

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th Nov., 2023

ISSN: 2835-396X

Website: econferenceseries.com

THEME: EDUCATIONAL WORK METHODS WITH YOUNG ARMWRESTLING SPORTSMEN IN TRAINING GROUPS

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Annotation

This article covers the educational work methods with young armwrestling sportsmen in training groups. In order to solve this problem, in-depth analysis of competitive activity, motor skills, tactical thinking was conducted, as well as the factor structure of competitive activity indicators. The results obtained in the present study, can be used in planning and conducting the training process by trainers of junior teams, as well as performance of sportsmen in competitions.

Timeliness. Study of combinations of forms and methods of educational work in training activity for young armwrestling sportsmen, revealing feedback growth of sports training and fitness with the dynamics of indicators of other forms of educational work in youth sports schools, schools of Olympic reserve in sports specialized classes of secondary schools are relevant and have practical necessity.

Purpose of the research. Development and experimental validation of the program and methods of classes in sports training of young armwrestling sportsmen in conjunction with elements of the basic forms of education in youth sports schools, schools of Olympic reserve, specialized classes in secondary schools.

Objectives of the research. 1. Study and analyze the process of educational work with young sportsmen, the effectiveness of various forms and methods of education. 2. Identify the features and content of methods of improvement physical education in relation to the parameters of the moral, intellectual, aesthetic, and labor education in armwrestling. 3. Understand theoretically methods of improving educational work in the training process of young sportsmen. 4. Understand experimentally the program of complex physical education interconnected with the mental, moral, labor and aesthetic education of young armwrestling.



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Conclusion: 1. Young sportsmen training on the proposed complex program, compared to those who are engaged in the traditional methods, have the best indicators of competition activity, technical and tactical training, the factor structure of the special physical training, sport performance, moral, intellectual and aesthetic indicators.

2. Indicators of competition activity of wrestlers involved in experimental program were 25-30% higher and better than the wrestlers involved in the traditional program.

3. Application of clear graph schemes for constructing the complex attacking structure and disclosure the factors of indicators of competition activity on the level of exercises of special and general physical training can help improve the method of "strictly regulated exercise", which significantly increases the level of moral education.

4. Use of the "notion of movement" for the formation of tactical and technical structures in wrestling, preliminary development of the total attacking structure of a complex attack and its fragments makes a large contribution to the intellectual education of young wrestlers and increases the level of competition activity by 25-35%.

5. The study of personal qualities of wrestlers engaged in an experimental program showed the development of moral, aesthetic and labor qualities of young sportsmen by 35-60% better than the fighters involved in the traditional program.

6. Classes on the basis of a complex program increase the motivation of young sportsmen, as well as the timeliness and effectiveness of the hypotheses about the necessity of a complex educational work in physical education.

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