activity, maximally using physical, volitional, psychological qualities, preparatory actions, to create a situation conducive to the performance of technical actions.

Evaluation of the quality of mastering technical actions consisted in the following:

Stable performance of technical actions (almost always manages to perform at full impact of the partner in unfavorable conditions of training bouts).

Thus, the increase of reliability of technical actions of judoists in conditions of competitive activity, promotes the correct selection of training tasks. Comparison of average values of groups at the end of the pedagogical experiment showed that the increase in the average value of the reliability of technical actions in the control group amounted to 2.4 in the experimental group - 8.1.

Conclusion

The table shows that the indicators of the sportswomen of the experimental group, who improved technical actions, using training tasks aimed at improving the reliability of technical actions of judoists in the process of technical and tactical training were higher. Differences of average values between groups are reliable at statistically significant level $P < 0,05$.

Thus, the use of training tasks aimed at improving the reliability of technical actions of young judokas in the process of sports training, increases the effectiveness of competitive activity.

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