

Training the speed of movement reaction

Farg'ona davlat universiteti Sport o'yinlari kafedراسi o'qituvchisi

Azimov Adahamjon Meliqo'ziyevich

Farg'ona davlat universiteti Aniq va tabiiy fanlar kafedراسi o'qituvchisi

Meliqo'ziyev Azizjon Adxamjon o'g'li

Abstract: The speed of a fighter is his ability to perform integrated technical and tactical actions in a minimum time. The manifestation of speed is divided into complex and elementary forms. The time of elementary reactions includes the time of one movement, the frequency or speed of movements. The complexity of the speed depends on the individual technical movements of the wrestler.

Keywords: The quality of speed is inextricably linked to the specific activities that appear in athletes and wrestlers.

The concept of "good reaction" has different meanings depending on the type of sports it is applied to. Therefore, if I talk about the speed of the wrestler, I want the wrestler to have the shortest reaction time, to hold fast, to execute the technique, to execute defenses and counterattacks perfectly. However, in wrestling, the disadvantages of some types of speed can be compensated by the advantages of other forms. This is one of the manifestations of individual characteristics of fighting skills.

Being able to respond in time to the emergence of favorable situations, to respond to the opponent's active attack or counterattack is a well-known difficulty, and to overcome it, it is done by developing the techniques and tactics of the highest sportsmanship in wrestling. . There are three main types of reactions found in wrestling: simple reactions, selection reactions, and surveillance reactions.

It occurs when reacting to the beginning of simple reactions in the fight, the technique of the wrestler, as well as the beginning of the movements of the counterattack, without determining their exact direction. In wrestling, simple reactions also play an important role, because it is through these elementary reactions that a wrestler receives initial information about the actions of his opponent. The organization of counterattack and defensive actions is primarily carried out by a simple reaction. Normal reaction time of average skilled wrestlers is 220-260 m/sec.

In the training of simple reactions, it is effective to perform pre-prepared actions to a predetermined signal (by clapping or whistling, taking a certain pose, starting a movement, changing the pose, stopping, changing the direction of movement, etc.). It should also be remembered that athletes should not wait for the time to submit the order.

Choice reactions occur in a fight when the fighter determines that two or more of his signal options are compatible with his prepared move, or when the fighter uses only one of two prepared moves.

The selection reaction time of average skilled wrestlers is 280-320 m/sec.

The choice reaction is well developed during a training bout, when the partner is given a threat, for example, with two different grips, holding with both directions, etc., and the wrestler must choose

the most dangerous move and reflect it. Selection reactions are used in special simulators (for more information, see the section "Scientific research methods").

Follow-up reactions are manifested in wrestling after the wrestler's movement begins in a certain position.

In the follow-up reaction, if the wrestler starts his actions before the right moment, a positive result is achieved, if the action is delayed, it can lead to a negative result. Therefore, it can be zero.

The tracking responses required in combat are best used with a partner or simulator. It can be achieved with special training for the improvement of certain types of reactions. However, this cannot significantly affect the effectiveness of the fight. It is important for the wrestler to master all forms of readiness for action. The sporting importance of a wrestler's movement is determined by the principle of "the faster, the better", and the timely application of the necessary technique is very valuable. This is a special form of speed that a wrestler needs.

Thus, the development of a wrestler's agility means, first of all, wide-scale training sessions that educate the wrestler to be ready for various actions. And this readiness is the basis for him to effectively perform the technique, so that the enemy does not have time to protect himself. Readiness for action is largely determined by the time of various reactions, which is reflected in the continuous monitoring of the enemy's movements. That is why some types of pure reactions in the fight appear only in rare cases.

Uniform speed training. One of the levels of manifestation of speed is the speed of execution of an individual movement. In increasing the speed of movements, it is necessary to use the most reasonable technique, to develop the appropriate muscle groups to the required level, and to achieve the best coordination in performing the movement through repeated repetitions.

Sufficient elasticity of muscles and mobility of joints is required to develop speed. Wrestlers need to know how to relax their muscles at the right time. A method of increasing the speed of complex reactions by complicating conditions. Complex conditions are created that are as close as possible to competitive conditions (e.g., high weight class, training with a highly skilled partner) by effectively increasing speed.

Also, the weights of exercises that repeat the exact structure of the movements performed at a certain speed for the development of the necessary muscle groups are used.

Simplification method. In addition to complex situations, lightweight conditions are used (light equipment, movement simulation, non-resisting partner, lighter weight partner, etc.).

A certain basic sequence in the fighter's speed is reflected in specific technical movements that must be performed at the right time and with great speed, because the tactical task requires it. The peculiarity of increasing the efficiency of speed is that it is created only in cooperation with a partner. To develop speed specific to wrestling, wrestlers practice techniques, defenses, counter techniques and their combinations.

Not all elements of the fight are performed at maximum speed. Actions such as arm grabs, pressing the opponent in a dangerous position, extended rollovers, painful and choking techniques require the wrestler to move precisely at the right time and with a different structure.

Practicing sudden commands is also a good way to train agility.

A good foundation for developing a wrestler's speed is versatile physical training. Short-distance running and various sports are excellent means of developing speed. Therefore, during the preparatory period of training, the athlete performs many activities to develop his speed and strength training.

It should not be forgotten that according to the nature of the activity, many exercises and activities of wrestlers must be speed-strength.

During adolescence, the load of wrestlers mainly consists of exercises for the development of speed qualities and coordination of strength qualities.

In all cases, the weekly training cycle is structured in such a way that exercises for developing speed are used after active rest or after performing a light or medium load.

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