

STRUGGLE AND BELTED STRUGGLE TO TEACH PRINCIPLES

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Abstract: Belted wrestlers with take to go in training methods demonstration to do to teach and improvement basis being service does. Coach method about each different videos, photographs, posters or one by one engaged in with showing to give oral explain own engage in performing a style on someone else's or the same athlete doing the same style on someone else performance is part of this principle. Often to better understand this principle sensory organs must be involved. Practical tools are connected to each other consecutively and separated without sure pedagogical issues (practical tools with)in application uses

Key words: wrestling, methods, pedagogical process, coach, principles of control, training, belt wrestling.

Struggle and belted wrestlers to teach principles wrestlers bring up and methods to teach expressive general-theoretical are laws.

Fighting and belted wrestlers in teaching the following principles done is increased:

1. Pedagogical (didactic) principles (principle of awareness and activity, demonstration principle, the principle of regularity and sequence, comprehensibility and individualization principle).

2. Principles of improvement of sports skills (consistency of skills and principle of variability, principle of conformity and brought together in a directed manner to go principle).

3. Principles of sports training (general and special physical training the principle of achieving unity, the principle of repetition and continuity of the training process, gradation principle, training downloads little by little increase principle).

Coach pedagogical the process organize of reaching main laws Special knowledge and skills for a wrestler while implementing the principles of expression and qualifications fast and efficient to master help will give.

Everyone principles mutually depends and each other fills If one principle if ignored, none of the others can be fully implemented it's not. They are only used together in the training of a belt wrestler to high results reach possible

However, of a belted wrestler sports preparation formation different pressure in the corners above given of principles importance one different it's not.

There are more pedagogical (didactic) principles at the stage of primary training becomes important. As a belt wrestler's skill increases, sportsmanship and sports training importance of principles increases.

The essence of the principle of demonstration is the task of training in belt wrestling solution reach for sportsman from analyzers maximum from use consists of The principle of demonstrability is based on the fact that the acquisition of movement skills is the senses dependent on perception through. It is about the learned movement of the wrestler represents the need to provide vision, movement and other imaginations. Prescription types are distinguished – to see motor and acoustic. These are the three types united in every person and each may be

superior. The coach is one or the other triggers more perception that he is doing to know necessary. This to him exhibition the principle of ownership efficient done to increase help will give.

Employees method about right to the imagination have from those who only then should their attention be drawn to the important details, because the execution of the method technique that's it depends will be

Coach method one how many there is demonstration by doing to give must and engage in scientists him different from the sides according to to get very important.

also teens with at work method demonstration of doing whole method is more effective. In this, the main task is to bring closer and prepare garish exercises system eased with

Belted wrestlers with take to go training efficiency increase in order to coach being studied method or his main details It is possible from the visual aids that help to create an idea about as long as more use necessary. Understandability and individualization principle training in the process When choosing the optimal loads, the group of wrestlers with belts is age-specific and taking into account individual differences from getting consists of

If the coach is responsible for the wrestlers' work, education, living conditions and psychic features good if he knows they are with take to go of training reasonable method choice possible

Belt wrestling classes are for different ages and fitness levels Coaches for athletes are different in terms of composition and training has been practitioners groups stratified without approach, educational training material each different choose take and in training permission to be done physical downloads determine necessary.

Qualified belted wrestler for easy has been condition, new starter not always for the athlete. In the case of high training, it is different belted wrestler big download easy raise but that's it upload exercise- not done or age for the athlete weight to do possible

If coach high sports result from behind chasing young to wrestlers giving complex technical and tactical tasks is burdensome for a young fighter and leading to loss of self-confidence, and in many cases to injury coming possible That's why for coach exercises so choice and moderation must in this upload of practitioners opportunities sure suitable coming necessary. Education material, when she is to athletes understandable if that's all him appropriation possible will be This while strength spend which hard- things overcame to pass mean holds In training of loads to the body of young belt wrestlers This is how to study the nature of exposure shows that if the training load is suitable for the capabilities of the trainees if not series cases their nerve in health disorders occurs.

Comprehensibility and the principle of individualization requires that coach height, seniority in sports and level of preparation approx one different has been practitioners should choose.

Training groups right in choosing control exercises and tests important important have Coach own from those involved norm requirements relying on the indicators that can be obtained as a result of the reception, as well as their special physical preparation level based on, training program to the material certainties enters this preparation stage download- limits of the scope and content, as well as future milestones and to them reach ways set will give.

Taking into account the coach's age-specific characteristics, skills and training level following the general principles of teaching and training, The training process should be organized in such a way that the training of athletes is maximum way individualization necessary. Individualized of preparation importance belted of a wrestler higher sports skill formation stage (especially) increases.

It is known that belted wrestlers from each other age, qualification and initial had exactly the same indicators in the group with the same preparation no two athletes meet. Therefore, one of the main tasks of the coach is each one belted wrestler to teach process possible until earlier

strictly from individualization consists of.

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