
METHODS OF DEVELOPING GENERAL ENDURANCE IN SPORTS

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Abstract: Sports results are largely determined by the quality of training. Therefore, its content and indicators depend on the athlete's qualification, and the athlete's readiness before the competition is determined based on his physical condition.

It depends on the achievements and level of sportsmen and, as a rule, on the relevant levels of quantitative and qualitative changes, on the prepared working conditions.

Wrestling, like other sports, is associated with significant increases in training loads with each new Olympic cycle.

The need to reconsider the means and methods of wrestling training will be connected with the introduction of other new competition rules. As a result, the duration of the battles was reduced, but their interest was significantly increased. This is because it was made to make the battle more awesome. Anaerobic process plays an important role in providing energy for muscle activity with reduction of contraction time.

In recent years, during the training of top-class wrestlers, training loads have increased significantly. Nevertheless, the very strict requirements for a special level of endurance force us to look for reserves to increase the effectiveness of training.

In specialized literature, we have found many tools and methods for developing general resilience.

A.A. Shepilov and V.P. Klimin explain their diversity by the fact that the method of developing endurance in the fight was developed empirically .

A.A. Petrunnev and others. divided all methods of endurance development into two types [45].

1. It is possible to apply additional methods that induce faster and more specific fatigue (reducing rest pauses, using additional weights, etc.).

2. It is the basis for creating an opportunity to do more work (rest and change, etc.) without reducing its intensity (development).

According to A.A. Shepilov and V.P. Klimin, they suggested the effective use of the following methods of increasing the endurance of athletes, for example:

1. The methods of performing the exercises once or several times were also divided into 2 groups. The first is the only continuous method, and the second is the repetitive method, which is repeated (the rest intervals are long enough) and the interval method (the rest intervals are strict, that is, the recovery of work capacity is not complete).

2. They are methods that reflect the specific features of organizing lessons or the conditions for performing exercises. For example, competitive and circular training, game method, etc. .

A.M. According to Dyakin, the main tools for the development of general endurance are continued in a holistic state along with special and general training exercises (long battles, open games, special low-intensity exercises, etc.). The author asserted that during adolescence, endurance is developed by means of small sequences of exercises or training bouts with breaks for rest. When adapting to the load, it increases the speed and time of their contraction. [eighteen].

In his experiences, T.V. Alferova and O.A. Sirotins spoke about the need for individual dosage of movement and rest time between bouts for athletic wrestlers. He emphasized that trainers-teachers should take this into account.

With the development of endurance, it is necessary to teach sportsmen and wrestlers to breathe properly. It is necessary to teach wrestlers to breathe correctly when sitting on the bridge and when breathing is difficult. The more movement, the less intensity you need to perform. The more intense the work, the more often you need to take short breaks.

E.V. Agafonov and V.A. Khorikov suggests using the following methods to develop general endurance: uniform, variable, game. From the funds, the authors recommend cross-country running (1 hour or more), freestyle wrestling (up to 30 minutes), sports and outdoor games players, swimming .V.N. Grishchenkov and E.I. It is recommended to use skiing, cross-country skiing, swimming, and sports for the dog.

Shakhmurodov believes that various general developmental exercises can be used to develop general endurance: middle and long-distance running, cross-country running, racing, high-speed walking, jumping rope, cycling, rowing, swimming, ice skating, etc. . Ice skating or skiing, running on snow or soft ground, basketball or handball, football and other exercises. To do this, the author suggests using the following methods: increasing the time and pace of execution (class density), change and interval, repetitive and competitive. .

In order to develop the general endurance of wrestlers, Sorokin suggested morning walking and cross-country skiing up to 5 km and skiing up to 10 km, playing basketball for 30-40 minutes and jumping rope for up to 6 minutes, and using all exercises wisely. In the preparatory part of the lesson, 20 conducted training battles up to the minute. For example, we can take the game "Fight for the ball" and others.

Special attention should be paid to the development of general endurance during the general preparation phase of the pre-competition period. To develop endurance, Korotkow has been associated with frequent repetitive and intense movements and a significant expenditure of strength and energy [28].

A.A. Shepilov and V.P. Klimin suggests the approximate content of training sessions in a weekly microcycle during the 2.5-3 month competition period as follows:

Main tasks: determining the level of preparation.

Monday morning: daytime control standards for exercise and physical fitness.

Tuesday: morning exercises and evening exercises.

Wednesday: outdoor training.

Thursday morning — exercises, control standards.

Friday; in the morning - exercise; in the afternoon - sports games.

Saturday: bath.

Sunday: active rest day.

According to B. M. Rybalko, the endurance development methodology is a gradual increase of the main training loads and focusing on bringing them closer to the competition loads .

The main methods of training are highly regulated exercise methods.

H. Pfeiffer considered the use of competitive and control methods and the circular teaching method as an effective method.

From the means of training, the author distinguishes general developmental and special and competitive exercises [28].

Despite the importance of such a component of the training of sportsmen as general and special endurance, on the contrary, we did not find a specific program for its development in the special literature.

As mentioned above, a number of authors [15,34,35,45,46,51,56] believe that it is necessary to develop general resilience before developing specific resilience. But V.D. Frolov and others believe that general and specific endurance relationships in wrestling are not sufficiently studied, and existing works are mainly concerned with the development of these qualities in freestyle and classical wrestlers.

V.A. Nikulichev experimentally found out that it is not always possible to achieve the recently achieved high-level functional capabilities for the purposeful use of physical training tools (for example, running imitating competitive wrestling) in the same conditions of athletic wrestling. He determined that if one type of physical activity has a negative effect on another type of physical activity and the improvement of physical qualities has a negative effect on the athlete's preparation for the chosen sport, this situation is a negative "transfer" of fitness and gave various instructions.

In recent years, the fight is developing rapidly, the competition is getting stronger, and it is becoming more and more difficult to win.

In recent years, the interest of specialists in the use of long work intervals in special endurance training has increased significantly. If only short-term work intervals (2-3 minutes) are used during training, then only the anaerobic component of specific endurance will increase. We can observe that its growth continues for a short time (2-3 weeks) and falls far below the initial level with the reduction of loads. Therefore, the long-term increase in the specific endurance of wrestlers is ensured only in combination with high-intensity work in a ratio of 1:3. The long-term improvement of technical and tactical skills in a mixed power supply regime is difficult to replace with any other method. At the same time, the general and special endurance will improve at the same time. The percentage of aerobic performance increases during long intervals of technique improvement or 10-12 minute contractions.

One of the important conditions is the optimal dose of rest intervals between exercises and their sequences to ensure almost complete recovery of working capacity.

Maximum strength training requires long rest periods. Sambo fighters and judokas use weights that appear when the partner breaks the mat, holding the waist from the belt, to improve the throw from the back.

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