

## Methods of developing agility and flexibility of wrestlers

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**Abstract:** Agility of wrestlers is shown by the sufficient level of their spiritual and voluntary training (in particular, qualities such as determination, courage), as well as by their expected mental state (general emotional uplift, well-being, etc.).

**Keywords:** A fighter's agility is the ability to master new moves, as well as to adapt to a changing environment in a timely and accurate manner. It is very difficult to determine the methods of training agility in isolation from other movement qualities. Mastering movements and the ability to act correctly in a changing environment are two components of developing agility.

A wrestler who is proficient in various exercises will learn a new exercise or technique more easily and quickly. Therefore, the basis of special agility is the perfect mastery of fighting techniques and tactics.

Good general and specific technical training is required to perform the correct movements in a changing environment, while the wrestler needs to move for a limited time. Therefore, the speed-determining reaction time is inextricably linked with readiness for action. . Therefore, agility is more strongly manifested in high training activities of athletes.

We can see that agility is manifested in each sport in its own way. For example, some athletes are distinguished by their dexterity in gymnastics, others in wrestling, and boxing, etc. Therefore, the agility of wrestlers is such a physical quality that it is manifested in its full form in wrestling, is cultivated and is of a high level. become wrestlers.

It is necessary to pay special attention to athletes who can quickly learn new techniques and adapt to a changing environment. Only then will they become mature fighters. Methodology of training agility. It helps to train agility only if the content of the wrestling activity corresponds to this task.

One of the exercises of general development is acrobatics, and it is necessary to take into account the most effective exercises from sports (hockey, basketball, rugby, football), water skiing.

All agility training requires performance in rapidly changing conditions. Therefore, it is considered the best of the simplest forms of wrestling, which are used in the form of competitions and games, from special exercises for the development of dexterity.

After the wrestlers have undergone the necessary training for the development of agility in the first years of training, training has become an indispensable tool for improving the quality of agility in competitions.

The agility of the wrestler is successfully implemented when coaches are not limited to the results achieved in mastering the techniques of athletes, but are focused on finding options specific to their individual characteristics.

Flexibility is the ability of the joints to observe the maximum range of motion, which is manifested by performing a large-amplitude movement.

The physical quality of flexibility affects the physiological and anatomical, biochemical properties of soft tissues surrounding the joints and articular surfaces, as well as the regulation of muscle tone and the functional state of the central nervous system.

The quality of elasticity is divided into two types: the first is called active elasticity, and the second is passive elasticity. Active flexibility manifests itself in its movements due to the directed contraction of muscles and in changing the position of body parts under the influence of external forces. Both types of flexibility are on full display in combat. During techniques, the attacker is active and the attacked is passive.

Flexibility is considered a unique individual characteristic. We can also see that a wrestler has a high level of mobility in all joints.

- well-developed flexibility is manifested only in certain movement points.

Thus, the development levels of flexibility are measured by the final position of the parts of the body in relation to certain joints or joints. In such cases, the limit of flexion, extension or rotation is determined by the subjective feeling of the athlete himself.

Flexibility training method. During childhood and adolescence, all joints have great flexibility and joint mobility. Therefore, one of the main sports-pedagogical tasks of the trainer-coach is a lot of systematic work on the development of flexibility skills in the students of the first year.

If the quality of flexibility is well developed, it helps to perform the technical movements correctly, fully and accurately, and it is of great importance in the development of the flexibility of systematic exercises in the implementation of the technique.

We use methodical methods and special exercises to develop flexibility:

1. Gradually increasing amplitude exercises without equipment;
2. Karama-Karshi exercises; repetitive spring movements (side)

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