

Methodology for Improving the Level of Training of Freestyle Wrestlers at the Training Stage

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Abstract: This article provides information on the application of weekly cycles aimed at developing the physical, technical, and tactical training of freestyle wrestlers at the training stage, as well as the application of a complex of special exercises performed using modern equipment and determining its effectiveness.

Keywords: Freestyle wrestling, mesocycle, methodology, weekly cycle, complex of special exercises, technical-tactical, physical training, competition, training process.



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Relevance. In modern sports, physical fitness, technical and tactical skills, as well as psychological stability are considered the main criteria for an athlete's success. Especially in such an intensive and dynamic sport as freestyle wrestling, the training of athletes at the training stage with correct and scientifically based methodological approaches is of great importance for achieving high results. This article highlights methodological approaches aimed at improving the level of training of young freestyle wrestlers at the training stage.

The purpose of the research is to develop proposals and recommendations for the development of special physical training of freestyle wrestlers at the training stage.

Research objectives. development of physical training of freestyle wrestlers at the training stage using modern equipment;

improvement of the methodology for preparing freestyle wrestlers for competitions.

Research results and their discussion. The training stage is a stage in which the main movements, general physical potential, and competitive spirit characteristic of wrestling are formed in young athletes. At this stage, attention should be paid to the following aspects. It was aimed at forming general physical training, teaching the basics of technical movements, instilling elements of psychological training, as well as discipline and sports ethics. The phased methodology for training freestyle wrestlers is structured as follows. Including the development of physical fitness, strength, endurance, speed, and mobility. Exercises are planned based on 3-4 week load cycles. Adapting loads based on individual physical capabilities is also important. At the same time, in the development of technical and tactical training of freestyle wrestlers, it is important to begin with the training of basic technical actions (throwing, turning, throwing back, etc.). These movements are automated through repetition and become skills. In addition, tactical

training was improved through various types of wrestling using simulations. In addition, attention was paid to psychological training in the training of freestyle wrestlers. In this case, the development of self-confidence, composure, and stress resistance in athletes. To eliminate the above, the use of autotraining and visualization methods is recommended. A training plan for freestyle wrestlers has been developed. (See Table 1)

1-tabel. Methodology of planning training for freestyle wrestlers

N	Stage	Duration	Organizational and Methodological Guidelines
1	Preparatory stage	4 weeks	Physical base, basic equipment
2	Main stage	6 weeks	Deepening of technique and tactics
3	Final stage	4 weeks	Competitive situation, test wrestling

Every 2 weeks, assessment tests were conducted on physical condition, the level of technical performance, and psychological preparedness. Based on the observed increases or decreases, the training program was adapted.

To improve the level of training of freestyle wrestlers at the training stage, it is necessary to implement a systematic, scientifically based, and individualized methodology. This increases the competitive effectiveness of athletes by developing their technical and tactical level, physical condition, and mental stability.

The application of this methodology in practice will serve the training of young wrestlers who will successfully participate in international sports in the future.

2-tabel. Standard Weekly Training Plan for Freestyle Wrestlers

N	Day	Type of training	Time	Organizational and methodological guidance
1	Monday	Physical training	90	Speed + force
2	Tuesday	Technical training	90	Main moves
3	Wednesday	Special training	75	Strength training suitable for wrestling
4	Thursday	Relax and light stretching	45	Recovery
5	Friday	Tactical training + theoretical part	90	Counterattacks, situational battles
6	Saturday	Control Wrestling / Sparring	60-90	Conditions close to real struggle
7	Sunday	Rest	-	Full recovery

The important aspects of applying this cycle are as follows. In this case, the loads are gradually increased (increasing by ~10-15% every 2 weeks). Before each lesson, 10-15 minute stretching exercises were performed, and at the end, recovery exercises. Every 4 weeks, control tests (running uphill, speed of performing technical elements, heart rate) were conducted. Individual characteristics (height, weight, level of preparedness) were taken into account.

Conclusion. We have developed a methodology for preparing freestyle wrestlers at the training stage for competitions. By using the exercises presented in the mesocycles of weekly training, developed by us, an improvement in physical fitness by 13.5% was achieved.

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